Poems by Ace_

Ace_



Presented by

My poetic Side Z



About the author

hi im Ace i write poems about love breakup and other topics i try to add a poem daily



summary

mental illness

| y wont just leave me alone |
|---|
| y i stopped talking |
| worthless |
| when i was younger |
| ur happier with her |
| ur all i have |
| u hurt me but i still love u |
| u dont know the real me |
| true love |
| trapped in my mind |
| the star that dissapeared |
| the signs of depression |
| the manual of life |
| the fantasy that ended as a tradey |
| still not over u |
| sticks and sones can break ur bones buy words will break ur heart |
| sh |
| scrolling through out old chats |
| people pleaser |
| outsider (TW sh) |
| my fake smile |
| my bedroom ceiling |
| |



| me against m | าy head |
|--------------|---------|
|--------------|---------|

Just a friend

is it love or just a stupid crush

im lonely

if life was a video game

I wish

I want to go back

i want

i still need u

i have heard it all before

i hate the person im becoming

how did we go from best friends to strangers

heart break

good things never last

getting replaced

fuck fairytales

falling for the wrong person

eating disoder battle

do u love me?

do i like me

depression

Demons

conversation with my inner child

casper

can u be my nobody

at the edge again

another broken heart

after u

actions speak louder than words

a world too perfect to exsist

a real best friend

"so brave"



y wont just leave me alone

the voices r back,
i cant drown them out for much longer
i scream out helplessly,
but im not heard
y wont these memories leave me alone

i see u everywhere, but ur nowhere to be seen i cant keep fighting a fight i can't win y wont these thoughts just leave me alone

i want u here to help me through the pain, but i want u out of my mind but everytime i close my eyes i see u y wont u just leave my head

idk y i still want u,
all u ever did was hurt me
im happy u cant hurt me anymore,
but im sad that ur gone
y wont u just leave me alone



y i stopped talking

y r u so quiet ,
i get asked this alot and ig the answer is,
well i used to talk alot
i would talk and laugh with my friends all day,
but then people started making fun of my voice,
they made fun of how i talk,
it made me hate the sound of my voice,
so i stopped talking,
now i rarely ever speak

sometimes i forget
and i start talking again
i start to speak and they all start to laugh
so i wont speak for the rest of that day,
but im not quiet actually i have alot to say,
but i will never say it,
cause they made me hate the sound of my voice



worthless

endless thoughts spiralling, ur words playing repeatedly in my head the more u say, the more it all feels pointless i was never enough, and never will be and i hate the way, ur words hurt but ik there true and ik u enjoy, when i run out in tears maybe its my fault for believing u, but can u really blame when nobody has ever told me im enough i seek the love my parents never showed in u, but u failed to show it too u point out every small mistake i make, and ignore anything i ever do right u tell me u love me, but ur "love" has me breaking down on the bathroom floor u taught me to build walls so high, only to trap me in this darkness u burned me out, then told me i was lazy leaving me feeling worthless, seeking the love i was never showed only to have u keep breaking my heart



when i was younger

when i was 5 i would run around kicking a ball around and climbing trees i didnt understand y people would always sit inside on thiere phones the outside world was so much better i swore when im older i will still go outside and explore i couldnt wait till i was 7 when people askes how old i was i could hold up 2 hands i thought that would be cool when i was 7 boys were gross i didnt understand y older kids always talked about boys they liked i swore i would never like a boy i couldnt wait till i was 10 when people asked me how old i was i could hold up all my fingers i would be double digits i thought that would be cool when i was 10 i asked my mom y she always wore makup she just laughed i swore i would never wear makeup i couldnt wait till i was 12 i couldnt hold up my hands anymore i thought that would be cool when i turned 12 i understood y people were always glued to thiere screens when i turned 14 i understood y my mom always wore makeup i cant wait till im 25 and i can have kids so i can watch them run around outside and ask me y i was always on my phone and y i wear makeup and i can relive the childhood i wasted wishing i was older



ur happier with her

sitting at the back, watching u sit with her

spending lunch alone in the bathroom, cause u replaced me with her

walking home alone,
while u walk with her
laughing at all the jokes we used to laugh at

ur so much happier with her, and i want u to be happy even if that means im not happy

so i lay here thinking about all the memories we had, knowing ur making better memories with her

