

How Are You?

By Kate Erickson

There is a stigma that we have,
of asking a question without wanting a real answer.

How are you?
I get asked about 30 times a day.
“Good”,
Is the only appropriate response.

They don't care about the hardship or the joys,
They don't want to hear the truth.
We tell lie after lie, not wanting to stand out.
But to be honest, hardly anything is “good”.

Nothing is fine, nothing is alright.
It's just an answer to get out of the conversation.
Each answer chips away at my well being.
As I continue to lie.