**Without Love**

Without love, I can live,

But I will not thrive.

I will not reach my full potential.

I will not feel safe,

Or valued,

Or know the security

Of true belonging.

I will not be at ease -

In this place or that -

Or in my own skin.

Without love, I can live,

But restless, wandering -

Where being me is not enough,

And I am coerced to become

Someone else.

But who?

Without love, I can live,

But I cannot just ‘be’;

I cannot fully appreciate nor take

My place

In the give and take

And wonder of life.

Then, I am robbed of myself -

And so is the world.

Without love, I can live,

But how can I know

How to love…

Love life

Love others

Or love myself?

I can live without love.

But what kind of life?

Karen Campbell