but its ok cause ur happier that way



ur all i have

if i left u would be fine, u have so many other friends but if u left me, it would be the end of me i would be alone again, ur all i have but i think u know that, u know that ur all i have thats y u stay, thats y were even friends in the first place ur all i have, and i think u know that and i think u hate it, becuase as much as u want to leave u know u cant, cause ur all i have



u hurt me but i still love u

i gave u my heart
and u took it so hapily
played with it for a few days
then when u got bored u threw it out
but it still some how found its way back to u

u broke my heart
u hurt me
and it still hurts
but i still love u
u were so toxic
u poisoned me
but it is with that same bottle of poison
that i find love

y do i keep coming back to u
everytime u hurt me
but i still find myself crawling back to u
ik u dont want me but
for some reason even after u hurt me
i still give u my heart
i still end up coming back to u
please free me of this curse
this grip u have on my soul
please let me be free



u dont know the real me

ha i know u ur fine ur always smiling
do u know me tho?
can u tell my smile is fake
did u know when i said i was fine it was a lie
did u know i havent left my house in months
did u
cause i might look happy outside but on the inside im dying
but ig if u knew me then u would have already knew that right?
if u know me then u knew that i want to die
u know me so u know that i attempted
u know me so u know that i fake being happy
u dont know me u know the version of me that i created for social interactions
i dont even know me but i know me more than u
dont say u know me u dont



true love

u make me smile, even on my lowest days ur the reason i get up in the morning this feeling is strange, please tell me it is all a phase, cause the last time i felt like this, it left me with scars that will never truly heal but it feels different with u they say its true love, but i didnt know that existed this isnt the love i was taught but maybe u can show me ur kind of love, the kind that has my heart doing summersaults the love where we hold hands, as we watch the sunset maybe this is true love



trapped in my mind

I'm lost in my mind
and my mind is a really dark place but that is where i choose to resign
this isnt where i want to be
but this is where i feel free
im trapped in this hell
i will never escape my cell
my thoughts start to race
as i put on my fake face
will it ever get better
or will i end up writting my suicide letter
the place that i called home
only left me feeling alone



the star that dissapeared

if i have the beauty of a rose,
then the rose must be dying
if i am a diamond,
well this diamond must be fake cause its shattering
but maybe im not a rose or a diamond
maybe i am a star
cause stars r meant to burn right
but i think this star is falling
its light is starting to fade
but there r millions of stars in the sky
so who would notice if one disapeared



the signs of depression

y did u never tell us u were hurting,
but i did tell u
i told u when i started distancing myself,
when i became more quiet
i told u when i stopped getting out of bed,
when i stopped leaving my room
i told u when i started wearing hoodies in summer,
when my smile started to fade
i told u i needed help,
u never listened
i was screaming for help,
but u just watched as i drowned
so dont ask me y i never told u i was hurting,
cause i did



the manual of life

it feels like everyone got the manual on how to be human everyone knows how to communicate how to order food how to make phone calls how to make friends everyone knows how to do these things but me i don't think my manual arrived but i want to do it to i want to be like everyone else so if ur manual arrived please can i borrow it please share this information with me cause i want to do it to i just want to be normal like everyone else



the fantasy that ended as a tradey

even tho those words might mean nothing to u
but i mean them with all my heart
i love u
and i still do i will never stop loving u
i love u
those exact words r the words that break me
they leave me hurting with wounds that may never fully heal
i remember when i would tell u i loved u
and u would say it back
at first i really believed it
but now i see it was all part of this fantasy i was living in
funny how that fantasy ended as a tragedy



still not over u

another night without u, i swear it gets harder every second without u people ask me about u, i say that im over u but i still think about u all the time, missing u more every second i really wish u were the one for me, sat here wishing i were the perfect one for u even now i still cry while wearing ur hoodie, even tho i said i threw all ur stuff away if only we were still together, if only u had meant it when u said forever people think it is true when i say im over u, but the hard truth is im still not over u i heard ur with another girl, i thought u said i was ur world ik i shouldnt be thinking about u, but i cant help but wish we were together we were something?, right? its ashame we just wernt meant to last but wouldnt it have been great if i was the one in ur future people think its true when i say im over u, but the hard truth is im still not over u



