

Firsts

People talk about the last times a lot.

The last time you said you loved them,
held their hand,
heard them laugh.

But what about the firsts?

The first time your birthday comes around and there is no card from them.

Or the first time you gather as a group and they are missing.

The first time you wake up and remember they are no longer here.

The firsts will hurt in a way the lasts did not.
They will sting, burn, break you.
Because firsts signify the start.
A new beginning.

The beginning of the rest of your life
without them there beside you,
with a missing birthday card
a missing hand to hold.

The beginning of the rest of your life missing them.

But remember...

We only experience something for the last time once.
And we only experience something for the first time once.

So I know you will miss them for the rest of your life.

But it won't always hurt or sting or break you
like this.



Becky Hemsley