

Tales of Heartbreak- Haiku Responses

by

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Heartbreak and the loss of love are things many of us can relate to; either experiencing it ourselves or witnessing someone else's. There is a flood of emotions along with confusion, sometimes, as far as how to continue without their significant other. Reading and interpreting different haikus about heartbreak is bound to be interesting. People perceive breakups differently, so we are bound to be taken on different journeys through the writer's poems of their experiences. There are also different aspects of a breakup, and these phases will be explored as well.

The garden
losing interest
in itself

Alexis Rotella, *American Haiku Archives web site*

I think this haiku can be used to illustrate partners losing interest in one another, and ultimately, the relationship; what comes before the breakup. Taking care of a garden requires a lot of work. You have to consistently check the health of your plants and flowers, use proper soil, have the right gardening tools, destroy the weeds, and water the garden correctly. There is a lot of work that goes into the maintenance of a relationship. When people start to look elsewhere, they may begin to note 'the grass is greener on the other side.' This phrase means they begin looking elsewhere and believing other people's situations are better than their own. They may become preoccupied with other gardens, neglecting to take care of their own. They neglect taking care of their relationship and their significant other. Of course, this can lead to the demise of their garden. Oftentimes, people do not realize that they need to put constant nurturing to maintain that garden, relationship. And thinking of other people's relationships is often misleading.

a glass of beer—
I serve it to a man
I will never love

Masajo Suzuki's, *Love Haiku*, 34

I wanted to include this haiku because it is another instance of what things might look like before the end of the relationship. I think it can work well to portray when it might be time to leave a relationship in the past. Reading this haiku, what immediately came to mind with the first two lines, I imagined an average relationship. The speaker, which I assumed was a woman, is bringing her significant other a cold drink to help him relax. I did not necessarily see it as her serving him, just one of those little things to do to put a smile on your partner's face and show appreciation. Then I read the last line and my entire perspective changed. From a comfortable relationship, it went to one that seemed strained. The speaker has already concluded she will never love this man and doing things like this, bringing him beers, seem more like a task. This can be an indication of the need for the end of the relationship because it will not move forward. Love for him will not grow, trivial things meant to bring joy will seem tedious, and the relationship seems like it would turn into more of a hassle.

his cold-heartedness:
shouldn't my love begrudge it
quince rain

Masajo Suzuki's, *Love Haiku*, 47

This haiku was included because every line could be interpreted as heartbreak. In the first line, already there is the idea he is a very distant and unresponsive partner. It paints the very opposite of what one would expect in a partner, cold-heartedness is not typically how one should feel about their companion. With the second line, it is understood that the speaker struggles with an internal battle with their heart and brain. It seems she knows that not only is he not deserving of her love but is also deserving of resentment from her. Reading this, I assumed that he has, and continues, to put her through some sort of heartbreak yet, she cannot find it in herself to move past him.

Trying to forget him
stabbing
the potatoes

Alexis Rotella, *American Haiku Archives web site*

This haiku can act as an example of when the end of the relationship is hard or challenging for a person. With the first line, one can already sense that this is a struggle for this person. Forgetting him has probably already presented as a problem. Which it often is, especially if this was an established relationship created between people. In the second line, standing by itself is the word 'stabbing.' I can clearly see this motion. Someone putting in a lot of force behind their swing with the intent of really doing damage. Then with the last line, the reader realizes the person is simply cooking and it is harmless. In fact, it could possibly be beneficial, as a way to let out tension. This poem stood out because of its second line. I think the word standing alone helps visualize the effort being put in to forget this guy while having to still do basic everyday tasks.

break up text
she cuts bangs straight
in a mirror

Randy Brooks, *Art of Reading Writing Haiku*, Fall 2018

I wanted to include this haiku because, not only is there a bit of a sense of humor, it is something that is actually quite common. Changing one's appearance after a breakup can almost be therapeutic to some people. So, cutting one's hair, dying it a different color, or just changing the styles completely is one of the first things done right after the breakup. It is a fast way to change one's outward appearance, hopefully, one that brings more confidence. Cutting one's hair can also be seen as a relief, however. It can be seen as similar to cutting ties with someone and disconnecting with them, but with the literal action of cutting. I imagine that when this person cuts their hair, however, it will not look its best. This makes sense, after a relationship, things do not just return to normal and there may be a time where the person is not fully okay. But, like the hair, they will continue to grow, hopefully in a healthier state.

shall I betray him
or let him betray me?
the shrike's shrill cry

Masajo Suzuki's, *Love Haiku*, 59

This poem can work to show the damage heartbreak can have on some people, such as making it difficult to trust again. The underlying impression is the reader believes eventually the man will betray her. Instead of experiencing that heartbreak, she would rather put a stop to the relationship and betray him first. One wonders why she believes that is the only possible ending. So much so, she would risk her relationship, in the possibly healthy state it is currently in, and betray him to avoid heartbreak. Heartbreak is not necessarily the only reason she has this imposed thought, but it does seem likely that something in the past caused her to think this way, either in this relationship or another. Regardless, she believes it is bound to end in betrayal.

seeing his face
first time in years
delete

Hannah Ottenfield, *Art of Reading Writing Haiku*, Fall 2018

I wanted to add this haiku to show another side of the end of relationships and the period of finally moving on. One of the most hurtful times is right after the breakup because things have yet to or are just now registering that the relationship is final. With this haiku, I can imagine the speaker running into someone that, at a time, held a lot of power over her happiness. Someone who may have been the reason why she constantly questioned herself, possibly the reason she chose to guard herself or maybe caused a decrease in her confidence. Then, after allowing time and self-care to heal herself, she can run into him again and not be flooded with the emotions she had after their last encounter or the other emotions the thought of him would bring. I picture her deleting him from social media because she no longer cares about what is going on in his life. I can also picture her deleting him completely from her mind, severing that soul tie the two once shared and moving on with her life, happily.

The ways people express heartbreak are different. Sometimes it hits them hard and puts them in a place of confusion or depression. But I wanted this piece to display the different aspects of the breakup or heartbreak. To show there are multiple reasons that lead to heartbreak. The act of heartbreak in the relationship, and finally what happens after the breakup, immediately after, and when there has been time to move and heal from it.

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Works Cited

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