

## Karen Vande Bossche

### Respite

I take my  
vulnerability  
for a walk.  
After hours  
emoting  
in my head,  
inclination needs  
to stand, needs  
to run reckless  
down the trail,  
needs to scream  
Tourette-like  
at the far edge  
of my sightline.  
And I need  
to let it.  
It's only me,  
this ADHD  
of the heart.

**Karen Vande Bossche** is a poet and short story writer who teaches middle school in Bellingham, Washington. She was born in Illinois, raised in California and is currently settled in the Pacific Northwest. Her publications are included in such journals as *River Poets Anthology* and *Crack the Spine*.