Visual poem with a title that reads: BRAINFØG VI.

There is a light gray, blooming image behind the words. The poem's orientation is landscape.

On the left-hand side of the poem, the text reads:

dishes spill slip they fall

grip weakens strangers yell

scream don't fight back

indoor infrared beams run

don't wash the crevices shriek

shatters another plate

psyche overwhelmed

brain wants to eat

livers grip into sweat

*In the center of the poem, the text reads:* 

surroundings buzz murmur drum my ears escalate image smoke detector turns freerelease boil heat ignite my mind erupts

cave paintings nasal silhouettes obscure rabbit feathers

glare repeat action rejectextract dimensions eagle stretches radius cramps numb I am reluctant to open up mindbody fuzzy apertures dry xylophone spirits extract uterus the cup overflows how do I let go mist visions fluid motion future cheekbones cavity agape occupied empty

On the right-hand side of the poem, the text reads:

flesh I am an on & off switch I wake up

inside another frame

memory gaps patterns I mirror

reflect a picture breathes within

throat absorbs infests & creaks

an indistinct nebulous adrenaline rush

self break down stutter I float

I spleen another me

outbursts