

## Caitlyn Smith

### "crushed and created"

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Looking back on the things that found me,  
Places that I'd never choose.  
The same things that both haunt and heal,  
My demons and my muse.

We are crushed and created,  
We are melted and made,  
We are broken and built up, in the very same way.  
What I thought I could handle,  
What I thought I could take,  
What I thought would destroy me,  
Leaves me stronger in its wake.

There are times that I'd underestimated,  
Both the grief and goodness found in something new.  
Where one thing dies, something else can be created,  
Though its truth you find, its innocence you lose.

We are crushed and created,  
We are melted and made,  
We are broken and built up, in the very same way.  
What I thought I could handle,  
What I thought I could take,  
What I thought would destroy me,  
Leaves me stronger in its wake.

I'm not the "me" that I started with,  
My friends say my eyes are brighter.  
I'm not the "me" that I started with,  
I'm freer, and I'm wiser, and I'm stronger.

We are crushed and created,  
We are melted and made,  
We are broken and built up, in the very same way.  
What I thought I could handle,  
What I thought I could take,  
What I thought would destroy me,  
Leaves me stronger in its wake.

It leaves me stronger...

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