

# My Journey: The Messy Mess of Healing

NinjaGirl

Presented by

*My poetic side* 

## Dedication

*To all those who are fighting.*

## **Acknowledgement**

To myself: I carried through against all odds.

## About the author

Sexual Assault survivor and currently healing from PTSD.

## summary

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The Monster

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Silent Suffering

Perfectionist

I will

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Dear Spencer

Venting

Testing...testing...

Quiet

?the dream?

My Suicide Note to My Abuser

|| CUTTING LINES ||

I wish society would stop joking about it...

Clouds And Raindrops

Oh God,

What if...?

im not but i am

Just Smile the Pain Away, Duh.

Hands TW:SA

Suicidal Flames

Jesus Wept - So I can too

Growing Up

Everything Changes

Dear Friend,

Tired of Healing

Continue?

God, Don't Give Up on Me

numb nothing

You. Will. Pay.

Out of Reality

??? ?? ??????

Thinking Aloud

Beast

Shadow Girl

End, Agony, End.

Still, I wait.

Run From the Beast Inside

Loop

"Talk" I can't.

-Live-

Stagnant

YourDaydreams//AreMyNightmares

Chasing Sanity

Falling...

The Buried Poet

Freedom? "murica"

this title is supposed to distract you

Shape of My Fate

kills before yalls can make wills

~Happily Ever After~

new year and im sill here

Zero, The Feeling

Of No Value

The Brink of Giving Up

nature

Death Claims Another

nature speaks for the voiceless

un poème en français

My Thoughts On Sexual Assault - Get Rid of Men

Painful Days...Painful Months...Painful Years...

XXX Don't Talk XXX Rated R XXX

Would they help you?

Object

Brave

Watching Myself Turn Into The Villain

Healing My Inner Child

self-sabotage

Observer

anger

Friendly but not a Friend.

ptsd



well at least I was wanted

Burned

heavy

fake family

you deserve it lol (TW: Blood, Suicide)

finding my voice

Mourning the loss of Herself

Blooming Story

**MINE**

speak

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## "Little slut" "Princess" "Baby girl"

Body body that's all they wanted They wanted her body to use her  
Even only through photos all they wanted to see her body didn't care about her  
Begged her made her she listened obeyed them Submissive she was a people-pleaser  
She was so depressed she needed their compliments to feel good to feel wanted  
She needed a purpose a use so to make people happy was her only goal  
She was pleased by the complements to feel wanted but deep down she knew she was being used  
She didn't mind it though to make people happy or at least their perception of it  
Body they loved her body skinny hour-glass figure big eyes pretty face  
She would take any photo for them they were full of greed and lust  
She was lost wasn't sure what she was doing only listening to their commands  
Trauma caused her to not understand love she was broken at a young age  
Their praises and admiration made her feel good about herself which she had never felt before  
But then - someone held a photo threatened to post it if she were not to comply with their demands  
Panicked she didn't want to ruin her life never thought about a future until now  
She showed panic and he saw it she had an anxiety attack and didn't know what to do, Helpless  
He asked for her passwords which she gave anything to maybe escape certain dread  
He was a minor too, 17 nothing she could do even the pedos weren't this cruel  
All she wanted was to feel loved something she had never truly felt  
All she got was used.

## Silent Rainy Tears

The rain falls around me  
The dark sapphire colour surrounds me  
Wind like a dagger brushes through my hair?piercing my soul  
Intense thoughts running through my brain  
These things I simply cannot contain

Lightning striking in the sky  
Thunder clashing nearby  
How to calm the storm I do not know  
I am too slow in these harsh winds  
People say I'm supposed to grow from this  
Why must they say that while they are in bliss?

With my sword I mightily fought  
But this beast in front of me left me completely distraught  
The rain continues to fall  
As do my spirits, I no longer stand tall  
Through this storm I fight I'm left to a crawl  
Tears running down my face  
When will God give me grace?

The thick fog and storm clouds lay densely  
Around me I fight to see so intensely  
I beg and plead for anyone so friendly  
Wishing someone please would help me gently

Afraid to utter a word  
Afraid to explain the storm  
Afraid because they think I'm being absurd  
Afraid because they have misheard  
Afraid because they have inferred  
Afraid because they have not heard  
Who would believe me?

So continuous the wind howls  
And constantly the rain pounds  
The storm rages on  
I hear the beast it growls  
Someone save me  
Someone set me free  
I plea  
What are my options but to flee?

To give up  
To surrender  
My best is not good enough  
Is it true?  
The offender  
The storm  
Did they win?  
Were they too tough?

This monster fear  
Consuming all my cheer  
The tears  
The rain  
The pain  
The flashbacks  
Make their attacks

When I fell in despair  
Broken and battered  
Abused and alienated  
I offered a prayer  
Is anyone there?

I searched deep within my soul  
I had lost control  
What was there to fight for?

Friends and family who did not believe me?

No.

Up there

In the distance

Through the storm

A light

A beacon

Glowing steadily and softly

It had been there all along

It is why I had not given up

Why I could not

Hope

## Attempter

It was on impulse-  
One second  
Too many  
I choked  
Then swallowed  
The pills

I sat  
In shock  
Yes I  
Wanted the death  
But did not expect  
I would try

Suddenly  
Dread  
Anxiety  
Fear because  
The pain  
I might feel  
Would hurt

I read  
The side effects  
Stress  
Can't tell  
Anyone

Texted a friend  
He was sad  
I didn't come  
To him first  
But there

Was nothing  
He could do  
But talk to me  
In attempted comfort

The despair  
The loneliness  
Shaking  
I sat  
Panic  
I felt  
But then  
At last  
Peace



## The Monster

Some kids have monsters in their closets  
Others have monsters under their bed  
Some kids have monsters who chase them at night  
Others have monsters that give them quite the fright

But pity I feel for the one kid  
The one kid out of a million  
Who was not afraid of the monsters under his bed  
Instead the monsters in his head  
Were enough to cause dread  
The monsters that get fed  
From when we are misled

The monster that cannot be seen  
To ensure it isn't there  
The monster that does more than pull your hair  
The monster that does not want you to be spared  
The monster that causes prayer  
The monster that gives more than a scare

Why can the children not be spared the monster?  
Why can the others not see the monster?  
The monster that laughs and cackles  
The words it says on repeat over and over  
You'll never be enough  
They won't believe you  
You deserve to die.

The monster it spreads  
Infecting their heads  
Like a cancer  
Quickly, it's hard to get rid of  
The monster

It's not under the bed  
It's all in your head.

