

# Seatbelt

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Dedicated to Irene Wolt

As you age

You may find yourself

Sitting at the bedside

during someone's last

hours or days

you'll silently think

of your own mortality

you'll look around

the unresponsive, quiet room

avoiding eye contact

but....be brave and lock eyes

and braver yet, stay quiet

you may see the fear

or maybe morphine

will spare you from

the most difficult conversation

you probably never had

try practicing an understanding, caring

solitary stare into a mirror

imagine you are dying

would you want to hear?

“you’ll be alright”

or “can I get you anything?”

now back in the room... try

“Do you want to talk?”

Then fasten your seatbelt....