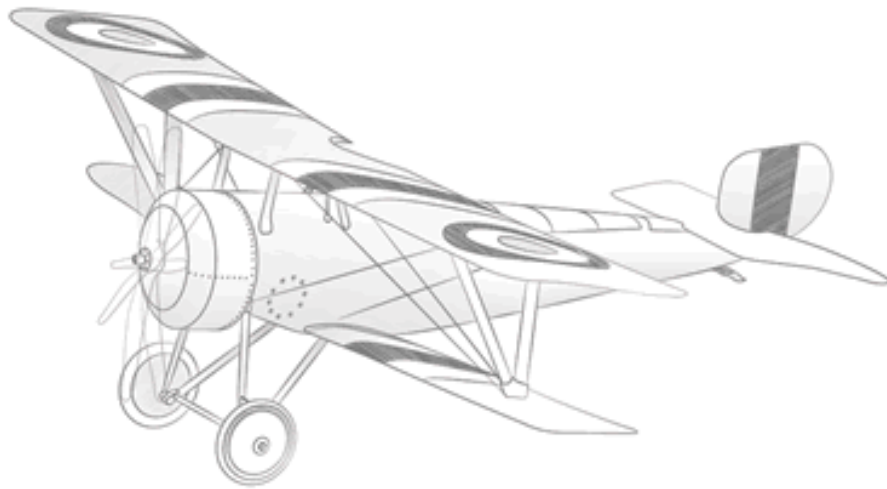


# Anthology of The sky is not blue



Presented by

*My poetic side* 

## **Acknowledgement**

Thank-you to all the people who have supported me through the tough times, and continue to do so.

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## About the author

Just a regular island girl, writing for relief.

## summary

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## POKER FACE

Your skin is so pale, scars covering your arms.  
You mumble words, so you don't say any harm.

You don't like attention, you shy away.  
You don't speak up, when you're not okay.  
You avoid social interaction, it gives you chills.  
You don't understand how people enjoy the thrill.

You are never relaxed, it's always on your mind.  
You're always fidgeting with anything you can find.  
The older I am, the worse it gets.  
I feel like my life is falling too bits.

I have a good poker face, so you don't see.  
That all my own demons are controlling me.

## Grey world

I could walk for miles, and never get tired. I have so much on my mind, most undesired.

Its so hard living in a coloured world when all you see is grey, i try to concertrate and focus but my mind gets lead astray

Black is one of my favorite colours, red when i see my own blood. I start to feel relief when i see my blade flood

I wish to see red all the time, apart from black when im ready to die.

## Addicted

When i felt sadness, i felt happiness sometimes too. Now i took these tablets i feel numb the whole way through,

I am just organs working with a blank mind, i am not fine.. i am zombified.

Maybe i was addicted to the darkness that followed me around, even my favorite songs have no meaning.. its just sound.

My head hurts from frowning trying to recover my thoughts.

They used to flow like a river, but now are frozen like a lake.

Maybe one day this cycle of sadness or numbing will break

## The taste

I listen too loud music, to drown out the sound,  
The devil keeps shouting, my head starts to pound.  
I wonder when good thoughts will start happening,  
all these bad ones make me remember the kidnapping.  
I've been robbed of my social life, childhood as well.  
My mother's an alchy am I living in hell?  
Will she always love the taste more than me,  
she been to self help groups can no one see?  
That she's dying inside, and feeling crappy.  
But she lies to you all too keep you happy.  
She's tried suicide countless times.  
Why does she let alcohol poison her mind.  
She's not the only one living with the devil, but she's selfish  
and careless on a whole new level.  
Our world has been turned upside down,  
please pick yourself up, don't choose to drown.



## Blessing or Curse

I want this empty feeling to go away, it's constant.  
My life has changed so much, for better or worse  
I still feel despondent.

I am grateful for what I have  
but it's hard getting up in the morning,  
You say I am depressing,  
these feeling come without warning.

I do things to keep my mind off things,  
but when I am not with you I wonder.  
Why anyone would love someone,  
whose broken.. it makes me ponder.

And when I start to over react,  
that is when my mind breaks down..  
and I have a panic attack.

If I am quiet that's when I am best,  
because when I chat shit I cannot rest,  
I go without sleep, which makes me worse  
and this is when you start to wonder,  
is this relationship is a blessing or a curse.

## Completion

This feeling just wont go away, it depresses me every single day. Selfharm and suicide floods in my head, all these words unspoken. None of them said.

