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## Sweet Butter on a Burn

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# Sweet Butter on a Burn

By Elizabeth Claverie

sweet butter on a burn

is NOT good  
it falls into that category of  
things that sound good for you

(like  
listening to sad music  
when you are sad  
like not going to bed  
or not getting out of bed  
like drinking too much  
or not eating enough  
like talking to everyone about it  
like talking to no one)

but really aren't.

like the morning cold  
brisk and fresh...  
a boxer, with both gloves  
punching high and low and  
unrelenting...

like sweet butter on a burn.