

## Smells

by Unique Carper

Isn't it sooo weird how a smell could remind you of a bad past relationship?

While jogging in the park last night I passed a man who had on the same cologne that my ex used to wear. My mood went from tranquil to disgust in about 2 seconds.

That was NOT a reminder that I needed!

I don't need to be reminded of the days when I acted out of character because I was trying to keep a failing relationship in tact

Or of how I let someone control me and tell me what i could or couldn't do/say/go/look at/wear because of THEIR insecurity issues

Or of how I went against my morals (many times) to do things that I thought I needed to do to make someone love me

Or of feeling like i was inferior because they were always trying to one-up me or compare me to other people

Or of how after I gave all that I had in me to give (and then some)- I still ended up being played like a fool.....

No reminder is needed because I'm reminded every time I feel true, unconditional love

And when I'm respected for speaking my mind and having my own opinion

And when I can demonstrate my "uniqueness" without the person who says they love me trying to pass judgment

And when a hand is stretched out to lift me up instead of trying to keep me down

And when I'm treated as an equal

And when I have the freedom to do whatever the hell I  
want to do

And when I give all that I have in me to give (and then  
some) it's appreciated

Isn't it sooo weird how a smell can remind you of a  
wonderful relationship?

by Unique Carper