

## *After Cancer Avalanche*

A rush of emotions  
Walking the tight rope, it's a balancing act  
Holding yourself together, getting out of bed  
Anger, frustration, - where to put it  
Pent up with rage  
You had months to ignore  
Now with life you begin to explore  
What really happened to me  
Starts to sink in  
This was really major not just a swim  
More courage than ever before  
The real battle begins – life on a new trail  
You're not different they say – you're still the same you  
Maybe they should try on your shoes  
Helpless and supportive – Caring and clueless  
There are days when you are hanging by a thread  
Wishing that it was all in your head

You want to feel normal, yet special at the same time  
A few steps forward, a few steps back  
How to act, what to say, where to go  
Hours go by and it is not always on your mind  
How refreshing you think...here it comes, here it creeps  
You wish you could let it go – whisk it away  
Someday they say it will be in the background  
I'm longing for that day...for right now  
It is here and there which is better than it used to be  
So I'll keep trudging with my chin up in the air  
Knowing I still have that smile, song, dance and flair!

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