### **basketcase**

### sweaty and screaming // you wake

### clawing fists of the bedsheets // legs

### kicking to be free // from a boy who isn't there

### fighting // like you didn't back then // shaking

### the sight of him away // the ghosts

### of fingers grabbing flesh bruise // you

### can't bear it // burn // the brand away

### with water too hot to handle // skin scalding // pink with it

### sit // for maximum impact // long enough

### for the shower to run cold // cry

### until you've washed your face clean

### of him

### 

### spend the days lost

### in the haze of it // vice tight grip

### of your ~~wrists~~ ~~neck~~ sanity // see him

### in every man you pass // every brown-haired boy

### with freckles // every leather jacket // hear him

### in every london accent // every barking too-loud laugh

### every green day song // remember

### how much you used to like green day1

### all the things he took // it's the silliest // but ~~he~~

### spotify haunts you with it // albums upon albums

### undeleted // on principle because // he doesn't own them

### but // fuck it you still can't listen to them // *fuck him* //

### for ruining *everything* // remember // that he ruined everything

### remember that he ruined you

### remember the time

### he told you he'd never cheat // a 'bad boy' but

### a *nice* guy // he lied // remember the time

### he touched you as he told you // *no-one*

### *else could ever love you* // fucked you

### as he told you // that your thighs are too big

### but your tits are too small // no // remember

### the time // he told you that one

### hangs heavier than the other // try to remember

### which one without looking

### remember // the time he broke a chair // broke a desk //

### broke down // pushed you down // remember

### it was *your fault* (apparently) // remember

### how he was always angry // remember

### all the times he fucked you // long after you said stop

### remember // how your blood looked // on his carpet

### how you froze // took it // how he used that

### to justify it // remember how clueless you were

### remember it's all your fault // again // that after *everything*

### he's the one that ended it

### remember // how he threatened to end everything

### when you wouldn't take him back // remember

### how he followed you for weeks // remember

### to check he isn't following

### *remember // remember // remember*

### 1 basketcase was *his song //* so ironic // you were the basketcase but he didn't mind, he said // *do you have the time to listen to me whine? //* no, fuck-