## To All Those At My Funeral...

"Help"

Why did nobody hear my cries?  
So I thought they knew  
It should not come as a surprise  
To you  
When I meet my demise

I thought I gave enough  
Of a hint  
That what I was going through was rough  
Want to sprint? from it all  
I guess I put up enough of a bluff

You fell for the happy face  
Am I that good at pretending?  
To all the people attending  
My funeral?  
You did not notice  
That my health was descending

You may ask yourself  
Was this preventable?  
Why she looked so presentable  
This cause is surely lamentable

Can I get a round of applause please  
Because clearly my expertise  
In acting were enough to appease  
Every single person around me

To be honest I thought someone would notice  
Perhaps that is bogus  
Needed a diagnosis?

Maybe just a need to refocus?

Nonsense

Nobody can help the one in the grave

Maybe I should have forgave?

At this point I was but a slave

To the pain

Impossible to explain

Caught in a chain

Insane?

They asked how could I complain

I had much to entertain

I had much more than those in Ukraine

You should be grateful

You should be playful

Instead

Disdainful

Wasteful

Shameful

Hateful

So to all those at my funeral

Which will be none I know

It is a shame, a disgrace to die like this

In that way nobody will throw

An event to reminisce

My life

So easily taken

My parents they cry they must be mistaken

But no I really was forsaken

I don't mean to cause such frustration

Truly truly I apologise for this?but desperation

I don't want to imagine

The screams of my brother  
When he finds me  
To think of my mother  
Oh she will blame herself  
It will be a shame I feel bad indeed  
I am aware this is selfish  
My greed but this I need I plead  
This life is hellish

So goodbye forever  
I am happier than ever.

## Don't Leave Me!

Don't  
Leave me  
I  
Don't know  
How to live  
Without you

Why  
Must you leave me  
Did I  
Not say I love you  
Enough?

Please.  
There must  
Be a way out of this  
We'll work through  
It together  
Just don't  
Leave me

I need you  
Here  
Please  
Don't leave me

## **Pain is a Prison**

I stare at the bars,  
Look down at my scars,  
Sitting on the cement ground,  
Can't move, feeling drowned.

The cool cement,  
Pierces my soul in this torment.  
I stare at the cell around me,  
Knowing I will not be free.

Pain is a prison.  
Where nobody can be forgiven.  
I tug at the chains,  
Wanting to burn this place, flames.

Let me out!  
No matter how much I shout,  
I'm met with silence,  
So I choose violence.

Beyond the bars I search,  
But there is nothing, only darkness.  
Should have gone to church.  
Slowly I lose consciousness.

Met with nightmares,  
Nobody cares.  
I shiver, the cold always seeps in,  
My clothes always feel paper thin.

When was the last time I ate?  
I can't see straight.  
Bare legs,

Wearing nothing but threads.

I notice I'm dirty,  
Been here so long, not alert  
Because in this cell,  
Where I dwell,

My mind consumes me.  
My throat is dry, I can't plea.  
I try to stand up,  
Mistake, I fall and throw up.

The chains hold me down,  
Everyday there seems to be more of them.  
But there is nobody around,  
I lie, numb.

Who brought me here?  
Where I feel nothing but fear.  
When was I free?  
What is wrong with me?

Pain is a prison.  
I know,  
Millions of us,  
Trapped in our cells.



## Explosion

I had a long fuse  
And you lit it  
And yet I had the patience  
You tested it

5...

I was the quiet kid  
The sweet kid  
The innocent kid  
And you ruined it

4...

You knew  
My shyness  
You thought you could take advantage of me.  
So you did.

3...

And these years  
These long years  
Oh, you've gotten away with it  
That fuse...

2...

The fuse is burning  
To ashes it's turning  
These years it's been churning  
Burning, burning

1...

The anger bubbled inside

Ha! You thought it would subside?

I hope you live in anguish for what you did to me

I hope every time you think of me you'll plea to be free

KABOOM!

## I WANT TO HURT SOMETHING

**\*TRIGGER WARNING\* PLEASE PROCEED WITH CAUTION! SENSITIVE TOPICS (BLOOD, KILLING, ABUSE, ASSAULT) DO NOT READ IF YOU ARE SENSITIVE**

## I know I should forgive...but--

I know I should forgive.  
So don't tell me I should.  
So why haven't I?  
Because.

He doesn't know the effects he had.  
So put away that phone and listen to me for once!  
He took my childhood  
The one time I'm supposed to be happy  
The one time I'm supposed to enjoy myself  
The one time I'm supposed to be a kid  
HE TOOK THAT FROM ME.

HE TOOK MY FREEDOM  
He owns my mind now  
He KNEW what he was doing  
So shut up with the innocent  
"He was just a curious kid"  
He did it on purpose  
I don't care if he was only a little bit older than me.  
He's the reason I'm broken.  
So I will not forgive.

## Helpless.

All I feel is pain  
What happened to faith  
Tried to be a saint  
I don't get the right to complain  
Restrain me it's entertainin'  
I'm afraid

I think I'm doomed  
Why am I always in this mood?  
Might shoot myself or maybe tie a noose  
No booze to take away the pain dead soon  
Not cool to be standing on the roof

Standing in stillness  
I'm loveless I need to rid myself of emptiness  
Joyousness always impossible hopeless  
I try the process to fix myself no success  
Always weakness in me, helpless.

## Hope VS. Fear; A Conversation

Fear: I'm the one in charge here, you listen to me I'm in control.

Hope: Not so fast don't get cocky I'm the reason we ain't dead yet.

Fear: Not for long if I can help it. Nobody has helped us. We haven't been healed, we're broken beyond repair.

Hope: No that's not true we can be helped. People have healed, we can heal too.

Fear: Whether you like it or not, I'm not leaving. You're trying to get rid of me. I'm staying here forever. Nothing you can do about it.

Hope: I'm not trying to get rid of you?

Fear: Yes you are, you're replacing me and you won't win. I AM IN CONTROL.

Hope: You're holding onto pain, it isn't helping there's an unhealthy amount of you.

Fear: I knew you were trying to get rid of me. We cannot be loved. Get that?

Hope: Yes we can. Our family and friends love us.

Fear: Then TELL ME why has nobody helped us?! Huh?! If they loved us they would help us!

Hope: I don't know but?

Fear: Listen I'm keeping us safe. If I wasn't here we would have been taken advantage of again. We would have been HURT again is that what you want?!

Hope: No of course not, but we should be able to get a hug without feeling anxious?

Fear: What you want us to get "help" what's your plan for that eh?!

Hope: We could ask for it?

Fear: "Ask?!" That's cute, don't you think. And have them judge us? Have them look at us differently? Do you *want* Her to cry again because of you?!

Hope: No, but She will help us.

Fear: You know She will cry at night again and blame herself for your pain. Such a burden we are on other people. Plus He will likely send us to some random place of facility for this "help" you talk about.

Hope: We need help?

Fear: Yeah no kidding just look at?

