

Cigarette Packet People

By Maddie Craig

People should wear warnings like a cigarette packet,
Display cautionary images of heartbreak victims,
The joy first felt now a tragic contradiction,
Binge watching comedy and crying on bathroom floors,
Never Again say One in Four,
'Loving causes pain for emotion invested',
Trust the exes that tried and tested,
Drowning anxiety in Pinot Noir,
Failing to numb the emotional scar,
Sinking on the sofa in a blanket of the past,
Praying for the trauma to eventually surpass,
Dwelling on memories blurred by tears,
Trust now replaced by commitment fears.

She'll spot the red flags next time she swears,
As she inhales comfort; breathes out despair,
Ignore fickle romance; decline cheap thrills,
She might as well say that loving kills.