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Brain Fog

walking into a room and forgetting why
retracing your steps looking for the answer
finding no clues, an unsolvable mystery
a beep from the washing machine
calls you to the kitchen, you pass a cold filled-kettle
hiding behind a dry tea bag in an empty mug
you'd like a cup of tea, laundry first
perhaps peppermint tea, settle the stomach
you pick up the clothes and carry them through
sorting through socks and pants on the bottom
you wore this shirt out to lunch last week
hunger pangs, never did make that tea
for lunch you could make eggs
there were eggs in the fridge last week
still there bonding with some past-best cheese
cheese in the bin, kettle on, saucepan out
time for lunch: eggs on toast, cup of tea finally
lunch made, take it through to the living room
spot that laundry half hung up on the ailer
a task disrupted; life on hold; chasing my self; incomplete