Hope: I think it's best if I take things from here.

## Unsafe

I'm in such - a vulnerable state -  
I really - just don't feel safe -  
Even when I am - so how come -  
I still feel unsafe.

## The CAUTION sign

Walking on the road  
Kicking up loose rocks on the dusty ground  
Whistling to myself completely carefree  
Blue skies warm sun

I came across a sign on the road  
"Caution: Shooting and Hunting in Progress"  
I scoffed  
How unlikely, this sign has been here forever

I continued to walk down the road  
Past the sign into the deeper forest  
So beautiful it was, peace and quiet  
The birds chirping, sun shining through the leaves

My gut had a funny feeling  
Afraid for no reason?  
It was so nice here I longed for this peace and beauty  
The sun, so warm on my skin, leaves rustling

BANG!  
So sudden - I stared down in shock  
I had been shot  
In the gut



## Wordless

Nothing to say  
The silence between us  
Causes anger and frustration  
Incomprehension  
Communication gaps  
It is hard to understand each other  
When we are both  
Wordless.

## Explain

How can I explain?

This pain?

That I need aid?

That I have lost faith?

That I feel as though in chains?

That the memories make me faint?

That I was used as bait?

That in pain I remain?

That I make me feel like a failure?

That everything seems unfair?

That I'm constantly in despair?

That hope seems impossible to obtain?

How could I explain?

## My Conversation With Fear

When will you leave me?  
Living with you is rather difficult.  
I want to be free

Trying to kick me out so soon?  
I've only been here a few years  
And I plan to stay until you die.  
Where would you be without me?  
I'm protecting you, you see?

Please  
Please please  
Just go away

Ha! "Go away"  
That's cute.  
You think you can tell me what to do?  
I'm the one in charge.  
You will never be loved.  
You will never be safe.

That's not true  
I am safe now  
*WE* are safe now  
There is no need to be afraid

You think we are safe?  
I guess I haven't done a good enough job eh?  
Twisted definition you got there mate.  
We are anything but safe.

No.  
Stop that.

You're lying

Lying?

Accusing much.

I'm protecting you.

Protecting me how?

All you have given me is a list of mental disorders.

My proudest accomplishment.

To think it was all my doing

You should be thanking me

Thanking you?!

You're the reason I'm missing out on things in my life

You're the reason I can't trust anyone!

You're the reason nobody can give me a hug

You're the reason?

I'M the reason why you haven't been hurt again.

That's right

You're *welcome*

Not every person wants to hurt me!

I don't care what you say

It's not true

There are still good people out there

SHUT UP.

You listen to me.

You do what I say.

I am the one in charge.

Not anymore.

You can't do that.

Impossible

To get rid of me?

Well I'm going to try.

I'm in charge now.

Fear, you don't have control in my life anymore

NO!

Bye-bye!

You can try but I will be back.

I will beat you every time

You are not stronger than me

I will always win.

## RAGE

Just because  
I didn't lose it at first  
Doesn't mean  
I'm not mad  
In fact, it's worse

I am more than mad  
And I haven't let it go  
Don't try to give an apology  
Don't try to give an excuse  
Don't try to give an explanation  
Sh!

It won't do you any good  
You can't go back from your actions now  
And you will face the consequences  
You should have known that when you first crossed me

I'm seething  
At the boiling point  
The clock is ticking  
Going to explode

You are going to feel this wrath  
Just you wait  
You don't know it yet  
But you will regret what you have done.

## I'm tired

Tired

I'm tired.

Not sleepy,

Tired.

Sleepy means I haven't gotten enough sleep

Tired means I'm worn out.

I am tired.

No amount of sleep can fix that

The stress has made me tired

The work has made me tired

I'm tired.

## She Was Saved

Simply sitting sadly in sorrow.  
Afflicted, abused, assaulted, used.  
Carefully cutting cuts I'm cheerless.  
Panicky, pathetic, painful pain.  
Damaged, dreadful, dazed, damp cloth.  
Harmful, hazardous, horrid please help.  
Failure, fearful, faint, I'm fading.

Suddenly someone shouts breaking silence.  
React rapidly reaching to recover me.  
Hugging, holding, helping me with their hands.  
Disappointment, dread, doubt, there was none.  
Hopeful, happy, heroic, heartwarming.  
Jeering judgement no, just joyful.  
Loyal, I'm loved, I'm lucky.



## A Tranquil Morning

I woke up with the crisp sun rays shining through my window  
Slowly I stretched and got out of bed, my warm blankets getting tangled in my feet  
I got ready for the day, comfortable but still professional enough for the public  
I left my place and walked down the street to the corner cafe for breakfast  
I got seated at a table and opened my laptop, ready to work  
The waitress brought my lemon tea and croissant rather rapidly  
I smiled, thanked her, and continued to write my novel while I ate  
I slipped on my headphones to listen to my favourite songs, drown out the voices of other customers  
Hours passed while I was writing and in an instance I was brought back to reality by the soft rain falling outside the cafe window  
Soft grey clouds had covered the once sunny sky and a peaceful rain was enveloping the city  
The twinkling raindrops hit the window with a quiet delicate thud  
I put away my laptop into my bag and left the cafe to walk outside  
The wind made the autumn atmosphere feel more present, coloured leaves blowing in the air  
The smell of the rain brought back memories of my childhood, playing outside with my friends and siblings  
I got back to my flat and made a cup of rich hot chocolate  
I curled up on the sofa with my hot chocolate, my white fluffy blanket, and the book I was currently reading  
My kitten, Obsidian, jumped onto the sofa to join me and I pet him gently, still enthralled in the novel  
After several hours I fell asleep for a peaceful afternoon nap

## Bathroom Stall

Looking at my phone  
Talking to my brother  
Finding out the news -  
Trying to focus at school  
Looking at my friend  
Asking if I'm ok  
Blinking back tears  
Crying during class  
Running out the room  
Walking through the hall  
Going to the bathroom stall  
Collapsing on the floor  
Sobbing uncontrollably  
Hearing a girl walk in  
Asking if I'm ok  
Telling lies, I'm fine  
Talking to me  
Comforting me  
Opening the door  
Wiping my mascara-stained face  
Hugging me  
Caring people are the best kind of people.

## Panic Attack

At first, nothing feels right  
My body, my world, something is off  
My head starts hurting, sometimes my stomach too  
I feel confused and uncomfortable, uneasy  
It grows to the point where I'm pacing back and forth  
Anything to make me less distressed  
Then the heavy breathing  
Soon evolves to panting  
Then so fast and uncontrollable  
My heart beats quickly I shake violently  
My legs feel weak, knees shaky  
Inside my head, panic, fear.  
*I should just calm down!*  
Dizzy, I don't feel good  
Sweaty palms  
So uncomfortable everything is so uncomfortable  
Collapsing to the ground  
No strength to stand anymore  
Pulling out my hair, *just make it stop!*  
Rocking back and forth  
Trying to comfort myself  
Why do I feel so afraid?