Everything keeps crashing into disaster, time needs to stop but it keeps on getting faster.

They dont call it commiting suicide anymore, they call it completion. That's what you'll be remembered for.

All the famous people not remembered for their art, but only for the different ways they choose to depart.

## No one can fix us

No one can fix us,  
is anyone aware?  
Look behind the broken smiles  
don't bully for a dare.

We sit in our rooms, hoping to die  
best we can do is let out and cry.  
Take a blade to our wrist,  
blood running down our arms.  
This is the story as to why we self harm.

Voices in our head, demons in our blood,  
When will this end, I've had enough.  
Everything is okay, everything is fine  
sit back relax, smile.. don't cry.  
We get called fakers, but can no one see?  
My mental illness is killing me.

Sadness is my best friend, music as well  
there all I have left as my eyes start to swell.  
Non stop crying, nonstop pain,  
can't people see this isn't a game.

We all over think, not that we can help it.  
but honest to God, life isn't for me  
I QUIT.

I have the pills in my hand, or the rope around my neck,  
I jump from the chair, wondering what will happen,  
as my lungs start to burn, and I gasp for air.

All I see is darkness, no more pain.  
It's over for good now,

I'm sorry loved ones for being so vain.  
But at least you won't have to see me,  
and maybe you're aware,  
I am nothing but memories now,  
memories of people too naive to care.

## New trends will end us.

How can you rub away the grey without a rubber?  
There is a lot of evil in this world so much betray.  
Children should have freedom to play,  
not having to worry "will it be my school today?"  
People walk the streets, not making eye contact  
it's alien if you smile.  
What did money and power do to us?  
People only care about their own social profile  
Technology is advancing quicker than we blink  
people think its great, pay the price, but lets think...  
The more machines we have, the less jobs available  
it will all come down to the human most assailable  
The world is decaying, quickly it will end.  
we over use all resources just to fit in with the new trend.

(photo of me getting inspiration on my favourite cliffs starring into the sea)

## 2 polar bears

Trying to live two separate lives will eat you alive  
You will loose sanity, whilst trying to survive  
Scared to loose one person out of two who mean so much  
when living in this predicament, you loose your sense of touch.  
You start to question yourself every breath you take  
"How can you choose between the two, and have no heartache ?"

## I'D RATHER BE!!

You are constantly asking me "when's the next time you're getting out of bed?"

I get angry, and shout at you "i'd rather be dead!"

The pillows and duvet are the only company i desire.

The warmth and beating of another human is not what i require.

You don't get it, i want to stay here, pretend i am not breathing.

I hope you will never experience this deep, dark, empty, feeling.

## I fell inlove

Long distance relationships aren't meant to be easy, the feelings i get from you are the best i have ever felt inside of me.

I wish to be in your arms every single day, your eyes are so blue, you lead me astray.

I wished to find someone to love me and not punish me for my past.

To learn everything about each other, see the perfect contrast.

When my tears were falling on your chest, it was in that moment my feelings started to manifest.

When i told you i love you it all became clear.

That i didnt need to wish any longer, i already had you here.



## Escape route

Saving other people whilst trying to save yourself.

No one sees the real you, they just listen to the words that flow out your mouth.

No one understands the pain inside your body or your mind,

It's hard to hear people being able to easily relax and unwind

My eyes are constantly darting around the room,

from evening to night, morning to noon.

I always need to know my escape route incase i need to flee,

I wish the anxiety in my mind will one day leave me.

## The urge never goes away

The urge to self harm never goes away,  
the scars covering my body are a reminder everyday.  
You have to remind yourself there are other coping strategies,  
even though i feel the burning desire deep inside of me.  
People who never felt the relief like we have, will never quite understand.  
How we can harm ourselves, the blade physically in our hand.  
Never get frustrated at them for not understanding why,  
the less people, the better needing that feeling to satisfy

## What you did to me

When i was just three, my father took advantage of me

When i was five i was locked outside in the dark thinking how to survive

When i was ten i lost all trust that anyone could be nice, especially men

When i was 13, i understood the horrible things my father did to me and that no one tried to intervene

By 16 I had discovered the sharpest blade, to me it seemed the best thing ever made

When i was 18 i thought to be living was so cruel, that staying alive had made me the fool

When i was 20 i realised that wasn't the way, that i needed to become independent to be okay

Now im 22 and my life changed a lot, i lost people things were crappy, but now i have my own control have never been so happy

## Trust

Trust is not something that comes easily.. it takes time to get to know someone and trust eachother evenly.

