

2/27/15



destruction instructions
from Janet Kuypers

one oh one
destruction instructions:
a man calls a woman

Janet Kuypers

poem based on her 1997 poem "a man calls a woman"
italicized lines are from a 1976 essay from Bob Lamm
2/8/15

every time a man calls a woman a "fox"
he tells her she is to be treated like an animal
every time a man calls a woman a "honey"
he tells her she is meant to be consumed
every time a man calls a woman a "girl"
he tells her she can't think like an adult
every time a man calls a woman anything
less than woman he tells her who's the boss
so yes, we all know who the boss is, boys
you've done such a good job of telling us

Because *every time a man makes a joke about rape
or wife-beating he issues a warning to women*
and you've done such a good job of warning us...

Because now it is time to take it all back
after the way you've treated us
for millennia

Do you think we'll just sit back
and continue to take it?
Do you think we don't know how
to use our voices,
do you think we don't know how
to get help from our friends,
do you think we don't know how
to use our bare hands,
or use the court system
or use a gun?

Like we don't know how
to use our bare hands —
because if you want
to insult us again
by saying we 'fight like a girl',
then let me correct you.
We fight like a woman.
And we fight dirty.

one oh two destruction instructions: self-destructive

Janet Kuypers

poem based on her 1997 poem "self-destructive"

2/8/15

i've been self-destructive before
and you liked me then
should i go back
go back to those days
when it didn't matter who i was with

because
why would it matter
unless it was you?

But I can't do that
to myself anymore

because now it's about time
to turn it all around

'cause if you think for a second
we're gonna stay content
with injuring ourselves

(when really,
it's been so second nature to you
to hurt us over and over again,
justifying it, saying
'that's just the way it always is')

Because how were we self-destructive before,
how did you like us
when we did ourselves in
and when we succumbed to you

Well, we're tired of acting helpless
you haven't begun to see
how strong we really are

Because we've seen how you work
and I said it's now time
to turn it all around
because *I'll* use *your* tricks
and make *you* self-destructive

and once the tables
are totally turned,
you'll feel
how we women feel
when the cards have been
perpetually stacked against you
and *you*
have no power
at all.

one oh three
destruction instructions:
run faster

Janet Kuypers

poem based on her 1997 poem "run faster"
2/8/15

I keep doing this to myself
I keep coming back
I beg for attention

I don't know how to stop
because
I don't know how to be alone

so I keep giving you
one more chance to make it perfect
one more chance to rescue the damsel

but I'm not a damsel
and I'm not being rescued

and I don't know which one of us
lit the match
and set this relationship on fire

I don't know which one of us
turned the wheel of this semi
and set the wheels in motion
that started the 50 car pile up
and caused this fantastic car crash

I don't know
You say it's my nagging
*but if you weren't so wrong all there time
you'd never hear me complain*
and you can't yell at me
for *my* accomplishments
*I know I'm younger than you,
and made more money than you,
as an artist,
so why can't you win in the workforce?*
And don't yell at me
when other men are hitting on me
*that only means I'm good-looking,
and I have more male friends anyway,
you should really get over yourself—*

I've always said
we're perfect for each other

I don't know why
you don't get that

and you keep bringing up
all of these bad points,
and why do you keep saying
that I'm twisting
the knife in your back?

Because at this point,
even though I hate you,
I'll never let go —
so you'll just have to run faster.

one twenty fifteen destruction instructions: on destroying a relationship

Janet Kuypers

2/12/15

I know you came to me
for assistance, and I know
all I'm telling you are don'ts,
but if you really want to get rid of them,
follow these simple steps
to destroy a relationship.

Don't pay them any attention.
I mean, when they ask you
a direct question,
sure, you have to
answer them — eventually,
but just start
going about your life
like they weren't there.
Forget you have plans together.
Make plans with your friends.
I mean, if the two of you
aren't meant for each other,
they're not going to want
to hang out with your
friends anyway, right?
(By the way, that could be
your rationale, if they ask
why you didn't invite them.)

Don't give them any space at your place.
Because you don't want them
to feel like they have
any permanence in your life...

Oh God, you've done that already,
haven't you?
They have their crap at your place?
Or let me guess, they're trying
to redecorate? (Oh, that's worse...)
Is the stuff there something of theirs
that can be destroyed —
on "accident"? 'Cause really,
if you want to end a relationship,
you have to cut any and all strings.
I mean it.

Oh, I was going to suggest
you should look like
you have violent tendencies,
maybe clean your guns more,
but then I realized
that acting crazy
might backfire on you,
they could call the cops or something,
and you don't want to deal
with that load of mess.
So, don't go acting crazy,
to drive them away...
As tempting as that sounds.

