

**Getting Through**  
**by Donna McCaw**

Some do leather and pointy studs  
Others stilettos and tattoos  
Some do organic everything with marijuana buds  
Others do Kentucky Fried with booze  
Some do eating disorders and anxiety  
Others do hair shirts or obesity

What do you do  
To get yourself through?

Some do too cool to play the fool  
Others do the First Card of the Tarot  
Some do the mansion with the pool  
Others keep their lives and thinking narrow  
Some take that jagged little pill  
That inner hole to fill

What do you do  
To get yourself through?

Yoga? Green Tea?  
Heroin? Harlequins?  
Meditation? Codependency?  
Cutting? Multiple sins?  
Or is it Poetry?  
Or do you just let it be?