

## **When You Don't Know That You Don't Know**

by Jodie Carol Rowe

Ignorance is always there  
It's impossible to know everything about anything

In different ways  
Things may feel strange  
Nothing always stays the same

You're not forgetting  
You are just feeling

Sometimes Gin  
Sometimes Wine  
Never mind  
Now is not the time

Nothing is all good  
Neither is it all bad  
It's okay to be happy  
It's also fine to be sad

It's in the food you eat  
And the chemicals you compare  
With the lovers you embrace  
And the parents who do actually care

We are all bound by our insides and outsides  
Sometimes they hate us  
That's okay  
It's normal  
That's how they say

Hello?

It's competing for your attention  
Whilst you rush about  
All of you  
Rushes about

To your own detriment  
It then holds you back

Reminds you of the basics  
To take responsibility  
Of the fundamentally  
Imperfect  
But  
Wonderful  
Animal  
That  
You are

So take yourself  
Out of the drama triangle  
untangle  
from the cycle  
of abuse  
Into the shapes that are natural to you

The world will still be there  
Other people will still be there

If some aren't  
It's okay

Everyone who helped to raise you  
Sees you in a thousand different ways  
That you just don't ever realise

You haven't ever fucked it all up  
You will never be totally unloved

Once they know they didn't know they didn't know

It can feel like you are alone  
And that things are missing  
And either too fast  
Or too slow

It can be good  
With friends  
And familiarity  
And that things are there  
And in flow

It can be different but the same  
It can be calm yet stressful  
It can be a shade of grey  
Not black or white

Your anxiety  
Is your defense  
Your spontaneity  
Is still focus

When you don't know that you don't know  
It can't be all fixed  
When you don't know that you don't know  
You can easily miss  
That it's not about being right  
Or wrong

It's about what is right  
What is fair  
What would make things okay  
Not great  
Not perfect

Just okay

When you don't know that you don't know

Be curious

Wonder

Take interest

Notice

And enjoy

The little things

You can have insight

You can be the spare set of eyes

To another soul

Never control

Just show

And be

There

Just there

Remind them that they are not alone

Validate those who agree with you

Validate those who don't

Take time to take in the thoughts of others

Not to assume their thoughts

As they will inevitably show you  
No matter friend or foe  
That there was something  
You didn't know you didn't know