sticks and sones can break ur bones buy words will break ur heart

sticks and stones can break ur bones but words will break ur heart
i always had a high pain tolerance
i can take a punch to the face and not shed a single tear
but ur words will leave me scared for life
ur words cut deeper than the sharpest blade
ur words left a wound that will never heal
so yes sticks and stones can break ur bones but words will break ur heart



sh

the tears start to fall as i reach for the blade
i put the blade to my arm
it starts with just a few cuts,
then more and more
untill my arms and legs r covered in scars,
and theres blood everywhere
i put the blade away,
untill tomorow when i do it all again



scrolling through out old chats

i was scrolling through our old chats again a faint smile on my face tears in my eyes remembering all the memories we made and all the laughs we shared wondering where it all went

remember when we first met u said u would never leave me and at first u didnt we would text all day and night

until one day u just stopped
with no explanation
we dont talk anymore
for reasons i cant explain
but i will still blame myself
as i scroll through our chats
and the tears fall from my eyes



people pleaser

memorise ur lines

dont smile for to long u will make it awkward

look at them but don't stare

laugh but not for too long

Am i making this awkward

Did i do something wrong in sorry

wait i can fix it i have every line memorised

i promise i will do better next time

yes yes yes

remember never say no

always say yes

do whatever they want even if it upsets u

ur emotions are not valid just remember to please everyone u meet

remember ur lines don't mess it up

this is the life of a people pleaser



outsider (TW sh)

i step into the room and u all start to stare,
u point and laugh
u start to whisper about all my insecurities
if only u knew how hard i tried to be perfect
if only u knew,
i stopped eating so i could have the perfect body
if only u knew,
i slit my wrists in hope to feel like i belong
maybe if i put on more make up i can be pretty like the others
maybe i just need to try harder
but maybe its just not meant to be,
maybe i will always be an outsider



my fake smile

I'm broken
I'm damaged
I'm hurting inside
yet i still put on this fake smile everyday so nobody can see all the pain i feel inside

i wonder can u see through this disguise i wear can u tell my smile is fake or have i become a master always wearing this disguise

i numb my pain away and smile through all the tears so u cant see how broken i really am but if u look closely u will see the pain in my eyes

I'm broken
I'm damaged
I'm hurting inside
but u wont know unless u read between the lines
please dont look through the curtains
(please look i need help)
time to put on my fake smile again



my bedroom ceiling

my bedroom ceiling must be tired of me by now, its heard of all the battles with my inner demons, its heard of all the people who hurt me, and all of the sad rants i yelled at it will laying here in tears but if there was one name its tired of hearing it would be yours, its heard everything about u from ur beautiful eyes, to the way u always make me smile even when im at my lowest, it knows everything about u, if my bedroom ceiling could talk, it would have a lot to say about u



mental illness

why cant u get out of bed,
ur not sick ur just lazy
but i am sick
but ig if im not physicly sick then i must be lying
why do i have to bleed to be sent to a hospital
y dont they send people to the hospital for broken hearts and not just broken bones
im sick u cant see it but i am i promise
im not just lazy



me against my head

describe urself in 3 words,
i will use the same words u used to describe a beast
u pointed the gun at me,
but i didnt point mine at u,
i pointed it at me too
i live by the rules of the demon in my head
i cant win,
even if im the only one competing
u tell me that im pretty u tell me that im great,
but how can i believe something my brain tells me is fake
its me agains my head,
and my head is winning



Just a friend

Less than an hour

And ur already with the one u told me not to worry about

The one u said was just a friend

Just a friend?

Just a friend but the day we broke up u got with her

Was she ever just a friend did u ever love me

Or was it always a lie

Was it really love

If I questioned it

U don't question true love

If it was true love I wouldn't have to ask if she was just a friend

If it was love

Y did it take less than an hour for u to get with ur "just a friend"

Just a friend



is it love or just a stupid crush

im always thinking about u,
i wonder if ur thinking about me too
ur the first person i go to when i have news
i call u just to tell u all the small things on my mind
ur the first person i look for in a room
people say that means something
i dont know what it means
i dont know if its love or just a stupid crush
but it doesnt matter what it means
as long as u feel the same way
then i can only hope this is a love story
so please tell me what it all means
is it love?



