

## Standing

I forget what it feels like to be standing  
with my feet on the ground  
safe and sound  
with no walker, chair  
or buddy there  
ready to catch me or carry me  
if I take a tumble  
grab me if I stumble.

I forget the power of standing tall  
I forget the weight on my bones  
the pressure on my knees  
it feels so alone to live off of my feet.

But most of all  
I miss the dignity  
the symbolic stance  
rise up  
stand tall  
pick yourself up  
we fall but we get back up.

I just want to get back up.