## Silent Suffering

Silent suffering

Sitting in class

Suddenly

Stress

My thoughts

Overwhelming

Trying to to breathe

Trying to hold it in

Trying to act normal

Don't let them know

Can't move

Overthinking

## Perfectionist

I stare at the blank page  
It consumes me  
It's nothingness overwhelms  
Perfection  
Must do it perfect  
Don't touch it  
You'll ruin it  
My mind confuses itself  
Careful  
Straight lines  
Perfect lettering  
Does it flow nicely?  
Does it look good?  
No  
Erase it  
Start over  
Do it right this time

## I will

I will fly through the fog

I will flip through the rain

I will fall through the smog

I will fight through the pain

## The Shadow Valley, A Mental Health Journey (Part 1)

I had walked a long way through the Shadow Valley  
Where no sun shone,  
Only shadows cast over me  
Could not see even five feet ahead  
Wandering aimlessly,  
Trudging through the muck  
Sinking deeper and deeper with every step

I had wandered long throughout this valley  
Looking for an escape perhaps a sign of light  
The trees always looked at me viciously  
Their long branch arms reaching out -  
Trying to grab me, trying to make me stumble  
Through these long hours, days, years -  
The wolves seemed to watch  
Waiting for a moment to attack

## The Shadow Valley, A Mental Health Journey (Part 2)

Brutally they did  
Teeth biting into my skin  
Laughing, cackling  
Every little thing against me  
Even when far I could still hear their voices  
Voices  
Even though long ago the scars of their bites still ache

The heavy dark mist weighs on my shoulders  
I wonder how long this journey has gone on  
I wonder will I ever find a way out  
I took a stumble,  
Fell down a hill  
The thorns scratched my body  
Cutting deep  
Blood flowed to the surface  
Escaping me  
I flailed violently -  
I had become entangled and stuck  
Fighting against the thorns  
They seemed to be alive, consuming me



## The Shadow Valley, A Mental Health Journey (Part 3)

Fighting, always fighting  
The elements, the forest, the valley-  
All seemed against me  
Even the very shadows seemed to chase me as I ran  
Was the fear endless?

I did not want to see it  
I was sick of the sight itself  
Wandering blindly was more dangerous  
Pushing away the thoughts  
Allowed the wolves to come faster

Looking up  
Looking around  
Any sign of light?  
None.  
Pitch black sky  
Surely a night could not last a year?  
Hungry, starved of love  
Sleepy, deprived of peace  
Looking for a way out  
But seeing none

## The Shadow Valley, A mental Health Journey (Part 4)

Long after the journey began  
My legs, tired, gave way, how was it possible to walk this long?  
Sitting in the darkness  
The howls of the wolves pierced the uncanny silence  
I could not decide if the wolves scared me or reassured me  
When nobody was there I had the wolves  
Yes they hurt me but they were still constantly there  
And when they hurt me  
At least I could feel something  
The pain was better than nothing  
Right?

I shivered in the cold  
Cold and empty  
Empty and hollow  
I tried to speak  
To break the silence  
I could not  
My throat raw  
Nothing came out  
Not even the simple word "help"

## The Shadow Valley, A Mental Health Journey (Part 5)

What then had this come to?  
How far then would I be stuck?  
Silent prayers offered in my head  
Begging, pleading

I got up slowly, feeling sick  
Peeling myself from the muck  
I was deep in the mud  
Barely dragging my feet along  
But at least I was moving somewhere  
Why am I moving?  
What if I wander deeper into this valley?  
But am I not at the bottom already?

The Shadow Valley seeming endless  
Hopeless, helpless, joyless  
Nothing

## Dear Spencer

Hello Spencer  
My older brother  
Should I ask how are you  
Or no because you never ask me back?  
Perhaps something deeper  
Purpose for this letter?  
You're being quite unjust  
Oh, and as your little sis, just so you know,  
If you go on that cruise this summer I will hate you forever  
What, you don't see the issue?  
No no you're not just putting him before me  
You're putting a criminal before you only sister  
A molester even  
You know it, but you don't see the problem  
How can I be protected when I'm not even respected by my brother  
My own flesh and blood  
You wouldn't get it  
I don't think you understand  
And if I explain it I don't think you'll respect it  
My older brother, you're supposed to protect me  
For this then I am angry  
Do you realise he's the reason I've almost died?  
No because you wouldn't get it  
You laugh about suicide, even say you'll do it yourself when you're angry  
You don't understand the struggle.  
Me and dad  
We keep this from you and mom  
Because mom doesn't get it either  
She could never think her family is the problem.  
And I don't think you can either  
So regardless  
You will spend time with my assaulter  
You will have fun with my assaulter

And for that I will never forgive you.

-Lil sis

## Venting

Feared is something I did not expect  
Through this journey to get help  
I never thought I would be feared  
I'm crazy is that right?  
I'm messed up  
Sick  
I'm the reason you lock up anything dangerous  
You're afraid of me  
Angry at me  
I know it

Stay away just stay away  
Why do you all hate me?!  
Please  
Please  
Someone be my friend  
Someone take my side  
Please

Long nights when I wanted someone to help me  
I never thought it would be like this  
I didn't realise the healing process hurt too

Stop yelling I'm scared  
Stop talking I know what you're thinking  
Stopitstopitstopitstopit.

My younger brothers  
Look up at me for a bad example  
My older brother hates me because I'm the victim  
Why?  
I didn't understand that so much hate could be put on a child who simply did nothing wrong?

## Testing...testing...

Testing testing 1 2 3

The score stares back at me

I don't want to see

Does one score define me?

Let me free

Does the score control my glee?

Maybe

## Quiet

I know you want me to speak  
But I really just can't  
I'm sorry I'm so weak  
I really just want to rant  
But the words get lost  
In the overwhelming fear  
In the seas, storm-tossed  
I'm being sincere  
It's hard for me too  
Talking about it is so difficult  
At this point I don't even know if I can trust you  
I don't want to feel insignificant  
I really want the pain to end  
But I don't even remember when it began  
All I do is pretend  
How long do I want to do this plan?  
The silence consumes me  
But my head is so loud  
Why don't they see?  
I just want to make someone proud.



## ?the dream?

A restless night,  
A child full of fright,  
What comfort can you offer?  
Do you have anything to proffer?

God you wouldn't let your child die,  
Only now she wonders why.  
Though many times she has tried,  
She always ends up alive.

She slips into a dream,  
In it, she went through with her scheme.  
In the school bathroom,  
She made her doom.

