

Preston Poets Live – Emotions – 22nd March 2013

Emotional Defence

At first it was defiance, who me? Are you mad?

You must know me by now.

Then the anger bubbled through. Me? Am I really that bad?

You must know me by now.

Then the bluster, my guilt barely clad,

You must know me by now.

Then the blame, you're never here, I'm a lad,

You must know me by now.

Then the fear, I plead, I beg, can't you see I'm sad,

You must know me by now.

Then the excuses, I'm weak, she was a passing fad,

You must know me by now.

Then the crying, weeping on your shoulder pad,

You must know me by now.

Then the hope, you start to crack, I feel glad,

You must know me by now.

Then you find photos, explicit texts, all make you mad.

You know me now.

Music Choice:

The Hebrides, also known as Fingal's Cave, composed by Felix Mendelssohn in 1830.

This piece makes me think of the importance we place on a relationship and how vulnerable we leave ourselves to our partners. The music starts calmly, comforting, but then tempestuous storms batter the defences and I think you can feel the frailty and vulnerability to outside influences. Much like a relationship, as the piece works its way to a conclusion you are left wondering if the defences are left standing or are washed away as the storm recedes.

When you do recognise this piece please try and keep the image of a relationship in mind.