

I Integrated

Poetry of Becoming Whole

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Foreword

This is not a book about love.
Nor is it a book about pain.

It is an archive.

Every line was written by a younger version of me —
unfiltered, unpolished, unprotected.

Some poems were written from longing.
Some from chaos.
Some from survival.

None were written from indifference.

If you are holding this,
you are not reading who I was.
You are witnessing who I became.

— Chantal

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Part I — Origins of Becoming

There was a time when experience felt like impact.

I did not yet understand patterns.

I only knew sensation —

the sharp edge of longing,

the gravity of silence,

the strange intoxication of being chosen.

I mistook intensity for meaning.

I mistook survival for strength.

These poems were not written to be beautiful.

They were written to document existence.

This is the girl who learned early

that feeling deeply

does not come with instructions.