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the ephemeral is soft and tough

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the ephemeral is soft and tough
by Meghan Sullivan

Hurt heart was red and blue when
put in hand so to bruise it would be cruel,
but to kiss a frog would be even worse.

Shove a rock down your throat every
time you long to say *I love you* or
regret having to cut the cord first.

The countless choices include lunging
at eye, removing some teeth, grooving
to bite your very chubby tongue.

Soon, your mouth, swelling canker
sores, will taste like hot iron while your
handkerchief will be wet with options.

Choice can make you feel down.
Like the sky, crumpling up clouds,
while a poised and pretty sun shower

enters, tosses vapor in a wastebasket.
A wounded heart is delivered to say,
remember—