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Until You Can Hear the Silence

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Until You Can Hear the Silence

Lisa Stegeman

Stand in the shower under scorching water
Until you can't feel her touch anymore
 Take a sledgehammer to the windows
 'Til there's nothings left to hold you in.
Set fire to the sheets, the mattress, the pillows, the curtains
'Til her scent is gone entirely.
 Take down the bookshelves to reveal the bare drywall
 And put your fist through it.
Swing the lamp above your head
'Til the electricity crackles in your ears.
 Kick in the mirror:
 You don't need to see this train wreck twice.
Pull out the carpet
As if treasure laid beneath it.
 And finally take the mix CD she made for you with all your favorite songs
 And snap it in half
 And burn the pieces until you don't remember how the harmonies fit together
 Like the two of you used to
 And you forget how the melodies clash
 Like screaming fights at 3 a.m.
And now all you can hear is the silence.