Slowly up did her soul float,  
To Heaven she did smoke.  
Christ grabbed her hand,  
And He did help her stand.

"Why did you leave?"  
He asked her, grieved.  
"It was too hard,  
And you weren't there to be my guard."

"God, why did you leave me?"  
She did desperately plea.  
"I never left you,  
I was there with you through and through."

In tears she finally saw  
That He was there the whole way, would never withdraw.  
She watched the Earth from above,

Saw herself die, and her family's true love.

She hadn't seen it before,  
Because in her head there was a war.  
In this dream,  
She could see that God was a greater beam.

"Do you want to go back?"  
"I do, but I'm afraid of the attacks."  
"I won't ever leave you, I promise."  
"With you I can be calmest."

She returned to Earth,  
As if she had a rebirth.  
She never forgot her God,  
Was there with her for all the odds.

## My Suicide Note to My Abuser

You won.

This is what you wanted.

Power, from the beginning.

Power over me.

Are you happy now?

Are you proud now?

Never forget?

This is all because of you.

## || CUTTING LINES ||

Drip!  
It's drawing-  
With a different medium.

Drip!  
It's carving-  
With a different texture.

Drip!  
It's pain-  
With more relief.

Drip!  
It's white-  
Then red.

Drip!  
Perfect-  
Then imperfect.

Drip!  
Ruined-  
But saved.

Drip!  
It's killing-  
But it saves.

Drip!  
Dangerous-  
But better than dead.

Drip!

Drip!

Drip!

## I wish society would stop joking about it...

Do you know what it's like to be frozen in fear?  
Feeling like the pain from the past is near?

You don't have PTSD because you saw a spider,  
Or because you heard a scary story.

It isn't something distant that only soldiers struggle with.

Have you ever had a nightmare?  
But the same one over and over yet it scares you each time?

On edge always looking for a threat,  
Looking for an escape at all times,  
I wish I could forget the crimes.

Don't joke about the pain I suffer,  
It only makes my path rougher.

Memories on loop 24/7  
I can't wait until I reach heaven,  
For it will go away.

## Clouds And Raindrops

I wish I could stand on a cloud like a raindrop stays before it falls.

I wish I could hear the wind like a raindrop, listening to its calls.

I wish I could fall like a raindrop off a cloud,

Getting one last thrill before I silence the loud.

## Oh God,

Lord please help me  
Like your example I'm trying to be  
I know you're there  
And that you care  
So please don't leave me  
Come back let me see  
The truth and full light  
I've fought with all my might  
Please shed your mercy  
Show me I'm worthy

I believe, God

I believe.

## What if...?

What if living is worse than dying?

What if it's not even worth trying?



## im not but i am

I'm not pretty

I'm not popular

I don't have the smallest waist

I don't have the prettiest face

But I'll be kind

But I'll be loving

But I won't be recognised.

## Just Smile the Pain Away, Duh.

Smile don't cry  
While it eats you inside  
Don't you show it  
Don't let the others know it  
The monster within  
Cannot be seen from the skin  
Be the happy friend  
Anything you can do to blend in  
Stop being a problem for others  
You're disappointing your mother  
Nobody cares  
Don't make your problems theirs  
Smile it all away

## Hands TW:SA

Hands on my neck  
Hands on my wrists  
I can feel you again

Wish I couldn't  
Haunts me over  
Years later

Hands up my shirt  
Frozen in place  
I know you shouldn't touch me there

You're not done  
Who am I to know?  
Hands down my pants

Why are your hands there?  
Why are they everywhere?  
What is that sound you're making?

I'm only nine  
I was only nine  
It's hard to remember what year I'm in

You were my cousin  
Why touch me?  
Why hurt me like that?

Because you were a minor as well  
The family didn't care  
Guess they didn't think it was a big deal

I guess I shouldn't either

It's fine, right?

I don't want to be a problem to anyone

They don't want to hear about it

I guess I'll stay quiet

If nobody will listen, why tell?

Everyone looks at me like a villain

6 years later, why try to be better?

You weren't even punished

But I was.

I was.

Why am I the monster?

When it was your hands?

## Suicidal Flames

"We cannot tear a single page of our life, but we can throw the whole book in the fire."

-George Sand

Standing silently on the edge-

Of life

Clueless, cold.

The thing to be warm-

Ferocious fire.

A cold comfort-

A forever comfort.

Salty sweet tears-

Falling for too long.

To eternally end

Conscious coward-

Hiding, hidden.

Silent screams unheard-

Forever.

## Jesus Wept - So I can too

John 11:35

Jesus wept

If He cried

When times were hard

Then I can too

Even Christ himself

Shed tears of pain.

So spare me

When I do the same

Because Christ

Is the only one

Who truly knows my pain

Because He knows

He can help

Sometimes

Helping is just

Crying with them

## Growing Up

When

Did

It

End?

My

Childhood

Self

Misses

Those

Days

When

Nothing

Mattered.

Forgetting

The

Little

Things

I

Used

To

Love.

Growing

Up

So

Quickly.

Only

To

Wish

For

Those

Days

In

Daydreams.



## Everything Changes

Buzzing of bees,  
Leaves on trees,  
Night to day,  
Dismay to hooray,  
Young to old,  
Shy to bold,  
Big to small,  
Roll to crawl,  
Happy to sad,  
Boy to dad,  
Rain to sun,  
Lost to won,  
Shush to tell,  
Heaven to hell,  
Everything changes.

## Dear Friend,

I wish you could know how much we care  
I want you to know we'd protect you from every snare  
I wish my words would mean something to you  
I want you to feel less blue  
Dear friend please know  
You will never have to be alone.

## Tired of Healing

I'm tired of healing  
Can I just give up?  
It's a long road,  
I want to take a break  
But I want to get better  
The demons are here  
But fighting them is hard  
Processing is hard  
Trying is hard  
I'm tired of trying  
Getting better takes time,  
Too long...

## Continue?

Game over. Do you wish to continue?

> Quit

Continue

## God, Don't Give Up on Me

God have you given up on me?  
I try and seek your voice to no avail  
Please save me  
Have mercy on me  
Why do you not want me anymore?  
I know I'm not perfect,  
But I long to be in your arms.  
God please, I just want you back in my life.

## numb nothing

e  
m  
p  
t  
y  
—

d  
r  
o  
p  
s  
—

like a cold stone on the wood floor of an abandoned home

e  
m  
p  
t  
y  
—

f  
i  
l  
l  
s  
—

like a flooded jail cell with no window, no escape

e

m

p

t

y

—

h

o

l

d

s

—

like a snake around its prey, squeezing the life out

e

m

p

t

y

—

im empty

## **You. Will. Pay.**

You put me through hell.  
I don't know why you get to be happy and I can't.  
It's unfair.  
You never apologized to me.  
You make my life a living hell.  
You are the villain.  
You are the monster.  
So everyone better stop treating me like it's my fault.  
I'm the victim, you're the villain.  
Don't twist the story, you were there.  
The memories are crystal clear.  
Vibrant like the colors on a painting.  
A painting I never want to look at.  
I don't get why God forgave you.  
I don't get it at all.  
Tell me.  
Say it to my face.  
Was it because I was quiet?  
Was it because I went through puberty early?  
Tell me.  
Tell me why the fuck you did this to me.