When you start to trust that person, you put your feelings on the line. When one person lies to you.. subconsiouly you will untwine.

The trust you had before you will never have back, you'll keep your walls built high incase of another attack.

It is sad when someones walls have been cracked so much it hurts them to trust. No one should be hurt this way, with their heart physically crushed.

## Broken hearted by my love

That day you told me, all i wanted was for you to explain. How the love of my life betrayed me, lost our love and caused me immense pain.

The moment those words came out your mouth, i wanted to become deaf. I was already blinded by you, the ache in my heart was all i had left.

I tried to put the peices together, believe it in a way i could maybe process.

But in my mind the image of you and her together is something i can never suppress.

## Darling you're free

He will tell you all the things you want to hear. He will make you feel things you have never felt before, dear.. He will make you blind, make you never doubt a word he said. He will manipulate you, all those red flags you never read.

He will one day wonder if he has all he could possibly need. He will realise he wants more, knowing it's wrong.. but still proceed.

He will hide the fact he ever did anything wrong. He will notice your blind, you won't realise so he plays along. He is the worst type of person, yet you don't realise.. this isn't what love is supposed to be.

When you find out, you'll be devastated, but my dear.

You are free.

## Suffocating in silence

I have blocked out having any feelings for far too long, that now i start to feel anything but numb.. i feel to be in this world is wrong. I dont belong.

For me its easier to be alone and no one to care. When people get too close, they think they know me.. they dont.. im suffocating. I NEED AIR.

I take breaths from deep within to refill the air that escaped me. Finally i should learn that being alone without people is the best way to be.

## I am alone.

The realisation of having no one is finally hitting me, I shut myself out completely and spend most my time talking to the sea.

The waves crashing around me used to keep me company, But now my storm has gone, so are the waves.. my life is empty.

Talking with waves is not the same as people, waves will stay when it gets rough but people run away. Which is why the friends i would make, would never know the real me.. in hope they might stay.

Its sad that i live in a world where i couldnt have friends and also be myself. I guess thats the sacrafice i make unless i want to be my oneself.



## Fooled by you

I still remember the night you told me that you were stuck in traffic at 2am in the morning. I shouldve realised that night what had really hapened but i ignored every warning. You told me you missed me as your finger tips were tracing her skin, whilst you kissed and gave pleasure to her body.. you told me how you loved me from deep within. You came home and told me how wonderful i am, how i should never let our love go. You said you'd never hurt me that same night you travelled to meet her again, like our love was a game show. All those excuses and lies that you told, i was so fooled by you. When i had the gut feeling that something was wrong, it was then that i instantly knew. The thought of you touching another girls body the way you did mine, will forever make me sick inside. Because cheating should be a crime, for it can never be justified.

## Long distance bittersweet

Long distance relationships are full of happiness and sadness, they are bitter sweet. The airport is the most bitter place on earth, i wish the miles between us were something i could delete.

My heart is so full but at the same time it is breaking. The love between us is so strong.. its simply breathtaking.

Our futures are thought of by most people to be only fairytales and fantasies.. I want our future, i want our love.. you and all the abnormalities.

The day the distance ends and we become one, will be the best day of my life, our fairytales are ending and our lives have just begun.

## Tides in my mind

My depression is like an ocean, the tides crashing back and forth in my mind. I dont have control over it, my feelings..my body are both confined.

I can almost see it disappearing and then it comes crashing back. Its like my mind and the ocean have a continuous plan of attack.

The tide always comes in quicker than it goes, it lingers.. i get feelings i thought were gone, bad memories of old triggers.

The one thing i learnt whilst swimming in the ocean, is to never go near the dark patches. Because once you touch the darkness it latches.

The ocean is a rough place, escaping from the water surrounding you is never as easy as you think. Fighting the tide gets tiring, just keep a float and don't let yourself sink.

## Love was all that was wanted

"All i wanted was love" she says as shes choking on her tears at 2 in the morning. The memories of you hurting her take over her mind without any warning.

"Its probably my fault" she blames herself for the actions you used to disrespect her. She starts hating her self, the love she once had for herself. She cannot remember.

"Was she better than me?" She asks this question a thousand times making herself crazy. The only thing she can think about is you giving attention to another ladies body.

"Did he even love me?" She doubts every word that you ever said.

"Am i capable to be loved by someone who wont hurt me too?" All these questions on a constant cycle in her head