

Anthology of the broken

S.Alannah



Presented by

My poetic Side **P**

Dedication

To anyone dealing with mental illnesses, addictions and personal struggles. You are not alone!

About the author

My name is Shandi,
I am a recovering alcoholic. Addiction runs strong
throughout all of my family in many generations
along with mental illnesses. Poetry has always been
a solid outlet for me and though I don't write very
much anymore, I am going back to my roots to aid
in my recovery so that my child will see firsthand,
that we do in fact, overcome our obstacles and we
do prevail. I wish nothing but love light and peace to
all, and I hope that everyone will conquer their
challenges and help lead others to success.

summary

Tired

I Cried

Dreaming

The Lessons You Learn

I love you and goodbye

Mom

Tired

Tired of crying
Tired of the pain
Tired of this life
Always turning out the same.
Tired of getting nowhere
And always being broke down.
Tired of trying my best
Just to look like a clown.
Tired of being tired
Tired of being strong
Tired of loving and caring
Tired of carrying on
Tired of smiling
Tired of laughing
Tired of running and hiding
Tired of standing, and fighting
Fighting for nothing
Tired of being right,
When I really need to be wrong
Tired of "family"
And people that say they love me.
I'm tired of being tired
And I'm ready to throw in the towel already
Tired of being a teammate
Tired of being a partner
Don't wanna be a best friend
Just wanna be by myself and be a mother.
Tired of talking
Tired of typing
Tired of feeling my heart steadily breaking
Tired of the cuts that are longer bleeding
Tired of the broken heart that still keeps beating.
Tired of being depended on

Tired of being watched
Tired of being a role model
Tired of moving on
Tired of my mind, and all the loud thoughts
Just tired of being tired
I've tried and tried and still get nowhere.
I've got everyone but when I need someone they're just not there
They say "I'm here" but ears are deaf when I speak.
Tired of hopes and shattered dreams
Tired of the support that I never really had.
Tired of the dreams that I wake from instead.
Tired of sobriety
Tired of addiction
Tired of life and tired of death,
Tired of quitting
Tired of winning
Tired of being tired
But no amount of sleep is enough.
Oh! And I'm sick and tired of love.
One day I won't wake up.
One day it'll all be done.
I'll drag myself across the finish line,
And the battles will be won.
But for now I'm just so tired.
Wanting it all to end.
I just have to keep being tired.
It's not my time just yet.

I Cried

I cried because I love you
But love can't make a way
I cried because I heard you
Breathing in the words you had to say

I cried because I've wanted you
But it never worked out that way
I cried a lot of tears, my hearts just full of pain.
My mirrors have barely seen any smiles of mine.
I was a fool to think that I could be happy this time.
I kept trying to just go away
But you'd pull me back in
There's no way I'll be the same.
Turns out you were right again.
I did get addicted
You became the only thing I could think of
No matter what was mentioned.
I spent years trying to build you up
Even at a distance
I remember the kid you were
And was hoping that you didn't.
I've given you more credit than you really deserved
Put you high upon my pedestal
Just for you to crush my nerves.
I believed every word you had to say.
But your actions spoke way louder
Even I could see through your ways.
Then I cried again,
Cause I saw right through your lies.
Spent all these years under your deception.
But I'm walking away this time.
I cried myself to sleep this morning.
Your lack of presence is tormenting.

I cried for my heart that's been bleeding
You would clot it up so gently.
And when I cried this morning,
Through blurred vision I could finally see,
That all these things,
You've ever said to me,
Was nothing more than flattery.
Should I cry
Even one more time
It'll be because I'm turning you into a distant memory.
Time will pass,
Though my heart may never heal,
At least I know I got away.
And let go of all the things that I feel.

I cried because I loved you
But love couldn't make a way
I cried because I heard you
But knew for me, there really is no place stay.

