Mistakes, I've Had a Few

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Deep asleep, now awake
Sucked down by a riptide of
Heart beat breakers
Lapping at my sheets
Pulling me under
Head barely bobbling above
The foamy taste of salt
Storming my airway
As could haves, should haves, would haves
Pound my pillow in this pre-dawn fury
Flares erupt fore and aft
Foghorns blare
With echoes of regret.

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