

Augustana College  
Augustana Digital Commons

---

Vázquez-Valarezo Poetry Award

Prizewinners

---

2017

trapped

Anne Mitchell

*Augustana College, Rock Island Illinois*

Follow this and additional works at: <http://digitalcommons.augustana.edu/vasquezvalarezo>



Part of the [Feminist, Gender, and Sexuality Studies Commons](#), and the [Poetry Commons](#)

---

Augustana Digital Commons Citation

Mitchell, Anne. "trapped" (2017). *Vázquez-Valarezo Poetry Award*.  
<http://digitalcommons.augustana.edu/vasquezvalarezo/5>

This Creative Writing is brought to you for free and open access by the Prizewinners at Augustana Digital Commons. It has been accepted for inclusion in Vázquez-Valarezo Poetry Award by an authorized administrator of Augustana Digital Commons. For more information, please contact [digitalcommons@augustana.edu](mailto:digitalcommons@augustana.edu).

trapped by Annie Mitchell

If you're in a body without control,  
it's like when your teeth choose to chatter.  
If you aren't there, then are you whole?

We say to lose weight is a divine goal.  
The loss of matter might make you matter,  
if you're in a body without. Control.

But you will grieve the body they stole,  
entombed with words intended to flatter,  
if you aren't there. Then are you whole?

Don't they know that Phantom's toll,  
slicing synapses with his dagger,  
if you're in a body without control?

Paralyzed, trapped, in a six-foot hole.  
Can't stop the shivers, no choice but to shatter  
If you aren't there, then are you whole?

A battle between body and soul,  
you have no idea where your ashes will scatter.  
If you're in a body, without control  
if you aren't there, then are you whole?