

## **Toast**

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Know all the words  
To a song whose melody  
Doesn't remind you  
Of anything, anymore.

Wake up terrified,  
Under a roof you forget  
Isn't your father's.

Think long and hard  
About which you  
You ever were.

Rip your skin off.  
Yank your hair out.  
Feel better.

There is no cavalry coming.  
Put your hopes out ready  
For tomorrow.

This is life now;  
Scraping the burnt parts off toast.