When something goes wrong,
goes violently wrong,
don't tell your partner
that you don't want this to end.
Don't say that you
don't want this to be good bye.
Because then you're giving them
mixed signals, you're giving them
a glimmer of hope
that things might work out after all...
Because really, the whole point for you
is that you want this relationship
to NOT to work out, right?

Don't say you don't want to throw away
your relationship (even if you do),
please, don't let them think
you're vested in this any more.

And another thing,
when something goes wrong,
goes violently wrong,
don't tell them you're sorry.
God no, that's the worst thing to say.
Don't open the window for them
to think you might be at fault...
I don't give a shit
if it's your fault or not,
but the last thing you do
is tell them you're sorry. For anything.

I know they might cling,
I know they might get desperate,
but you said you wanted to be free.
I'm only here to help.

You might not like it,
this might seem
counter-intuitive sometimes,
but they key is
to not think
about what you're doing.

Yeah, it might hurt,
but that's the point,
isn't it?

one twenty fifteen destruction instructions: use drones to kill

Janet Kuypers

2/12/15

The new arsenal
for the U.S. military
has been to use drones
to kill Middle-Eastern enemies.

Because, you know,
with drones for killing
we're free of friendly fire
and are saved from sniper strikes.

What a deal.
But now those drones
are used by Amazon
to send your products to you,

and these drones
are filling up the sky
invading our airspace —
the FAA's starting restrictions...

But who listens
to the FAA anyway,
when drones with cameras
are for sale to the highest bidder?

'Cuz I've got plans
for my little drone.
I'll take that camera off.
(I don't need to film what my

drone's gonna do.
It might implicate me.)
Because my little hover drone
will be armed with gun turrets,

and instructions
of exactly which house
to go to, and of exactly
who to aim for. Cause you see,

I can keep
my distance,
and let my technology
do my work for me. As I said,

as long as I set
the coordinates,
right on your heart —
the way you destroyed mine,

I don't need
to be near you
to cover my tracks and
set my destruction instructions.

I'll watch that drone
fly off to do my bidding.
And i'll sit back, have a drink,
and wait to hear of your ghastly death.

Inspired by Patrick Hurley's *Water of Life Press* (where their hand-bound books were released on grocery store paper bags), this Janet Kuypers chapbook is printed on paper that was originally used as stuffing for proof copies of Scars Publications books mailed from the amazon.com affiliate printer. (The reams of brown "stuffing" paper were ironed & cut down to 8.5"x12" for this private printing.)

Chicago poet Janet Kuypers is a professional performance artist, a writer, photographer, and a literary magazine editor running Scars Publications, which hosts two literary magazines, publishes books and releases CDs. With over 90 books published (as of 02/27/15 of poetry, prose, novels and art), she has sung in 3 acoustic bands, and worked with 8 music groups (combining her poetry with music. In 2010 she will begin hosting a weekly Chicago open mic *the Café Gallery*, with a weekly podcast. Her CD releases (40+ in 2012) appear at iTunes and other online vendors, found on line through <http://scars.tv> or <http://www.janetkuypers.com>.



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Hot Water, How a Bullet Behaves, the Thing in the Lounge at Dawn/Wheel (I Come in Avatica), Postcards from Exile, the Five Stages of Macbeth, Stay in Formation, Showdown Other Footprints, the Girl Next Door and Other Poems, Major Arcana, Give What You Can, Wagon in the Dirt #084, Come Fly With Me, Clearing the Dirt, Sectored & Sequestered, Six Six Six, Skeletal Remains, Out of the Web, Don't Trend on Me, Lines of Intensity, Entering the Ice Age, When the World Settles, Into the White, Along the Surface, Life... from Nothing, the Line to Power, Fear the Ferssaken, Down In It, Falling Into Place, Wake Up and Smell the Flowers, Unknown, Looking Beyond, Forever Bound, See the World Burn, Exploding on the Scene, America the Lost, Moving the Earth, Catch Fire in the Treetops, Wisdom in Broken Hands, Autumn Again, Up in Smoke, Symbols Manifest, No Return, Grounded, Perfectly Imperfect, Wrapping It Up, I Pull the Strings, a Link in the Chain, Shot out of a Cannon, am I really extinct, Home at Last, Invisible Ink, a new era, Idols, Friction, See Drift, Spiraling, and Then He Moved, a Creative Journey, a Rural Story, Beyond the Gates, Treading Water, the Curve of Arctic Air

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