Guidance Counselor

by Rachel Aldrich

She asks me to tell her my thoughts
Just let my mind run loose.
She said she wanted to know my subconscious.

Okay.
I can do that.
So I just let my mind run loose
And told her the thoughts passing through.

“Sometimes I make myself sick with worry.
My mom always says that I should calm down,
But I just can’t talk myself out of it like she can.”

I continue, “I was once told by a classmate
That I reminded her of a ladybug.
I bought a lady bug charm for my charm bracelet
The next week.”

My counselor didn’t make a move to stop me,
So I went on.
“Once my cat got some sort of balance issue
And he fell over all the time like he was drunk.
My mother was terrified
But I thought it was hilarious.”

“Sometimes my other cat pees in the car.
We can never get the smell out completely,
So I have to explain it to my friends when
I drive them home.”

“When I am really nervous for something,
I like to think about times when I have been
In worse situations.
It helps to calm me down,
Unless I can’t think of a worse situation.”

“I have this irrational fear of nail filers.
It’s not that I hate them, which I do,
But I’m actually afraid of them.
The noise they make and the way they feel on my fingers
It’s absolutely terrifying.”