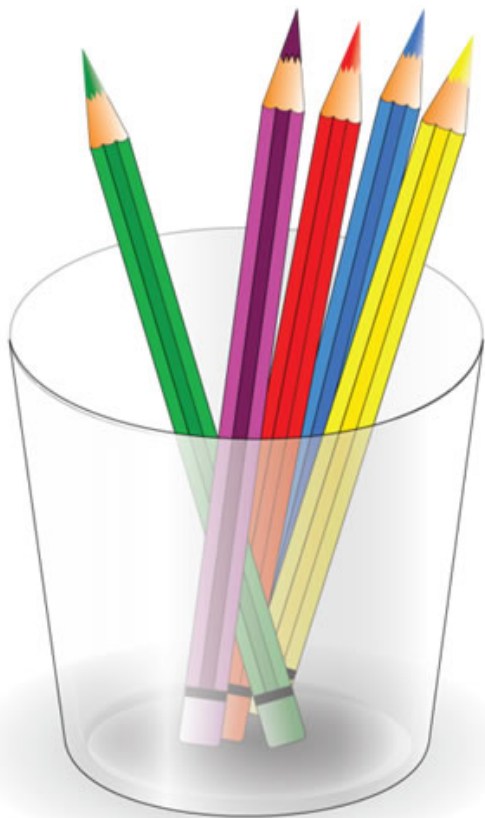


# Anthology of Creative Conversations...

Jaime-Leigh Mead



Presented by

*My poetic side* 

## Dedication

*Tibet Mustafa for always Listening to whatever shit I had to say... LOL ?...*

*My brother who I love & Adore... Your amazing in every possible way...*

*My angel sent from you have been a very special part of my life & will be greatly loved & respected*

*by me forever...*

*To all the people from all my worst places that gave me so many f\*\*ked up faces... You know who*

*you all are.... THANKYOU....*

*To my very very special people Mr Phil & Mummy Bear thankyou for always being there until we met*

*again... Marching Together... RIP...*

## Acknowledgement

There are struggles in life that no ones prepared for & with that comes amazing truth & strength... A time to let go, A time to forgive & a time to live & let live

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## Shame On Me... {11th August 2021}

*Well there's really nothing left to say...*

*I've got to go, I've got to get away...*

*There's no way I can stay...?*

*I've already been made a fool...*

*I've stood by you so tall, defended it all, & in return you've made me feel so unworthy, so small...*

*I haven't got much of me left at all...*

*There's nothing left to say...*

*I hope your happy with what you took & threw away...*

*I'm rack & ruin...*

*This is all you're doing...*

*While I cant sleep at night, your sleeping tight, relishing in delight, embracing you're well played fight...*

*You've took it all from me & I don't know why...?*

*I've got no dignity, no fight...*

*You had a cheek to tell me you love me still, After I've lost my will...*

*Behind my back you was dissing & hissing, looking & going after girls you' just don't know...*

*Girls you've never met...*

*So why you making me feel like a worthless whore...?*

*When this is your betrayal yet again...*

*Are you smoking crack...?*

*Because what your doing to me really is whack...*

*Or is it smack...?*

*Please tell me its something you're on...?*

*Otherwise how am I suppose to forgive & forget...*

*All I truly know is that your looking for a fight,*

*I feel all your grievances coming my way every minute of everyday*

*You cant stand me, yet I still don't know what I've done...?*

*I wish you would just tell me instead of treating me like I'm no one...*

*Being so cruel, & mean...*

*Then a little nice, because you know you're wrong doing this to me...*

*It's not long just tell me the truth you no longer want to be with me...*

*Instead of fishing & putting blame out loud...*



*You're looking for things that I just don't do & haven't said to you...  
I suppose any excuse will do...  
Everything you say I do is really truly you...  
I'm not the mirror your looking in...  
You've won...  
Cant you see that someone who's me has become no one thanks to you...  
The hurt, the pain, the crying, the shame...  
I'm back out there walking alone again...  
This is not what it should be for me...  
I truly don't know what to do...?  
There's nothing left, I can smell that coming of you...  
The dirty looks, The mumbles under your breath...  
The distance you keep from me, the lies you tell...  
You don't listen any more, you're always giving me what for...  
Always showing me the door...  
I've got the message, yes its clear to see, I'm sick of you hurting every part of me...  
& I'm sick of loving you unconditionally...  
I'm sick of the chances I keep giving you, clocking everything you say & do...  
I feel that horrible vibe again...  
When will I become strong...?  
Not that you want of me...  
I know I'm not in the wrong...  
I need To leave you well behind...  
Met & mix with more good people such as myself, my kind  
I haven't laughed in so long...  
I need to laugh, its like having a bath...  
I want so badly to hear laughter...  
not be crying for a happy ever after....  
That doesn't exist especially with you...*

