

FINDING AND LOVING MYSELF

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WHO AM I

Am I who I should be?
Or am I still trying to be
Who people think
I am supposed to be?
Or at least who I was told
I'm supposed to be?
A good respectable
Christian girl,
One who follows
all the rules,
Is kind to others,
Humble, and hard working.

Should I let out the
scared little girl?
The one I locked up
To avoid the shame
And pain of childhood?
The one who is
Broken and afraid?
Not for herself
But the darkness
Of family secrets,
The truth that
Ruins lives,
Destroys reputations,
And makes plain
How the sins
Of our fathers
Are passed
Through the generations.

Show up
As your true self.

Who is my
True Self?

BE YOUR TRUE SELF

Mad self
 Sad self
 Want to hurt
 You back self

Shy self
 Quiet self
 Want to run
 And hide self

Cute self
 Sassy self
 Go on
 With yo' bad self

Silly self
 Funny self
 Gonna make you
 laugh self

Like the many
 Faces of Eve
 You can't believe
 All the selves
 I am and can be

BLACK LIKE ME

I choose to be
 Black like me
 The Black don't crack me
 I'm not talking about my skin
 But my peace within
 The peace that encourages me
 There is no shade
 Or color of Black
 that's "Really Black"
 There is no
 Area code
 Zip code
 Neighborhood
 Language
 Clothing
 Housing
 Income level
 Socio-economic Status
 Music
 Walk or talk
 That defines
 My Blackness

I AM BLACK LIKE ME

Texas born
California raised
Homeowner
Foreclosed
Renter
College failure
College graduate
Student
Teacher
Daughter
Sister
Wife
Mother
Separated
Almost single
Complicated
Hopeless
Hopeful
Tough
Sensitive
Hard
Soft
Alone
Lonely
Nosy
Anti-social
Funny
Compassionate
Painfully driven
To be the best
Me
I can be
For
My ancestors
My community
And the communities
to come