

# Banned

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Good things can turn bad...

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There was something amiss! Her left hand was tingling! Oh no! She began to panic. Her mind was racing. \* Her heart! It must be her heart. Damn, but it had been under a lot of stress lately. She had taken on a lot. \* She had opened it up. She had allowed herself to be vulnerable. To love, unconditionally. The good and bad. \* As it turned out, it became bad. There was a distance that could not be breached. A chasm that she could not cross. Was not allowed to cross. \* She looked down at her hand, Noticed that it had turned blue. This was worrying. She rubbed the cold skin. \* It was then that she saw it. There was a band around her wrist. Tight, constricting. She'd forgotten she'd put it on. \* It had made her so happy at first. It meant that she belonged to him. She was proud, happy to wear it. But now... \* Now it cut off the circulation. It stymied her. Constricted her. It broke her spirit \* With a concerted effort, She dug her nails under and Pulled the damned thing from her wrist. It snapped, with a loud CRACK! \* There was a deep mark, From the band, But, as she rubbed She knew that she would heal. \* As she stroked her wrist, She was amazed to see The colour changing, The tingle diminishing. \* It was a shame. She'd once thought That the tingles were the best part. Now, suddenly, she felt happy. For she was free. \*