How can you understand me when I can't understand myself?

By : Bailey86

This is my piece of poetry for Unbreakablee's quote challenge, and it's my first ever challenge here on Booksie!! The quote I was given to use was "How can you understand me when I can't understand myself?". To be honest I found it quite difficult to incorporate the quote into my poem, however I hope I managed to capture the essence of the quote throughout. This poem is about a dark secret being revealed in a relationship and realising that there is not always a logical explanation for things, especially when we ourselves do not even understand why we do what we do! Thanks for setting the challenge Unbreakablee, hope you all like it! :)

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How can you understand me when I can't understand myself?

Your ego pushed me to tell you something
you never wanted to know,
So I pulled up my sleeve so you could see
and screamed I told you so,

You wanted to be the biggest man
so baby I put on a show,
What I didnâ t expect was your weak response
as the tears began to flow,

This wasnâ t the girl you used to know,
how things had changed from years ago,
I was young with innocent eyes
when you first came into my life,

You were all Iâ d ever dreamed
well at the time thatâ s how it seemed,
If ever two people were meant to be
it was way back then just you and me,

But on that night with fear and doubt
all the horrid truth came out,
I saw the distance in your eyes
as I unraveled all the lies,

You begged to know what youâ d done wrong
or how this had gone on so long,
But answers I could not provide
I saw it break your precious pride,

You wrapped your arms around me tight
and held me close throughout the night,
But as you pressed the questions so
I felt it was something youâ d never know,

The pain, the anguish, grief and shame
I felt from deep within my brain,
How was it that I could explain,
and so it was I did refrain,

In that moment long ago
I knew I did not even know,
What pushed my hand to cut me so,
a troubled mind began to show,

How can you understand me when I can't understand myself?

I whispered softly in your ear,
longing to keep you safe from fear,
How can you understand me
when I canâ t understand myself? My dear,

You showed acceptance in your smile
and I watched as our love began to die,
For now I knew Iâ d pull away,
wanting to live another day,

I could not do it by your side,
for all I said I now saw in your eyes,
Too many words I think I spoke,
that night I loved so long ago.

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