

showers are excruciating.

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something i was thinking about while i was having a shower.

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freezing water stuns you

takes you out of the moment running through your head

assaults you violently

reaching its clwas around your body until you are completely covered in its rage

the warm water starts.

you get a burning sensation from the temperature changing so fast

like you've been dropped in a kettle about to whistle, about to overflow

the water hits you like a million electric shocks

and yet reminds you, even though you are not in control

the warmth will always come eventually.

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