## **My Sheet'n'Cover... {Brother...}**

**Did I ever tell you the joy you bring to my life...?  
Did I ever tell you how proud you make me every day...?  
Did I ever tell you the strength you give to me, just from being in your company...?  
Your presence always makes me feel strong...  
My worries & woes seem half the size...  
I don't know why, but that's what you do...  
I look at you & see how far you've come...  
You did it on you're own...  
No help from no one...  
That's the will power of you...  
There's no heirs or graces with you, that's another amazing thing...  
You light up a room when you walk in...  
Unique & funny...  
I'm in awe of you...  
It's true...  
I'm amazed by everything you say & do...  
Brother I'm so proud of the man you have become...  
I'm blessed having a brother like you...  
I love you so very much, Don't ever stop doing or being you...  
I know I couldn't & wouldn't want a life without you in it...**

## Letting Go... {9th Of July 2020}

*I'm trying my best to remain calm & in control...*

*But my thoughts & feelings are on a high, like a wild fire struck in a maze...*

*Everything just all a blaze...*

*I don't know if I can truly let it all go...?*

*I don't think I can & then suddenly I know I can't...*

*That's when my mess gets extra messy & slippery places no longer need my control...*

*Oil & water spots will be my plots...*

*I'll fall so hard & lose what I've gained...*

*Walking on my lonely road once again, because truth be told it's easier than facing my pain...*

*But harder each time to come back from...*

*I don't wanna do this again & again...*

*So I need to really know if I really can let this betrayal from you go & try to move on...*

*It's knocked me for six, you getting your kicks, treating me like dirt so you could fuck & flirt...*

*I'd like to believe I'm older, wiser, matured a little & stronger from the addict that was once weak so to speak...*

*But the fact will always remain that addict & me have exactly the same name...*

*Getting through everyday is a bonus for my sobriety...*

*This you knew, this you see, but still felt the need to belittle & betray me...*

*Please god grant me serenity...*

## To My Rapist...{What You Took From Me...}

*Oh yes I remember that day 16th of March 1994 very well...*

*It was the worst night from hell...*

*I remember it all only to well...*

*Even that date never leaves, It sticks in my mind, & still rings years after year, time after time as loud as it did the very first time...*

*You would have thought more than thirty years on, It wouldn't affect me as much as that damming night...?*

*But it does very much so, It affects me in ways that you wouldn't care to know...*

*You changed my lifestyle & my adolescence care free ways...*

*You took everything from me that fucking day...*

*You turned me into a scared, lost, distrustful, paranoid awful mess...*

*For years I couldn't go out alone, didn't sleep properly at night...*

*I wouldn't even wear a skirt because it didn't feel right because of the things you said to me that night...*

*For so long every man was my enemy...*

*Sex become something that was wrong & dirty...*

*I couldn't even get a little bit flirty because your face I couldn't erase...*

*Every tender loving moment I should've been able to embrace was filled with nothing but the flashbacks of what you done to me...*

*Even now it's you I sometimes see...*

*Getting eight years sentence wasn't quite enough for me...*

*Left me feeling angry & numb...*

*With no trust for nobody, no one...*

*Even at forty-five what you did affects me...*

*But at least I'm still here is what people would say...*

*They didn't have a clue what it took for me to get away from you the day you kidnapped me...*

*And I would have died if you hadn't got found guilty at the old Bailey that day...*

*Even though I think you got off lightly for the damage you done...*

*At least I knew you couldn't come for me like you swore you was gonna do...*

*Or hurt anybody else, that much was true & worth it for me...*

*In silence I struggled on to pick myself back up from the curb you dropped & left me in...*

*I paid dearly for your sins...*

*Never to return to who I was...*

*I had to learn to accept that I had to start from the beginning again...*

*To appreciate, like, care & try to love myself & trust again...  
So in writing this I wanted it known you took a lot from me...  
& still do in far less ways than you use to...  
But you didn't win & you've never won...  
I've put back together what you truly took...  
My scars I wear them well...  
And as for you I hope you rot in hell...  
But I forgive you as well...*