im lonely

im lonely
but im not alone
lonelyness slipes in between the gap where i end and u start
im lonely
but not cause im alone
im surrounded by people
but still feel the most lonely i have ever felt
lonelyness is not being alone
its the feeling of being alone
u can be lonely but still have so many people around u
im not alone yet im still lonely



if life was a video game

if life was a video game
i would delete this life
i would start over
i would do it all differently
and hopefully this time
i wouldnt want to die at the age of 10
cause if life was a video game
me and u would be nothing more than strangers
if life was a video game



I wish

| : | حا د :، | : | | L - | L - | | | |
|---|---------|---|-------|-----|-----|----|----|---|
| ı | wisn | ı | could | рe | nai | מס | J١ | / |

i wish i had somebody who loved me as much as i hate myself

i wish people wouldnt leave my life when i am at my lowest

i wish i had a girlfriend

i wish i didnt have to cut to feel ok

i wish

i wish

i wish

i wish on a shooting star

i wish before i blow out the candles

i wish on a wishing well

but i dont think i believe in wishes cause those wishes never come true



I want to go back

i want to go back
back to when i didn't think about death every second
back to when my smile wasn't fake
back to when i had friends
when i laughed and ran around the park full of life
back to when life felt worth living
tell me when they build a time machine
but not so i can go forwards in time
no i want to go back
back before i started cutting myself
before i started numbing the pain away
so when they build a time machine im not going forward in time im going back



i want

i want someone who cares about me
not someone who tells me they love me but shows me they don't
don't tell me u care if u don't
don't tell me u will stay then leave me alone when i need u most
don't tell me u care if u don't
i am not a toy I'm human don't play with my feelings
i don't want u to be fake
i don't want u to pretend to love me
i want someone to love me
someone to care about me
someone to comfort me and hold me tight when i am at my lowest
i want someone i can trust someone who is honest and loyal
but i dont think that person exist in this world

i still need u

there isnt a word that could describe how much i love u u mean the world to me, and i dont think i could take it if something pulled us apart

the thought of losing u has me on the floor shaking crying uncontrollably ur the only reason i have left to keep living

and so i need u to know that life will get hard and u will want to give up but im always here for u so dont let it break u cause i still need u even if no one else does



i have heard it all before

u can tell me u love me
i have heard it all before
ur words mean nothing to me
"i truly do love u im not like the others"
yh those r the same words the others said the night before they walked away

dont blame me for not believing u when u say u love me
i apologise for not trusting u
but its hard to believe
when there all the same old lies
i have heard them all before
"im different i promise i do love u"
yh sure u do
but u will still leave in the end
they all do eventually
so ur words mean nothing to me



i hate the person im becoming

i hate liers,
but im lying everyday when i say im ok
i hate people who r fake,
but i wear a fake smile on my face everyday
im becoming the person that i hate,
the one that they warned u about

i hate people who pretend to be someone there not,
but im constantly pretending to be this version of me that people want me to be
i hate myself,
i hate the monster i have become,
i hate the thing that looks back at me when i look in the mirror

i hate myself,

i hate what i have become



how did we go from best friends to strangers

what happened to us
how did we go from running up to eachover and hugging everytime we meet
from texting and calling every night
how did we go from best friends
to strangers

u wont text or call me anymore i saw u yesterday and ik u saw me but u just walked past me u didnt even say hello

did i do something wrong
was it something i said
please tell me
what happened to us
how did we go from best friends to strangers



heart break

U was always my first choose,

but i was ur last

I think about u all the time,

but my name didn't once cross ur mind

I smiled every time i saw u,

but u never even looked in my direction

I remembered ur birthday i even got u a gift, but u didn't even acknowledge that i existed

U were all i ever wanted the only one i would ever let in my heart,

but u wanted nothing to do with me

Y what did i do wrong Y didnt u ever love me

Y did u break my heart



good things never last

we didnt last, but it wasnt because we were a mistake we didnt last, because good things never last and u r just another good thing that happened to me, we were a good thing and thats y ur just a memory now cause good things never last it was going great at the start, but it wasnt meant to last forever we dont talk anymore, ur nothing more than a memory just another name in my phone, cause we were a good thing and good things never last, so im writting this as we slolwy grow apart and i wont try to stop u from leaving, i will simply say goodbye and when people ask y, i will simply say because good things never last



