

## OUT OF YOUR COMFORT ZONE

Human touch —

voice,

flesh,

blood,

feelings,

love,

hurt,

belonging,

respect,

value,

self-esteem;

We are human too,

like you.

You could be me.

Look behind the scarred face,

the broken or missing teeth,

the matted hair

and body odours —

There are no showers

or hairdressers

or bathrooms

on the street where we live.

## OUT OF YOUR COMFORT ZONE

You look,

think, and feel

discomfort,

disgust,

amusement.

'Stay away from me!'

'You disrupt my comfort zone'.

We live our lives

in your gaze —

harsh,

cutting,

disapproving,

and we look back at you,

searching for some skerrick

of respect,

connection, or

neighborliness.

Our Humanity shines

behind our tarnished exterior —

protective layers of dirt

to insulate

against

hurt,

## OUT OF YOUR COMFORT ZONE

cold,

cruel

value-judgement

(the barbs that cut sharply

into our sense of self,

crushing beauty that shines

from deep inside our souls).

Comfort zones can co-exist

comfortably,

comfortingly —

Sharing

a sense of caring.

\*\*\*\*\*

**Written in 2010**