## **I Believed In Us... {18th May 2021}**

*My life here & now is far from what or how I thought it was gonna be...  
I thought we had cracked it you & me...  
I thought it was our time to shine, to stand out To ride & die until the end...  
Growing old together...  
Our sadness & madness all in one place finally at peace, No disgrace on either face...  
Happy finally looking at you...  
That was us no matter what, that's what I believed...  
What a fool I am indeed...  
I cant believe I fooled myself like you fooled me...  
How I've been deceived by you...  
I've been trying while you've been lying...  
You've too been untrue...  
You've broke my heart once again...  
I'm not in a trance, but how long we been dancing this disloyal dance...  
I thought what happened before was only by chance...  
Never to be repeated...  
No this is much worse, the better I get, the worse you seem to treat me...  
How can I now believe any words that you only ever repeat to me...?  
Its like you think I forget, Or that I'm just plain old dumb silly...?  
You say one thing, but your actions go another way...  
Actions speak louder than words, that's the truth in what your actions show...  
Hurting me more than I care to know...  
And try my up most not to show...  
But its killing me this you already know...  
What can I do when I love you so...?*

## Too Soon...

*Does it seem strange at long last I actually have something good to say...?*

*Sure feels that way...*

*I feel quite content once again...*

*Cor how long has it actually been?*

*My smile can smile without thinking it's a sin...*

*Maybe my one day can now begin...?*

*Without feeling like I'm the failure,*

*Without the impending doom...*

*My life can now resume,*

*Or am I getting ahead of myself too soon...?*

*In my case that would be nothing new...*

*But for me feeling content even if for a short while will do...*

*I'm gonna grab it with both hands, that's what I'll do...*

*I'll be grateful in this content moment,*

*No matter where it may end...*

*Hopefully I'll know by noon if this contentment is all too soon...*

## Thank You For Loving Me... {6th January 2020}

*I sometimes wonder how you put up with me...?  
But I'm glad you do because I'm all or nothing without you...  
You drive me insane, Get me so mad sometimes,  
but I wouldn't have you any other way...  
What can I say...  
I love you in every shape way & form...  
God bless the day you was born...  
The little things you say & do make me fall more & more in love with you...  
So thoughtful, So kind...  
You got me on cloud nine...  
Thankyou for all that you are, & all that you do...  
But most of all thank you for loving me unconditionally...  
For your time & patience when I'm being OCD...  
I know I'm hard work more often than not...  
You really do take my shitty issues in your stride quite a lot...  
You've given me the benefit of doubt, When I've been lashing out...  
So just to let you know, even though we still haven't figured it all out...  
I'm grateful & appreciate the star that you are...  
Don't think anything you do goes un-noticed by me...  
I don't show it or say it often enough maybe...?  
I love you, more than you will ever know...  
Probably a lot more than I will ever show...  
You truly mean the world to me...  
So thankyou for loving me...*



## **You.. Only You...**

*You, only you could do what you do...  
Who knew, certainly not me...  
You was my first, & thanks to you, you will surly be my last...  
The shitty, shitty worthlessness I'm struggling to get past...  
I really do need to get of my arse & start a new with no more you...  
I tell myself this time & time again, & yet still here I am...?  
You tell me what's wrong with me...?  
I thought Lifelong & got it wrong...  
My perception of you wasn't what was true...  
Bloody good at what you do...  
I'm telling you I cant say I never knew...  
Because everyday that inkling grew & grew...  
But you knew exactly what to say & do with any red flags that came my way & they did almost day after day...  
Actually they still do...  
I just didn't want to believe what I now know is true...  
I just wanted to believe every lie ever told by you...  
I've stayed for so long because I'm so confused by all that you say & do...  
I don't know what's what, I don't know who's who...  
I don't know what's a lie or what is true...  
I'm un-sure of the stranger I've become, I don't trust anything or anyone...  
All I know is it's just feels so wrong & hurts like hell...  
I feel like a nut-case with a cracked shell...  
I feel like I've been cursed by the devil himself...  
A witch has put on me a really bad, painful spell...  
I just can't seem to put my finger on what's right or wrong...  
Or have any idea actually what's becoming of this complete mess you've made of me...  
It's all quite scary truth be told...  
I didn't see it coming, I think you're more than a bit cunning...  
Something keeps whispering to me, 'you need to start running'...  
You have no idea really what's being done...  
All you know is that you have no one...  
What he tells you is never true...*

***But here I still am still doing what I do helping him instead of me...***

***I'm fighting with the world, I'm fighting against within & I'm fighting with him...***

***What the hell did I ever do to any one not alone you...?***

***You won't tell me, I can't get no straight answers from you...***

***The dirty looks & constant criticisms are getting worse too...***

***Having a dig at me in public & making out you're having a laugh with me is something that is new...***

***Pushing my buttons, wanting a row that's happening more often than not...***

***All these things I'm noticing quite a lot, all of which make me feel shitter still...***

***I thought I was imagine it Or being over-sensitive at first especially because you are so subtle in public & you have everyone I know eating out of the palm of your hand...***

