

## **Fear as Friend**

*by Amber Nicole Dilger*

When Fear is the deity  
you worship,  
bowing at her feet and offering  
the most precious parts  
of your heart,  
She grows large and sticky—  
a colossal figure of tar.

Pulling you into dark corners  
and holding you hostage,  
She demands more.  
Always more.

Instead,  
call her by her name  
whenever you catch  
the smallest movement of her  
sneaking to whisper in your ear.

Take her by the hand  
and introduce her to your friends.

Bring her into the meadow  
and turn her face to the sun.

Help her see that you  
love her best  
when she is lithe and supple;  
when she can flit in and out of your life,  
succinctly keeping guard.