



## 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.