

1981

Nervous Tension

A.K. Sessions
Denison University

Follow this and additional works at: <https://digitalcommons.denison.edu/exile>



Part of the [Creative Writing Commons](#)

Recommended Citation

Sessions, A.K. (1981) "Nervous Tension," *Exile*: Vol. 27 : No. 1 , Article 8.
Available at: <https://digitalcommons.denison.edu/exile/vol27/iss1/8>

This Article is brought to you for free and open access by the English at Denison Digital Commons. It has been accepted for inclusion in Exile by an authorized editor of Denison Digital Commons.

Nervous Tension

By A.K. Sessions

as i brush my teeth
the blue veins in my neck
on the right side
bulge to the surface
pulling the tendons up with them.

but when i relax my neck
i tense my left hand
that holds the blue toothbrush.
now my fingers will
cut into the fleshy muscle
at the base of my thumb.

so i release my left hand
and move the toothbrush
with the white bristles
to my right hand.

but i've lost my concentration
and my jugular jumps out again.
my right elbow locks
at an awkward angle
immobilizing my right wrist.
and my left hand is still caught
in its tight little fist.

Bonds By James Lundy

