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Accept Yourself

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I would swim oceans for you
I would wade across universes for you if we could go back
To me throwing you into the pool, teaching you how to brush your teeth and
holding your hand across the parking lot
You held me the other night in the guest room bed while I cried
When did you grow old enough to know what I need
When did you stop being little?
You are my world
My trees bloom and my oceans crash around you
I love you as only a sister knows how

Stay curled beside me in this too-big bed
I will see you in the morning
Goodnight

accept yourself
Emily Frith (Studio Art 2026)