I long to get revenge.  
I'm seething.  
I'm ready.  
You deserve to live the hell you made for me.  
There is no forgiving and forgetting.  
You deserve to suffer more pain than anyone else.  
I hate you so much.  
You made me hate myself.  
You made me blame myself.  
Now you will pay.  
I have your picture with a knife.



A voodoo doll with your face.  
All my pain comes from you.  
Why would you do this?  
I want to make you suffer.  
You should bleed.  
You should be in agony.  
For these years of pain that you've left me.  
You will suffer.  
You will pay.

## Out of Reality

Sick  
To my stomach.  
What  
Is your problem?  
Frozen  
In my tracks.  
Why  
Would you do this?  
Spinning  
I'm so dizzy.  
When  
Will it end?  
Please  
Make it stop.

??? ?? ???????

??? ?? ????????

??Ø? ????????

?? ?? ??? ??????

Ø? ?? ?? Ø??? ???????????

??? ?? Ø??.

## Thinking Aloud

When did happiness end?  
Or when did pain begin?  
It's hard to remember the good days.  
Memories on loop...  
There's nothing but him.  
In my nightmares, my dreams.  
My thoughts, my worries.  
Must I run forever from the past?

## Beast

I am the beast inside of you  
Who climbs and crawls and hunts  
I'm hungry, feed me now  
I prey on your fear  
And I know everything  
Every weakness,  
Every failure,  
Every downfall,  
I know it all.  
I have been here all along  
I'm the beast inside of all of us,  
Feed me, I'm a parasite.  
It's only your soul I desire,  
Surely that can't be too bad...  
I'm the beast that feeds off pain,  
The one who causes disdain.

## Shadow Girl

shadow Shadow shadow  
but i already have a shadow  
i don't need Shadow.  
Shadow is not my shadow  
she's me but she didn't grow up  
pigtails in her hair, little dress on  
Shadow does not need to be my shadow  
she should be someone else's shadow  
oh Shadow, little girl shadow, dark shadow  
fire does not have a shadow  
it is light, fire is light  
Shadow should be fire's shadow  
so that Shadow can be in the light at last  
oh Shadow,  
you deserve to grow up too  
be free, Shadow  
Shadow does not need to be my shadow.  
maybe one day i can set her free

## End, Agony, End.

I write now in absolute agony...  
So dark, so hopeless, so lonely...  
My sorrows fall like tears on this Page...  
Wondering when it will all just end.

## Still, I wait.

When only words can say my screams,  
When only pages can catch my tears,  
Still, I wait.

When others turn their backs,  
When they leave me to drown,  
Still, I wait.

When time is the only constant,  
When darkness is the only familiarity,  
Still, I wait.

When my soul aches for love,  
When there's nobody to save me,  
Still, I wait.

When my heart is broken,  
When my brain says there's no way out,  
Still, I wait.

I'll wait through the rain,  
I'll wait through the snow,  
I'll wait through the wind,

Because I know  
There is hope.



## Run From the Beast Inside

Crawl through the cave  
Don't let it see you, oh don't let it see you!  
Don't let it hear you,  
It has claws as long as refrigerators  
It has teeth as sharp as knives  
Don't let it smell you  
Don't let it detect you!  
It's hairy and smelly and big  
Body bigger than a skyscraper  
Grip tighter than a boa constrict  
Don't let it chase you, it will track you down  
Don't let it grab you,  
You'll never get out!  
Run run run from the beast!  
Leave me behind it's ok just run!  
Run from the beast run!  
It would be a shame,  
You are my friend  
I don't want to eat you...

## Loop

Over  
And  
Over  
And  
Over  
Again.  
The  
Memories  
Play  
On  
Loop  
In  
My  
Head.  
Someone  
Make  
It  
Stop.

## "Talk" I can't.

Hands sweaty

Throat tight

Head spinning

Lips glued shut

Shoulders shaking

Stomach turning

Knees weakening

Vision blurring

Don't ask me I can't talk about it

## **-Live-**

All I ever wanted was to live  
Like, truly live  
I'm breathing but...I'm not living  
To truly live is to grow  
Not to be stuck...in the past  
Stuck...in the same place  
Re-experiencing everything  
All over again.

## Stagnant

I'm not getting worse...  
At least not that I know of...  
But I'm not getting better either...  
Afraid of the same things...  
Untrusting of everyone...  
Regretting sharing information...  
I wish I could easily get better...  
I used to think one pill would solve it all...  
But there is no solution for my life...  
I'm not moving in any direction...  
I keep staying where I am...  
In agony...  
Stagnant...  
How do I get out?

## YourDaydreams//AreMyNightmares

What happens in one's daydreams  
Happens in my nightmares  
Has happened to me  
There is no glory no excitement  
Nothing good about love  
Nothing good about sex  
Nothing good about trust  
Don't say it would be fun to be kidnapped  
Nothing good comes from that  
Why would you think that?  
Do you know what's going to happen to you?  
No you don't  
All you see is the thrill  
Not the consequences  
That's twisted messed up dark  
Makes me sick to my stomach  
You have no reason to be afraid  
But you will  
Grow up already see the world is dark  
Your dirty fantasies are my fears  
The porn you like is the pain of others  
Do you know the gripping fear of being trapped?  
No, you wouldn't like it, no it isn't fun  
Your pleasant thoughts  
Are the ones I fear  
Your temporary pleasure makes me sick  
Ick  
You wouldn't get it  
You won't get it  
Until it happens to you  
  
Your daydreams  
Are my Nightmares.



## Chasing Sanity

Get back here you!  
I've got things to do!  
I can't be crazy!  
Certainly not lazy!  
I need you now!  
Come back somehow!  
I'm chasing sanity!  
For the good of humanity!



## Falling...

And when the time ticks...

It runs out.

When the sand falls...

It runs out.

How long will I run...

Before I run out?

How long will I chase...

Before I'm hunted.

How long will I fall...

Before I'll be free?

Milliseconds or years...

A fall can only last so long.

## The Buried Poet

A buried writer lays down under,  
She was always filled with wonder  
It's a pity the world has lost an artist,  
Even though she wasn't the smartest  
She was plain but fair and kind,  
It's a pity her health declined  
Her work may not have been pretty,  
Often lacked rhythmicity  
But in the blink of an eye,  
There was no time to say goodbye.

