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## SELF

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*College of DuPage*

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# SELF

Solomon Mason

He is the source of my depreciation and the embodiment of my anxiety.  
He remembers the worst times yet forgets the best moments.

When I am built up, he tears me down.  
When I am in the light's warm embrace, he casts a dark and cold shadow.

His claws burrow deep into my psyche twisting and manipulating my cognitive.  
His charms coax me into being less than what I am.

Though he seeks to destroy me, he only succeeds if I allow him the means to destroy me.  
Though he is a shadow, when I muster the strength to expose his darkness, I am freed from his clenching grasp.

He is strong only when he is given my strength. He is what I make him.  
He is an extension of my will. He is my creation and I am his creator.  
He is my worst enemy and I am his. He is me and I am him.

(top left) *Ascension*. Shawn Mason