

Anthology of Theresa Streshenkoff

Theresa Streshenkoff



Presented by

My poetic Side **P**

Dedication

*I dedicate this book to my son John thank you for always believing in me even when there wasn't
much to believe in and for never giving up on me I love you*

About the author

I am a poet and mother from Pittsburgh
Pennsylvania who enjoys writing and spending time
with my family and friends

summary

Do You Ever

Manic state of Mind

The Old Me Had To Die

Chaos Combined

Mental Awareness

Do You Ever

Do you ever stop to think
That the next few words
Can make or break
A soul your supposed to protect
Do you ever stop to think
Words cut deeper than any blade around
They cut to the core and make an evil roar
Do you ever stop to think
All the pain you may have caused
All the tears and all the fears
Of a mother so sad and dear
Do you ever stop to think
Your mother is supposed to be your queen
Protector of all your being
She will always have your back
As a matter of fact
From birth to the very end

Manic state of Mind

I'm having an out of body experience
I can not control what I do
As I'm acting out I'm a fit of rage
Feels like I'm locked inside a cage
I want to stop myself, I want to engage
But for some reason I feel enraged
Can not help it, I'm not in control
When I'm this manic state of mind
I need some help, I need to find
The best way for me to unwind
And leave this manic mind behind

The Old Me Had To Die

The old me had to die
To become the woman I am today
She had to go, she could not stay
That mean and spiteful woman
For me there was no other way

I needed to change some parts of me
To become the strong lady I was meant to be
One day I will let everyone see
I had to change some parts of me
I couldn't and wouldn't stay the other her
It was not healthy for anyone
Now my transformation has begun

Chaos Combined

As the heart aches, the demons call
Howling cries, into the nightfall
Evil lurks, with ghostly screams
Death is near or so it seems

The Weepiest of Willows, wither and die
Darkened aura's, as banshees fly
Depths of hell, fiery pain
Scars of life shall remain

In the dark, the creatures dwell
Late at night they come from hell
They've come to take our soul away
In my head is where they stay

When I sleep, they're in my dreams
They're everywhere, or so it seems
In my mind is where they play
But they're harmless, so they say

Mental Awareness

I live deep inside where no one can see
In your mind is where I shall be
Your thoughts never stopped, they play and play all night long
I made you feel as if you're always wrong

I'll make you believe, things just aren't right
Hiding in the darkest of nights
Making you feel everything is OK
I've taken away your words, nothing less to say

I will take away all your sense of what's right
Taking your breaths to a whole new height
Your chest will tighten, your lungs will gasp for air
Having you wonder why life isn't fair

Just because you don't see me, I'm always there
Keeping your mind always living in fear
But there are some ways to keep me at Bay
Taking your meds day after day