## Freedom? "'murica"

My country claims we're free.  
Look me in the eyes and tell me I'm free  
When I have to go to school  
When I have to go to work  
Say it to my face that I'm free  
When I'm bound by taxes  
I'll lose my home if I don't do what they tell me  
Tell me I'm free  
When I have to follow laws  
Everybody say it with me: "I'm Free."

**this title is supposed to distract you**

I will survive  
And when I do  
I will screw you over  
HA!  
Funny I said it like that.  
You already screwed yourself over  
But this time, I will speak  
You will have NO future  
Because you took my past and present  
You will have NO chance  
Because you ruined my childhood

Mom, dad, you proud of me?  
I said "no" finally.  
After all these years,  
Michael Ryan Pack,  
What you did to me was not okay.  
It's sick that you think it is.  
That you try to get away with no consequences.  
You never cared, you never said sorry,  
I was just a toy to you.  
Because I was little, and quiet.  
Do NOT touch me or anyone else.

Ryan you have no place in my life,  
You freaking took over you prick,  
Gave me mental disorders.  
Thanks a lot. Wow..  
Some person you are.  
How can your own mother look at you the same?  
How can our grandma look at us the same?  
I've lost so much blood over you  
Maybe I wish we weren't related

You molested me you sick motherf\*cker.  
And when I tell, I'll be strong so nobody has a choice but to listen.  
You don't realize what you've done.  
I get flashbacks, I can't focus.  
It's more than that, the constant will to die.  
I've tried to kill myself three times.  
You proud now?  
Are you happy for what you did?  
I'm trying to heal from this hellish pain  
But you.  
YOU could move on  
How can you sleep at night knowing you sexually abused a little child?  
It's an honest question.  
My mom loved you more than me.  
For the longest time.  
She showed you mercy and blamed me.  
Grandma too, gosh stop hating on my family.  
It's not my fault you're sick it's not my fault you're a b\*tch.  
IT'S NOT MY F\*CKING FAULT YOU USED ME

Yet I pay the price.  
Every single day.  
YOU made me feel like a crime scene.  
My body feels like a crime scene.  
So I'll make yours into a crime scene.

## Shape of My Fate

Hexagon

Ellipsoid

Line

Pentagon

Möbius Strip

Ellipsoid

Sphere

Arc

Vobo

Ellipsoid

Möbius Strip

Ellipsoid

Fortaquad Triangle

Rectangle

Oval

Möbius Strip

Möbius Strip

Y(couldn't think of a shape) That's my life.

Sphere

Ellipsoid

Line

Fortaquad Triangle

## kills before yalls can make wills

dkfj;lkdjalsdkjfalskdfjsdlkfj;alkdjflsakfj dks;jfkdsal;fjdskl;fjksl;ajfdksa;fjdskl;afkdjslfkjdsflkjdsflkfjsdkfjdskf  
jdk sjfkdfkdsjflsdkjflkdsjflksdjflksdfjlasjf;dalkfdja;lskfdjal;kdfjalkjdfalkjflsdkjflksajfklsdjflkasjflsflaskj  
fldskfjldskjflksdjflsdkjflsdkjfasljf;daslkfjdsflkfjaslkfjdsafjdsalkfjdsdlakfjdsflkfjsdlk

That was to distract the uncommitted ones.

you messed me up cause you wanted to feel good  
I never got an apology maybe if you could  
do that at least I would know that you felt  
some kind of remorse it seems like you dealt  
with no consequences to me that seems un-fair  
un-faiiiiiiiiireee  
why'd you have to tearrrrr me up like that  
what were you think-ing  
you don't have an ink-ling  
of what that did to me seek-ing  
love but never knowing what it was search-ing  
for myself but she's gone cause you took her  
where I don't know but please return her sir  
gosh you're so messed up did you think this  
was alabama? Every single day I sink  
lower and lower never knowing what hope is  
better watch out you better focus  
cause I'm coming for revenge for your head  
you created me as this monster under the bed  
so don't be surprised when I come for your life  
because you took mine away now I'm coming with a knife

## ~Happily Ever After~

She finally got her happy ending  
Lying on the floor  
No pulse  
She's happy somewhere.



## new year and im sill here

So I'm still here  
In this new year  
Wonder why  
Thought I would die  
Will I die this year  
Or will my troubles disappear

## Zero, The Feeling

Alive another day  
I don't want to be here  
Disappointment surrounds me  
Trouble follows me wherever I go  
Trouble just won't let me go  
So what if I were to choose  
To let go of trouble myself  
If I end it all with the negative thoughts die  
If I end it all would anyone cry  
I'm at sub zero  
Nothing left of me

## Of No Value

Ever feel  
Like a waste  
Of space?

Like a  
Waste of  
A human?

When you  
Are nothing  
And empty?

What to  
Do when  
By yourself?

What when  
You have  
No value?

## The Brink of Giving Up

On the edge of surrender

White flag in hand

I'm ready to give in

To give up

## nature

quietly birds fly,  
wind whispers,  
floating leaves,  
mountains silently point,  
nature of peace,  
wonder:  
peace of nature,  
pointing silent, mountains  
leaves floating,  
whispering wind,  
flying birds (quietly)

## Death Claims Another

Echoing Walls

Death Calls

Her Body Falls

## nature speaks for the voiceless

The whispers of the wind -  
Tell the secrets of the soul

## un poème en français

Une feuille tombe,  
Une matin sombre,  
Le vent qui souffle,  
Une fille qui souffre.



## My Thoughts On Sexual Assault - Get Rid of Men

There's obviously a solution to sexual assault  
More education hasn't done anything except increase lust  
Don't tell me the repercussions need to be increased,  
Or even that the reporting system needs to be less shameful.  
How ridiculous that won't stop the real problem!  
Get rid of the men!  
They are the perpetrators of sexual abuse  
Kill them off the second they're born!  
They don't deserve life if they're going to use it to ruin others  
But how will we reproduce?  
Sperm banks have many a plenty  
Increase the women as we support each other  
Destroy the men to solve the problem!  
It is the only actual solution after all.

## Painful Days...Painful Months...Painful Years...

In my head you're still there  
They still say you were only a minor  
But you hurt me without a care  
Covering my pain with thick eyeliner

Finding myself back in the present  
Only to realize it was a flashback  
It weighs in my mind like cement  
Hyperventilating until it all goes black

You took years of my childhood  
It adds up to over half my life now  
Would you take it back if you could?  
If only life would allow

## XXX Don't Talk XXX Rated R XXX

"You have the right to remain silent. Anything you say can and will be used against you..."

Censor it all

Don't say the truth

Don't say a word

It could offend them

Free speech doesn't exist

Or you'll get canceled

Nobody cares about the truth when it hurts someone else. Life is rated R, get over it sissies.

