

Bottle (poem or spoken word)

Blunder
Shatter
Spill
Bloody mess

The refrigerator door was open
A ketchup bottle lay on the floor, broken
In a flash, the bottled liquid chose to explode
Red stains all over my abode

Conceal
Overflow
Spill
Frightful mess

The splatter reminded me of the wine stain on my white dress
Those stains reeked of emotions I tried to suppress
I held the bottle with care
Should have let my emotions bare
A voice whispered, "Do not bottle feelings if you want to age with grace"
Secrets cause suffering and trap you in a maze

Soak
Scrub
Clean
Repeat

Soapy water cleaned the ketchup stains
A white sponge rehabbed the wall without disdain
Specks were scrubbed with vigor and care
A mistake was mended without drowning in despair

Express
Escape
Restore
Heal

Breathe and uncage hidden emotions
Introspect and accept to avoid an emotional explosion
Shed tainted skin and nourish your soul
Unchain yourself before your heart becomes a frigid black hole

Untangle your emotions
Prepare for an internal revolution

Your mind is a garden; nurture it
Escape the clutches of regret, guilt, and shame
Life is fleeting; relish it

Scrub stains before you are consumed by pain
Will your emotions be a boon or bane?
Mend mistakes before they haunt you
Do not let the past plague you