***It's more than frustrating for me that nobody else can see Or maybe I am crazy, crazy, crazy...***

***& it really is all me...?***

***That's what you tell me... & everybody...***

***People think I'm the lucky one having you, But no one has a fucking clue who you are or what you do to the people that love you...***

***Mentally & Emotionally I'm drained...***

***I feel I'm going insane...***

***you keep telling me it's all in my brain...***

***You care very little if at all about how you're making me feel...***

***You don't even want to listen to the one you say you love...***

***So what the hell am I still doing fucking living here...?***

***Because I have no where to go...***

***No one to turn too...***

***This you well know...***

***You, only you have gained while I'm fighting to hold on to my last breath, losing what little I've got left...***

***You, only you could be so cruel in my hour of need...***

***Using my vulnerability...***

***That's the only advantage you seek in keeping me weak...***

***I feel so, so stupid...***

***Yes I do...***

***Even more stupid that I'm still here with you...***

***I don't know why either, there's no questions I haven't asked myself, so there's no answers for any of you...***

## From Me To You...

*From me to you as always...*

*I know I haven't said it lately, But I still truly, madly deeply love all three of you...*

*Sometimes I forget myself, but I never forget you...*

*Sometimes I wonder where you could be...*

*What your all up too & if you ever think about me...?*

*All I want is for you to be happy & true to you...*

*No matter what you was taught, Always keep a sense of wonder...*

*Even when life throws nothing but thunder...*

*No thumb ever to be under...*

*To be there when others fall...*

*Never to make anyone feel small...*

*For you to rise above it all...*

*To love & be loved unconditionally...*

*To trust above...*

*To listen to the voice of love...*

*To always know you are always good enough...*

*To be open, pure & fearless in adversity...*

*To not be afraid of taking risks & never to doubt what your about...*

*To always have faith in that you will always figure it out...*

*To know when your ready, we can try & sort it out...*

**REFLECTION...**

*Here's looking at me looking at you looking back at me...  
We're very much as one as we open our eyes to look & we see...  
Two of a kind leaving a world of hurt behind...  
We'd like more pleasure & a lot less pain...  
At least we're more than less learning again...  
Yes it is a shame, but at least we're the same...  
It took us quite some travelling to get to know we had to let shit go...  
To be in the same room & accept what we see...  
To be able to look at each other & actually quite like what we see...  
That's a huge thing for the likes of me looking at you looking back at me...  
To realize that all of you is all of me & come to a different place entirely...  
Me looking at you, you looking at me finally we both realise we're not that bad actually...  
Far from the disgrace we once was meant to be...  
I hated you, you hated me...  
We both didn't like what we see...  
Head down...  
So many dark memory's looking at you, look at me...  
Once so ugly, Now finally free...  
We accept everything about you & me...  
The good, the bad & the dam right ugly...  
Even though sometimes we're quite fragile leading to our vulnerability only because our scars show,  
Reliving all the bad & sad we know...  
Our pain is easy gain...  
That It's quite easy to loss sight of you...  
Its good to now understand & know, I haven't lost sight of you completely as long as I'm looking at you, looking at me...  
We'll touch base eventually because I've come to love you, like you've come to love me...  
Appreciation is key...  
Looking at you, looking at me...  
Grateful for how far we've come on our journey...  
It gives me faith in what I see...  
Looking at you, looking at me...*

***Thank you mirror for the reflection you've always given me...  
Looking at you, looking at me...***

## Sadness... Madness...

*I love you... Truly I do... It might not be the same for you...? I feel abandoned by you... I should be well use to the feelings of not wanting me near... Not loved or respected by you at all... & emotions of being used & disrespected I'm going though day after month after year... I cant actually remember the last time I felt I mattered to you, in any shape way or form... I cant remember weekends in bed, the love-making... The giving & the taking... The caring & the sharing... The joking, & the laughter... Wanting to be near & dear for here ever after... There's no us, there's no we... There's no solidarity... There's no unity... There's no loyalty... I think its time to move on from you & I...? There's nothing left for me no more... Its time to say goodbye & shut the front door there's nothing in it for me being with you... I'm miserable like I never knew was possible... I'm telling you... You haven't done anything to change what I already knew... It's something in all honestly I didn't want to be true... I thought we had a future I thought I had everything with you... Its sadness & its madness that you didn't think that way too...*

## Lost And Found...

*Today once again begins a new & I'm still stuck in this rut that's making me blue...*

*But truth be told it's nothing new... Who knew...?*

*When will I know what to do...?*

*It's worse than ever before, I wish I had never walked though that front door...*

*I wish to handle it right, do what needs to be done & say goodbye once & for all to you, & get away from all the nasty in you...*