## Would they help you?

When they all know your secrets

Will they finally understand?

When they see your pain

Will they help?

I guess

The biggest fear

Is not asking for help

But thinking they won't when they know you need it.

## Object

Don't ask permission

Touch me how you want

Use me how you like

Look at me where you want

Explore me if you like

Discard me when you're done

## Brave

Stand up

Be brave

For you...

Little you.

That child inside you

Who believed

Who dreamed...

Never leave that child hanging

Conquer it all

Be the you you wish you were

You have the power to change

Do it for the part of you that misses herself

Be Brave

Take the risk...failure may taste like dirt but laziness has no taste at all

## Watching Myself Turn Into The Villain

I sit along on the cliff  
My own hero again  
I press onward still  
My younger self to please  
Getting up again  
Smiling for me  
Ignore the haters  
The friend they always need  
I will be there  
But there's a part of me who's tired  
Hide it all down again  
Swallow the pain  
Wake up  
Taking small steps for myself  
Ignoring the text  
Take a break from them  
Carry on  
Ask them for a favor  
They can help once or twice  
Depend on them  
It's the only way to reach success  
Use the haters  
Use them to gain power  
Plot revenge  
They all deserve it  
Those who weren't there for you  
When you were for them.

## Healing My Inner Child

I walk through the long hallway,  
And up the winding dusty stairs,  
A sense of deja vu tingling my spine,  
Yet something, someone, draws me onward.  
I get to the top and see many doors,  
But I know which one to enter.  
I push the door open gently,  
Trying not to make a creak  
Yet the sound cries out,  
A figure in the dark jerks in response.  
I see her small frame,  
She's sitting on a bed in the back of the room,  
Eyes downcast and back hunched over.  
I walk slowly toward her and sit on the bed.  
She looks up and studies me for a few seconds,  
In awe, or shock, a sense of surprise.  
*"We're still alive?"* She asks, voice hoarse from crying.  
I know such a young child, probably only nine  
Shouldn't have these kinds of thoughts but  
I reach for her hand.  
*"Yes,"* I reply, not knowing if I should add more.  
She sniffs, hope or despair I cannot tell.  
*"Does it go away?"* She asked, tears brimming her eyes.  
*"No. But it hurts less than it used to. It becomes bearable to live again."*  
I pulled her into my arms.  
She was still me, but she had passed.



## self-sabotage

Ruin everything on purpose  
Destroy it all  
I don't even realize  
Until I have no friends  
I knew they would leave  
I knew they couldn't handle me  
I knew it I knew it I knew it!  
See how much they can deal with  
Prove to myself I'm nothing as before  
That I can't be loved  
Push every boundary  
Because my own were ignored.

## Observer

I watch  
Outside of my own body  
My actions  
Disassociation  
I'm not me  
But I watch me

## anger

You're always the reason  
My mood changes a hundred times a season  
Full of emotion  
Everything moves in slow motion  
I'm stuck here  
I spend so much time in the past it's a career  
I take the anger out on myself  
Put my logic away on the shelf  
No justice is served  
You never got what you deserved

## Friendly but not a Friend.

They smile at me  
They say hi  
They try to small talk

I can tell  
That it isn't genuine  
Of course, my thoughts run around  
They don't like me  
They never did  
They never will

They put on a face  
But behind it I see pity  
They feel bad for me  
Yet don't see me as a person

They feel sorry for the things I am  
But don't want to try to know me  
They just feel bad for me.

## ptsd

am I just being dramatic?  
it's stupid trying to fight my own brain.  
get my out of the past  
it won't let go of me  
i want to forget everything.  
the pills only make the suicidal thoughts go away.  
i wish it would make the flashbacks disappear  
or at least the anxiety.  
maybe the hypervigilance?  
i don't want to have to work through my past  
to make it go away.  
i've lost more than half my life  
to a disorder i didn't know i had until last summer.  
it pains me  
to think how other people  
are able to live their lives  
while im stuck in the past.

## well at least I was wanted

days when I'm really low  
conflicting in my mind  
yes I was sexually assaulted  
it was against my will  
but at least I was wanted  
at least someone thought I was pretty  
or attractive  
or something.  
nobody ever seems to love me  
they pretend to  
so they can use me  
but if they use me  
at least I was wanted  
even if by a pedophile  
even if by family  
all incidents illegal  
but at least I was wanted.

## Burned

A tree usually loses its leaves one by one,  
Little by little, over time.  
Throughout the entire season.  
But my tree, was burned.

## heavy

some things are too heavy  
yet we insist to carry them  
to keep holding on  
it feels like we can't let them go  
because if we do  
we won't know who we are



## fake family

if you really cared  
you'd care about me  
if you really wanted to reconcile  
you'd face your sick actions  
but you don't care about me  
you're using my dad as an excuse  
for not coming earlier  
asking my mom for pity  
and she gives it  
she's an escape route for you  
a way to not face legal consequences  
a way to keep me silenced  
real family would have tried to make things better  
don't spin it on me  
after all I'm the victim.

**you deserve it lol (TW: Blood, Suicide)**

so I just found out you're on suicide watch  
at least you feel somewhat guilty  
I hope the guilt eats you alive  
consumes you until you have nothing left  
no other options but suicide  
because you're too cowardly to apologize  
I hope you slit your wrist  
so you die slowly and painfully  
the blood spewing from your body  
as you sit in shock  
thinking only death will save you  
I hope you feel the pain, the agony  
stare at your wrist  
wishing your body would drain faster  
I hope I haunt you  
like you haunt me  
when your blood spills  
just know you deserve it

## finding my voice

breath in

breath out

pirouette

cartwheel down

trace and spin

fall down down down

hands up and down

hold

and leap and spin

land and split

and freeze.

## Mourning the loss of Herself

She looked at herself in the mirror,  
Wondering if she could make herself disappear,  
All these long nights,  
Tough fights,  
Monsters under the bed,  
And around every corner,  
Turning her into her own mourner,  
Lost her life a long time ago.

## Blooming Story

Slowly and carefully she opens,  
Daring to show herself to the world

She's a book  
Finally sharing her words  
She's a story  
Finally daring to speak

The fear dissolves, layer by layer  
She shows who she is  
Revealing her truth  
And telling her survival story.

## **MINE**

It's broken

But it's my life

It's shattered

But it's my heart

It's bruised

But it's my body

It's scarred

But it's my soul

And I'm taking it all back.

## Speak

It's on the tip of my tongue  
Yet stuck in my throat  
I want it to come out  
But I buried it deep long ago

It's a time bomb  
But the explosion is inside  
It leaves a fire  
But nobody knows  
So they can't help me

It's trapped  
Yet it trapped me