

# One

By Sandy Nutter

Can you tell me how one person  
sets the tone for how you feel?  
How a love that was a lie  
can make you question all that's real.

Can you tell me how one man  
Affects all that you say and do?  
How his presence never leaves you,  
even after you are through.

Can you say this pain will ease  
and that these feelings go away,  
when its been sometime ago,  
and still your heart is torn and frayed?

Can you tell me how one tear  
escapes and then it never stops?  
Once the dam has been so compromised,  
it will not hold a drop.

Can you tell me how one year  
can quickly turn your life around?  
How just when you think you're healing,  
you get thrown and kicked around.

A whispered gentle love is gone,  
and all is said and done.  
Of every lesson learned,  
I never thought this would be one.

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