*All these years was my inner voice that I thought was doubt & my insecurities lashing out...*

*Especially knowing that I was just as bad as you sometimes...*

*All the fighting & crying we put each other though...*

*I stood by the knowledge that if we didn't make it out the other side, we both only had ourselves to blame...*

*Either way I believed that we would lead to a better me, a better you...*

*How wrong, or how far gone was I...?*

*Why after fourteen years am I still tasting the same old tears...*

*What's the point in being soba if your telling me that it's all over...*

*I can't let you win, because I don't understand...*

*I found myself & lost my man...*

## Words The Most Powerful Drug Of All...

*Words are real & easily said, Words are useful, Words can blame,  
Words can name & shame Words that are hurtful just the same...  
The words some people use just to hurt the likes of me & you...  
To judge when they have no right too...  
Words that can make people laugh & cry...  
Words that leave us wondering why...  
Words that often say hello to the goodbye...  
Words spoken behind a lie...  
Words that stay within... Words that don't know where to begin...  
Words that want a bottle of gin...  
Words that leave others feeling weak within...  
Words that scream & shout...  
Words when there's no one about...  
Words that leave a deep self-doubt...  
Words that leave with no way out...  
Words listened too, Words you refuse too...  
Words that cant forget within a mind,  
Words that breaks a heart time after time...  
Words that make you, Words that break you...  
Words that are right, Words that cause an innocent soul to fight...  
Words that are wrong, Words that make you strong...  
Words that we harbour from the day we was born saying we never truly belong...  
Words that free you, Words that chain,  
Words that frame, Words that un-claim...  
Words that nobody hears,  
Words that echo through the un-told years...  
Words that forgive, Words that don't,  
Words that we wish we spoke... Words to regret, Words to forget...  
Words that choke, Words that crock, Words so hasty, Words so tasty...  
Words that ruin, Words doing the un-doing,  
Words that peek, Words so true enough to hurt the truth...  
Words that everybody must say, Words that every dog will have its day...  
Words to make a better way...*



***Words that are mistaken in every way,***

***Words that come every day out of the mouths we was born to use...***

***Words that are every humans right too...***

***Words that should be thought about instead always just coming right out without ever thinking about the conscience, doubt, insecurities, & disappointment they might harm & cause...***

***Leaving someone somewhere they so don't want to be, up-set, hurt & angry just because the words came out of me...***

***It doesn't matter how much I'm sorry, the damage is done... What right do words have anyway if they have nothing good or nice to say...***

**WORDS CERTAINLY ARE THE MOST POWERFUL DRUG OF ALL...**

## Unbelievable..

*I'm telling you what I told him & what I told her...*

*This story is getting old, It's too long in the tooth to even be sold...*

*No one here is breaking the mould...*

*I'm done being told...*

*I'm done playing these silly little games that you both seem to love so much...*

*What your doing is absurd...*

*Haven't you heard the early morning calling of that sweet little bird that heard every last mean, nasty word...???*

*The un-spoken words too...*

*Believe me karma wont forget anything that you say or do...*

*I can't believe you could be so cruel, I wouldn't have thought any less of you...*

*Pretending should come as no surprise, you always have a skink of evil in your eye's...*

*A look of a man that spy's & lies...*

*Really that's a poor mans disguise...*

*with reasoning of ashamed of what he has become screaming out loud in his eyes...*

*I cant get past what I saw...*

*I can't un ear what I heard...*

*Unbelievable what people I'm around have become without reason & without shame...*

*Causing hurt, causing pain, using god's name in vain, displacing there blame...*

*Always playing some sick game...*

*Thought provoking, driving insane, fake tears, fake fears, victim playing...*

*Two-faced saying... No sharing, No caring... Unbelievable is now the only word I can find to describe your kind... Unbelievable is my only word, because your not insane...*

*Your unbelievably absurdly unbelievable master emotional manipulator I'm disgusted to know... Unbelievably so...*

## Just Because...

*Knock, Knock...*

*Who's there...*

*It's only me, do not despair...*

*I have some news I wanted to share...*

*Just to show you I really do care...*

*Here I am putting myself out there...*

*It's genuine, not fake...*

*I know better than to make that sort of mistake...*

*I could tell you needed a friend, you can put your faith in me...*

*I'm not another let down, another dead end...*

*I'm here to restore your faith if I can...*

*There are people out there that still do care...*

*You just have to look a bit harder...*

*It's not gonna happen over night, this I had to learn with patience & my own insight...*

*Still I feel nobody see's me...*

*Just because, doesn't come easy...*

## THANK YOU...

*I took note of what you said to me...*

*I took the advice you always gave to me...*

*I listened to the voice inside of me when you thought it was best to let me choose the road a head of me...*