getting replaced

we used to do everthing together
but now u do it with her
that was our spot
we would sit there and laugh all day
but ig she sits with u now
so i will sit across the room and watch
u look so much happier with her
i want u to be happy
i just wish it was with me
but ig that is just how things r
friendships fall apart
people get replaced
its life
i just didnt realise it would hurt this much

fuck fairytales

fuck fairytales, every fairytale myth legend and story what if there all just twisted lies

the voice was taken from the mermaid, but maybe she stole it in the first place maybe she lied, fooled us all with a pretty face

who said the damsel was ever in distress, what if she was living her life and they took her away from the one she loved

were told prince charming poisioned sleeping beauty, were told hes the bad guy and so we all hate him, but were never told y what if she rejected him a moment before

maybe the bad guy isnt as bad as were told, and the hero isnt really good the truth is not all fairytales have happy endings, and some of them end in war

maybe the beast was a prince trapped in a lie, maybe he was always kind maybe the enchantress messed with thiere heads, maybe she made them all hate him

snowhite was charmed by the sorceress, but maybe she had checked the apple beforehand just to make sure those dwarves didnt get it again My poetic Side Z

maybe the little mermaid didnt choose to sacrifice everything, her whole identity for a man who was not loyal her voice her scales her family

but what if all these what ifs and maybes were true, and these words were all the twisted truths behind the stories all the tales we grew up with, all the lies we believed FUCK FAIRYTALES, and all there twisted lies



falling for the wrong person

i wish i could forget u the way u forgot me, i would never wish to hurt u the way u hurt me, but i wish i could pretend nothing happened between us ik u can and maybe u could teach me, but ig u want nothing to do with me now, u played with me untill u got bored, then moved on to play another game but really i have to give u credit ur acting skills were amazing u really had me fooled i really believed that u loved me but ig it was my fault for falling for u it was all my stupid heart but maybe that is just how it is people fall for the wrong people and my one was u



eating disoder battle

a batle every day a voice in my head telling me not to eat controlling my life

my body a constant worry
a number on a scale
counting calories in a flurry
each bite i take feels like im dying

starving,binging,purging
a cycle that wont end
my thoughts constantly urging
for me to punish and condence

beauty standards and expectations, feeding my insecurities a war i fight that can not be won an endless battle in my brain

recovery seems like just dream everything i do feels like a set back but i hold on to the false hope



do u love me?

Do u love me? u ask but i do not know what it feels like to love someone cause i would rather be numb and feel nothing than love someone that will end up breaking my heart.

Do u love me? a question that i cannot answer cause i choose not to feel such a feeling i block it out cause if i love someone they will only cause me harm and a pain that no amount of medication could fix.

So love what is it really



do i like me

constantly changing myself for others, anything to make them like me but do i like me im not sure i even recognise who i have become, im looking in the mirror, but i dont think i like this stranger looking back im constantly changing myself to be liked, but whats the point if i dont even like me im constantly changing myself for others, anything to be liked but do i like me

depression

depression isnt just being sad,
its being colorblind and being told how colorful the world is
depression isnt just being sad,
its drowning while everyone else swims around u
depression isnt just being sad

my depression isnt just in the tears u see, but in the ones u dont in the fake smile on my face when i say im fine and in the scars under my sleeve, and the ones buried deep within my thigh because depression isnt just being sad

depression is living in a body that fights to survive, with a mind that tries to die depression is the lonleyness in a room full of people depression isnt just being sad

depression is wearing tracksuits in summer, and making excuses to not go swimming depression is isolating myself from everyone, than complaining that im lonely depression is pushing the people u need the most away because depression isnt just being sad



Demons

knock knock

That's the demons knocking on my door

Should i let them in...

