

# That Sucky Feeling

By Glenn Currier

Why do I trip and fall into shame so easily?  
I wonder if there is something in me that says:  
“Feel ashamed and you will be better.”  
But focusing on my limitations and failures  
shouldn't be such a regular habit.  
They say that there's two kinds of shame:  
healthy and toxic.  
But both of them feel sucky.  
It's healthy to realize I'm not God  
and to accept my limitations  
Toxic is staying stuck  
in that hopelessly defective thought.  
This stuckness has a thick cloud of darkness  
surrounding it – gripping me.  
I guess what people call faith is knowing  
there's always light outside and inside me  
if I but look for it  
believe in it.

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