*You didn't want to influence my choices, So I couldn't displace blame...*

*I just wanted to say it wasn't done in vain...*

*I did listen even when it caused me great pain...*

*I wanted to say Thank you once again...*

*So thank you for all that you've done for me...*

*For all the love & support you gave unconditionally...*

*God willing I will always do the same...*

*Look, Listen & Learn...*

*Play no games...*

*Be honest & true...*

*No judgement to make anyone blue...*

*To think of others, Be loyal & kind...*

*To remember that everyone is special at anyone time...*

*Not above anyone, not below anyone but always beside...*

*Compassion & a helping hand, that it's not a necessity to understand...*

*Not everything is part of a master plan...*

*Just appreciate all that is here & now...*

*And all this I owe to you, as long as I live I'll always remember you...*

*I'm blessed & truly grateful to have had a soulmate like you...*

*So once again THANKYOU... Till we met again...*

## The Art Of Listening...

*Knock, Knock... Who's there...?*

*It's only me, Don't despair...*

*I just wanted you to know that I'm there...*

*Just wanted to show that actually I care...*

*Here I am putting myself out there...*

*I'm genuine, not pretend...*

*I could tell you needed a friend...*

*You're faith in me is not another dead end...*

*This I promise you from the start...*

*I'm here to restore your faith if I can...*

*This is coming straight from my heart...*

*It's not gonna happen over night...*

*This I had to learn from my own plight, had to gain my own insight...*

*Time & patience is key...*

*Still no body see's me...*

*That doesn't mean I don't see when others are in need...*

*That's when I step up, & step in...*

*Acceptance of the world around me was how I learned to be what people sometimes just need...*

*A good listener & shoulder to cry on...*

*& I can make a banging cup of tea... Oh yes indeed...*

*I don't want anyone to suffer what I had endured...*

*No one bothered to listen often occurred...*

*To forgive, To learn to let go, To move on & go with the flow...*

*So here I am as you already know...*

*I know how to listen, so off you start...*

*I can't fix all problems but I'll sure give it ago...*

*There's an art to listening...*

*But it's not hard to know how to do...*

*It's quite a simple principle really...*

*If you wanna be heard, Then you too should learn to listen...*

## Angel Sent From Up Above... {For Me To Love...}

*To my angel sent from up above for me to love...  
What's your story, the bad, the good & the glory...?  
Tell me what's gone on...?  
Tell me how it all went wrong...?  
You've built your walls so high, so steep for anyone to climb...  
Even I struggle from time to time...  
Why do you always show your madness before you show your sadness...?  
Why are you always sometimes just so mean before you come clean...?  
You give the wrong signals to anyone & everyone you come across, & then wonder why you  
always feel so lost...  
Its your soul that one day it will cost...  
Fast to judge, never to appreciate what you truly should listen too...  
You read one line, never in between...  
Why do you do this, when I know you are so much more...?  
Beautiful in fact if you would just open one door & explore...  
Sometimes some things don't need fighting for...  
Not everybody wants to put you down, point out your flaws, or hurt what's in your core...  
I've told you this many times before...  
But you still refuse to let anyone near...  
I know you've been hurt, but your hurting yourself even more...  
You need to learn to love once more...  
It starts with you this I know for sure...  
Acceptance & forgiveness is the key that will set you free...  
Your anger & pain is your only flaw...  
It's become a cancer within slowly destroying you...  
This I can see & to be honest it worry's me...  
Don't you want a little bit of Happy-go-lucky...?  
Instead of always being so angry, hurtful & mean...  
Always little Miss nudge judge's...?  
I give you my word, take my hand & I won't let it go...  
I'll prove to you that not all people are bad, Genuine people exist 'you know'...  
Trust me my angel sent from up above for me to love...  
There's a world out there for you to see, If for once you would just listen to me...*

*I've been where you are before believe me...*

*My darkness nearly consumed me, All to quickly I nearly lost myself completely...*

*It's not worth the pain I caused in vain, feeling insane, living in shame, Guilty by name...*

*Everybody else to blame its an endless circle that only you can break...*

*for everybody's sake, especially you're own you need to find away to come back home...*

*Nearly sinking into the abyss, the monster staring back you don't wanna be...*

*But this you know already...*

*It's sad to watch & see my angel sent from up above for me to love that you will miss out on any kind of love...*

*You need to start breaking down your walls, little by little only then will you be able to be at peace & free...*

