

Five Seconds Left

My five seconds came on June 11, 2019
On the bathroom floor with a bottle of open pills
and a choice to go or to stay
I chose to go
And my five seconds almost never came
I put these drugs above God, above everything
They were all I knew
I chose to not only use
But also abuse
But everthing I've done cannot numb these feels
And then I thought of her, my little sister
And how she had smiled at me that very same day
And how in just five seconds I could make her entire life be ripped away
How in just five seconds
I could take her big sister away
And so I had a choice to make
To lay down my pride
To pick up the phone for help or to let my five seconds
Fade away
A single tear slides down my faded cheek, the phone pressed against my ear
My throat swollen
All my words left unspoken
As every piece of me drips off my sleeve
We only have five seconds
to choose to go or to stay