



Working in a cubicle

Muscles tighten
Till I can't breathe
My nerves on fire
From words not freed.

Ligaments pull
With no discrimination
Stress becomes tactile
A painful sensation.

Burning pain
Sears awareness
Simply my shoulder
Screaming out rages.

Adrenaline spills
Overflowing my system
I should be fighting
Not sitting & listening

Carpal tunnel
Or similar diagnosis
is what they call it.
But truly it answers
To bullshit delivered
On emailed memos
Signed with smiley faces.