*Trust yourself & see...*

*Only then will you start to trust me...*

*Have a little bit of faith in what I'm saying to you...*

*You know I would never intentionally hurt you...*

*Look at everything we've done & gone through together...?*

*Its now or never...*

*I just want my angel sent from up above for me to love...*

*To find her happiness & to love...*

*For you to see & feel, so you can begin to heal...*

*What harm could it really do getting to know, what I already know about my angel sent from up above for me to love all that your truly capable off...*

## Family Factory...

*Truth be told I truly don't know where to begin...?  
It's deep, it's bad & it's dam right ugly...  
And has a funny way of knocking me for six, because I know this I can fix...  
No joke, No lie...  
I don't even know why I bother to try...  
My head remains in a constant spin...  
Wondering once again what did I do for all this yet again to begin...?  
Even though it happens more than twice a year...  
It starts so lovely, warm & kind...  
Doesn't last for more than six months at a time...  
I should get the pre-warning & hints before the actual drop me out time...  
Tick tock, tick tock goes that clock...  
Its count down time...  
When me jaimleigh is dropped like a bomb for tenth or more time...  
I don't have a clue where its all coming from...  
They was my family so I just cracked on...  
Even though it was me they were doing wrong...  
Maybe that comes from that I never did belong with the mum & dad who had me...  
I would have been better if my family came from a family factory...  
Instead of the family tree...  
That obviously had no branch for me...  
In my early years I did truly believe something was seriously wired wrong in me...  
It was my fault that I didn't belong in this family factory...  
Every other family I saw was close & tight...  
Imprinted like a pack of wolves would be...  
I imagined a family should be...  
But something was seriously missing in mine or me...  
I just knew as I grew that I didn't belong within this family who had created me out of love  
apparently...  
With that being said I felt anything but warm & fuzzy...  
I was shown the front door as soon as my feet touched the floor...  
And nothing much has changed since then...  
I've dropped time & time again with in this so called family tree...*



***So I knew I'd learn someday so them bridges I did burn so for me there could be no return...  
Because No longer did I yearn to be apart of this using family tree that didn't want me...  
I grew a tree of my own... That's my life... That's my family factory...***

## Do You Know...?

*Do you know how it feel's standing so still...?*

*Do you know how it feel's when you cant hear a thing...?*

*Do you know how it feel's to constantly scream so loud but no ones listening...?*

*Do you know how it feel's to be left outside on your own all alone...?*

*Do you know how it feel's to see everything, But no one see's nothing but badness...*

*No one cares that there's sadness because to them it's all just madness...*

*Do you know how it feel's to know your the blunt of the joke...?*

*Do you know how it feel's when people do nothing but poke, poke & poke...?*

*Do you know how it feel's instead of truth there's nothing but lies...?*

*Do you know how it feel's to smile & smiling feel's like sin...*

*Just a second of happiness never to begin...?*

*Do you know how it feels to be constantly judged within...?*

*Do you know how it feel's never to be loved...?*

*Do you know how it feel's to wish that god above would just do the decent thing & take back what he put breath in...?*

*Do you know how it feels to never be trusted or to trust...?*

*All the goodness turning to rust...*

*Do you know how it feel's when everywhere keeps moving but your standing deadly still...?*

*Do you know how it feel's to continuously walk up a steep hill...?*

*Do you know how it feel's always being so ill...?*

*Do you know how it feels to be hated... bullied... & mocked...?*

*Do you know how it feels when you constantly get blocked & knocked...?*

*Do you know how it feels to only have yourself to blame...?*

*Do you know how it feel's when there's no one else to help you carry a burden...*

*Do you know how it feels when your un-hearden...*

*Do you know how it feels to want sunshine instead of rain...?*

*Do you know how it feel's when going insane...?*

*Do you know how it feels never to be or feel ok...*

*Always rejected, never to be accepted for what & who you are...?*

*Do you know how it feels to always foot the bill...?*

*Do you know how it feel's to wish, & wish the same wish, you wished would please come true...*

*Do you know how it feels to sink so low with no hand ever reaching down to you...?*