Dreaming

I'd like to say that I dreamt of you, but actually, I never do...
I'm not surprised,
But sometimes I think it'd be nice...
Dreams can be deceitful though,
I have to take solace that where you are, I already know...
The dead only come to me when it's important or a message...
Otherwise it's the devil using their image.
constantly under fire-
I'm just so tired..
I've had to fight for my life,
So alone, for so much time...
I often wonder why-
why you left in a pool of water and blood..
why he had to ruin all of us..
like what we had, wasn't enough..
we all had to suffer,
we all died in someway..
just so he could gain local fame..
life will never be the same..
I watched you fade for years,
but when the fall finally came-
I couldn't shed enough tears..
now I'm left with him..
and left with all he's done.
but he doesn't bat an eye at it,
That's dad for ya,
moms dead and he's living,
claiming his deeds are done for Jesus...
I follow the Holy Spirit,
and I can tell you,
he does not condone anything dad did.
but you know,
I'm the bad guy.

I'm the one mislead, and I'm the one causing pain..

well...

no pain no gain, they say..

Rest in the highest peace mom, I love and miss you.

The Lessons You Learn

Being on the inside,
Looking deeper within.
Some lessons come on slow,
Some pile up instead.
It reminds me of rouge waves,
Building up,
'Til it foams and crashes.
We're so desperate to seal,
Up all of the hatches.
Hanging on,
For dear life inside,
Not quite literally,
Moreso, mentally.
Still, there's no place to hide.
Now it's you, and you alone,
Shaken up hard, by the waters that you've known.
But the fact that you're still alive,
Has to mean that there's more to life.
So when it's either sink or swim?
Take a few deep breaths, and dive right in.
Sometimes progress,
Isn't easy,
But giving up,
Gives you nothing.
To worry so harshly,
About current or future events,
Does not change anything about them.
So change the song,
When you're stuck on repeat.
Take deep breaths,
And ride with the sea.

I love you and goodbye

I've gained some peace,
Since you've been gone.
Although I do feel bad,
Because you needed me to lean on.
But if I'm not strong enough,
To stand on my own two feet,
If I can hardly move,
Because of wobbly knees.
Then how can I possibly,
Use my own energy,
To hold your hand through your own healing?
To lend you an ear,
When I can't truly hear,
To offer you support,
Although I can't handle being there.
It's not that I don't love you,
Or that I don't care.
It's not that I don't miss you.
And no it's not fair.
It's just that I'm trying
To be all that I can be,
To wake up tomorrow
And be better than today.
It's that being a mother, a wife, a caretaker and a worker,
Is all an awful lot of pressure,
Especially knowing that I can't touch the bottle.
It's having to be present.
And learning who I am.
It's the fact that I'm so young,
But I'm trying as hard as I can.
I've fucked up,
a whole lot of times.
Some worse than others,

And now I must learn,
To navigate this chapter of my life.
So yes,
It's been more peaceful,
Since you've been gone,
But I encourage you,
To continue moving on.
Just because I can't be there,
And I don't want to be close friends,
Doesn't mean I don't wish you, the very best.
But my family needs me now.
And I need myself,
There is no room to fall, over someone else.
So with all due respect and so much love wished for you,
I'm glad I said goodbye,
It was the right thing to do.

Mom

I wish that you could hear me
All the years that I've spent screaming
And it all was for nothing.
I wish that you could see
Who you are underneath
All the hurt and rage
You let a demon take your place
Mom got slammed into a cage.
And I think that's when she caved.
As the days have turned to nights
I've watched the fading in her light
If only she could see herself
Through my eyes
And though your body is still here mom
I'm left grieving the loss
Because I know that you've been gone
It weighs on me so heavily
That I couldn't break you free
That I couldn't snap you out of it
That you may be gone for eternity
And looking at my son
I fear for what's to come
I witness a warrior, a true woman of God,
Not just crumble and fall
But never get back up at all
I worry that it will happen to me
That one day I'll break
And my son will see what I'm seeing
And though my hours are filled sorrow and worry
I try to stay present
So he doesn't have to miss me
I think of you in the cold
And settling for that "man"

While I beat myself up about it
It's really out of my hands
So I'm going to try
To do what I always do
Pick myself back up
And remember the best parts of you.
No one can ever
Take your place
But i must move on
Or I'll be stuck in the same space.
Ever so truly
I love you mom
And I've sincerely missed you
Since you've been gone
One day I know
That your body will leave me too
Quite frankly,
We're just waiting on the final phase...
Round two...
It's been a type of cancer
That next to no one knows about
I've literally watched you rot
From the inside out
One day
We'll be putting you in the grave..
And I just don't know
If things will ever be okay.
So for now.
I continue to put my head down.
Keep my mind distracted,
All eyes are on me now...