

# Diamond Line Undergraduate Literary Magazine

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Volume 1 | Issue 5

Article 10

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May 2022

## A Dream for Abreaction

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### Recommended Citation

Barnett, Grace (2022) "A Dream for Abreaction," *Diamond Line Undergraduate Literary Magazine*: Vol. 1: Iss. 5, Article 10.

Available at: <https://scholarworks.uark.edu/diamondlinelitmag/vol1/iss5/10>

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## **A Dream for Abreaction**

*by Grace Barnett*

Eyes bore holes into themselves,  
trying to collect enough courage.  
They grip my nose like a handrail that  
guides them downward and  
slightly to the left. There,

eyes latch onto fatty tissue,  
deflated, sagging, stained where  
indents and hand-oils incite  
old memories of sharp  
fingernails near-piercing tissue.

Pulling, twisting, stretching  
my cheeks as far as they go  
before snapping back the  
sickly skin-sacks still stuck  
on an unwelcoming face.

Pop rocks start popping in my chest while  
bees panic in my fingers, something  
spreads, shooting and red to  
lungs left unable to  
expand  
enough,

bees begin capturing control of my hands and  
sugary acids travel from my chest to my  
face and there's a shredding  
digging ripping peeling  
shedding, then  
black.

When color comes back,  
it's just red, with  
gaping glowering gashes  
on either side of my mouth,  
flaunting teeth and gums.

A smile spreads, (the best it can).  
Eyes crinkling, I laugh an  
abnormally airy laugh as  
liberating tears stream  
freely down my face

and salt enters the wounds.  
I wince a little, and remember  
sharp fingernails. Nails,  
who also have cheeks. Cheeks,  
who are still on a face.

I start cleaning the bathroom.