Shit there inside and they r taking other

they wont leave

i tried sending them an eviction notice but they started paying rent haven't missed a payment since

This body isnt mine anymore it belongs to the demons now

They r driving me insane how foolish of me to let them in

They torture me all day and all night

I just want to take controll again

I remember when i wanted the pain to leave but now i just want it back cause the pain was better than feeling numb

Y did i ket the demons in



conversation with my inner child

hey... if ur still in there i just wanted to say im sorry u didnt deserve to be hurt like that

sorry doesnt take back the pain

ik... if i could put the tears back in ur eyes i would i wish i could go back and undo all the pain and suffering

y did u lock me away behind the fake smile u put on i was screaming every day to be let out

im sorry i thought i was helping nobody could except u i just wanted us to fit in

helping? is that what ur calling it

what would u call it?

hiding

how was it hiding?

how was it hiding? u were hiding the real u to be a version of u that didnt exist so u could fit in

yh ig it was hiding

yh well thanks to u im just a memory nobody out there remembers me

did u want them to hurt u if i didnt do it they would have kept hurting u

i never said i wanted them to hurt me

yes u r they were hurting u and i stopped them and u call it hiding im sorry ur just a memory now but i had to do it

ik u were trying to help but u took it too far

My poetic Side 🗣

no i did what i had to do the world was breaking u and i protected u thats what im tryna say but u just wont listen

were both broken they smashed both of our hearts

i dont give a damn if they break my heart

u dont wanna be urself?

i had to free myself they wouldnt stop hurting me

get help instead of just hiding it or they will never stop

dont u think im tired of hiding it

i dont care if u r maybe if u get tired of hiding it u will be urself again



casper

my name might as well be casper case i ghost everyone and I'm dead on the inside

im like a ghost invisible and alone im never seen or heard

so hey I'm casper don't try to be my friend cause i will just push u away in the end

sorry i didn't reply
i didn't mean to ghost u
that wasn't the plan
but ghosting people is just what i do
i guess my name is casper
cause I'm dead on the inside



can u be my nobody

nobody loves u
nobody cares about u
nobody wants to hear u rant about ur day
well than i really hope ur name is nobody
can u please be the nobody that loves me
can u please be the nobody that cares about me
oh how i hope u can be my nobody
if nobody loves me
than i hope u change ur name to nobody
oh will u please be my nobody



at the edge again

here i am at the edge of the cliff again if u say it gets better then i must ask u when

a gun to the head to end the pain gonna put a bullet through my brain

my life feels so worthless please tell me what is my purpose

im tired of hating myself everyday but nobody will care anyway

i was stood at the edge how did i find my self falling off this ledge

another broken heart

another broken heart
that is all u see when u look at me
nobody cares to hear my story
cause to them im just another broken heart

but my story is different i promise this isnt just a clasic broken heart this isnt about a break up no its not like any other sad story

but ig it doesnt matter anyway cause all u think i am is another broken heart



after u

the love poems turnt to heartbreak
the nights spent with u filled with happiness
turnt to nights alone crying while hugging ur hoodie
the days spent out with u
r now spent alone thinking about u

my wounded heart hates u but my mind still loves u the love we shared, now shattered and torn the nights once blissful, now filled with mourn alone i cry, without u



actions speak louder than words

actions speak louder than words
i dont want to be told u love me
i want u to actually love me
i dont want to be told im pretty
i want u to make me feel like im pretty
cause actions speak louder than words

dont tell me u love me
but show me u dont
dont tell me im pretty
but refuse to be seen with me in public
cause actions speak louder than words

dont tell me u love me
show me u love me
dont tell me im pretty
make me feel like im pretty
cause actions speak louder than words



a world too perfect to exsist

ive been daydreaming about a world where i was wanted,
a world where i felt comfortable in my own skin,
a world where i could leave the house without makeup and not be judged,
but this perfect world that i fantasies about might just be too perfect to exsist,
they say thats not realistic,
maybe there right maybe that isnt realistic,
how about a world where i wasnt deppressed,
yh maybe if its not too much to ask for,
i dont want to be happy all the time i just want to feel ok sometimes



a real best friend

love hurts to much

i dont want a lover i want a best friend,

the kind of best friend that will listen without judging,

a friend that loves u even when ur at ur lowest

i want a real best friend,

the kind that u can talk to for hours and not run out of things to talk about

i want the kind of friend that texts u every day

the friend that makes u feel loved

i dont want a lover i want a bestfriend

but i dont think that kind of friend exists



"so brave"

how do u let them say all that stuff to u, ur so brave yh so brave, so brave for as long as i put on this show so brave but if u saw me when i get home, when i was all alone if u saw the tears fall from my eyes, and the marks i leave on my body the marks u will never see, cause i hide them under my sleave and i never wear shorts, so u dont see the scars buried deep within my thighs then i will get up put on my fake face and u will tell me im so brave yes so brave i am