

when I am first social without you

the morning after
you will text to say

I saw a pic of you on Facebook – looking happy. Nice!

immediately I will want
to apologise
for this aberration

saying
that's not how I usually look

saying
you caught me in an unguarded moment

saying
wait
are you accusing me of happiness?

later
I will look at the picture in question
I look uncomfortable
I look outside
I look bereft

but
my future without you
looks happy

I guess this is how you sleep at night
or perhaps you don't
I would no longer know