

Eulogy for the Infinite To Do List by Kalil Cohen

Gracious praises for the days in which you held me close.
Grateful strangely for the memories of To Do list ghosts.
Kept me grounded, kept me focused, kept me almost here.
Kept me distant, kept me constant, kept me from my fears.

Always somewhere, always someone, always something new.
Never-ending, never slowing, always more to do.
Fixed securely, strictly focused, willing slave to you.
Proving value, earned approval, always more to do.

Constant companion, co-dependent, I could always count on you.
Outgrowing perfection and over-achievement, what's a boi to do?
Let go the To Do lists, let go the assignments, let go the anxiety?
Letting go feels like dying, falling, failing, like no anchor, adrift at sea.

False comfort in controlling, I over-analyzed it all.
Hypervigilance unending, let nothing ever fall.
Compressed for years, constricted, angry and alone,
Obsessed for years, addicted, working to the bone.

What if underneath it, I am truly bad?
What if underneath it, I am infinitely sad?
What if underneath it, I am emptiness?
What if underneath it, I am craziness?

Safety in To Do lists, in left-brain dominance,
Scared of loosening restrictions, of too much tolerance.
To Do lists gave me layers, protection from myself.
Infinite distractions, there's always something else.

Here in the middle, the huge messy middle, what does all this mean?
Not yet someone new, still a stranger to me, old habits slowly weaned.
Not obsessed with production, achievement, perfection, no longer who I was,
While To Do lists keep coming, infinite looping, how can I ever feel done?

Feeling naked, anxious, so lonely and exposed.
Feeling fully willing, to let To Do lists go.
Accepting imperfection, sloppiness and rest,
Allowing human error, not always being best.

Adieu dear companion, I've known you oh so long.
Rest in peace dear comrade, return to where you belong.
Farewell to your comfort, farewell your warm embrace.
I'm willing to mourn your loss, I'm ready for this space.