

Good Damage – Audrey Walker

I didn't know it yet,
But my shiniest armour would become rusted,
And my contentment would be interrupted,
Being replaced with debilitation

I didn't know it yet,
But trepidation would become my constant companion,
Apprehension would remain with me,
But not for my whole life

Determined to flourish not wither,
I would allow my coldened heart to thaw,
And my wounds to heal into scars

The shadow behind my actions would weaken,
And my damage would be good damage,
Instead of just damage

Context:

I wanted to learn from the experiences I faced and let them be the making of me. I didn't want my hard experiences to be meaningless and wanted to turn them into something positive, hence the title "Good Damage".