***Do you know how its feels to keep falling, & no one can hear you calling...?***

***Do you know how sadness really feels...?***

***Do you know how it feel's to have everything taken against your will...?***

***Do you know how much it hurts watching, seeing everything...***

***But standing somewhere, nowhere deadly still...?***

## Lost Control... {My Addiction Won...}

*Once again I lost it, Myself control...  
It's doing so much damage to my soul...  
I can never just let it go...  
I knew I should have said no...  
But that monkey on my back didn't think so...  
Go on just have one, you've done so well not to sur-come to the urge's all year...  
Its Christmas & happy new year...  
Its the time everybody, including you deserve a beer or two...  
What's the harm you've been sober for most of the past couple of years...  
You & I can both handle it...  
I promise you'll feel better if you do...  
You won't feel like the party pooper, you'll be one of the crew...  
You've changed so much you wont revert back to that shit nasty you...  
Your in a good place...  
What harm could having one little drink do...?  
Why did I even entertain the spill you always maintain, pretending your my friend, when your the deceptive part of my brain...  
I should have never listened to you, encouraging my darkness to come though...  
& that's exactly what happened... Happy Christmas to you...  
It tasted to good, one would never do...  
I carried on until I couldn't remember me, or you...  
Or even how I began the same shit different day all over, once again...  
You promised I'd be ok...  
Gave me your word that my persona had changed...  
I wouldn't let myself down again...  
I wouldn't start any fights...  
Well that didn't happen I got nicked that night...  
& to top it off everyone I spoke to I had to have a pop,  
So fighting was my only agenda that really wasn't worth this Christmas & New year bender...  
Happy new year to having to start from the beginning again...  
One of these days I will restrain not to listen to my addict self that's constantly screaming my name...  
I will become strong once more...*

***Happy New Year to one & all...***

***& well done to everyone that didn't sur come to the demons banging on there door...***

***& to those that did It's not the end of the world...***

***We just have to give ourselves another go...***

***I'll be fighting my recovery until I'm old & grey...***

***So here's to fighting a new soba day...***

## Nothing But Shit...

*It doesn't matter what I do I still get nothing but shit from you...*

*I must be mad to keep trying so bad,*

*because nothing I seem to achieve but shit from you...*

*Its becoming nothing new, All this shit I take from you...*

*I'm beginning to wonder what ever made me fall in love with you...?*

*What spell could I be under to possibly even wonder if one day could start a new & I'll get something but shit from you...?*

*I sure didn't see or know how much shit, your shitting me...*

*But still I get nothing but shit from you...*

*I certainly don't understand what it is that I actually do or don't do that makes you give me shit the way you do...*

*Either way it doesn't make sense to me or a difference to getting nothing but shit from you...*

*Maybe I should start giving you shit too...?*

*Now that would be something new...*

## Genuinely Genuine...

*Listen here it's true what I'm about to say...*

*You don't have to listen, It's still your life, your choice & utterly only your decision...*

*It doesn't matter what's what...*

*Or who's who...*

*Its only matters that your aware of the choices you make, & the steps you take with the people you met & have in your life...*

*& recognize that some people are fake, & do nothing but take...*

*I don't want you to suffer my same heartbreak...*

*you can't make people care...*

*You can't change what's already been imprinted within...*

*& sometimes its more than heart-breaking, that it's so true that caring seems the hardest thing to do...*

*& truly some people just don't care...*

*& that's fine too...*

*That's there choice, not mine, not yours...*

*I'm in my own lane making choices to stay & remain on all the good I have become...*

*Not dis-blame, name or shame because I also know not all people are the same...*

*And let me tell you that absolutely genuine feel exactly the same as you & me...*

*Because genuine people are a rarity especially these days...*

*I've only come across one or two so far in my life & would truly feel blessed if I had a couple more...*

*For me these days it seems to be people like negatively, madness, trouble & strife...*

*That's why I don't fit in with society...*

*Its not right, & to be totally honest I really don't like what I see in this world, my world with society...*

*But society isn't my fight, And if I can do what's right, teach not preach...*

*I'll show compassion...*

*I'll be kind...*

*I'll stay genuine for genuine is my kind...*

*Yes of course I get doubts, & sometimes its hard trying to figure it all out because negative people are everywhere...*

*With plenty of negatively going spare...*

*There's no air to breathe, No point in complaining...*

*It's just so draining, No oxygen remaining...*

***sometimes very little faith will knock on my souls door...***

***But with that in thought...***

***I don't wanna lose what I self taught...***

***For everything I fault to become...***

***To love, To laugh, & have fun...***

***To become someone...***

***Never to judge no one, block, knock or mock...***

***To stand out of the crowd, To make god proud...***

***To let whoever become apart of my flock, even if it means I get bit quite a lot...***

***That's a price I pay everyday because I love & care about everything out there...***

***Because my world is to share, even to those who don't care...***

***I'll give a chance to everybody, anywhere...***

***I know how scary, cold & lonely this world can be when you have nobody...***

***Seeing It hurts quite a bit...***

***But giving, loving & caring is all that I've got...***

***And despite my struggles I've quite like me & my design...***

***It's worth it all to me...***

***Being genuine was my key that set me free...***

***To live & let live also to forgive...***

***Too be nice, to stay nice is the life I live...***

***I don't wanna be or have a negative impact on the breath given to me...***

***Happy days, Positive ways, To remain true to me that's my solidarity...***

***That's who & what I wanna be...***

***& what want people in this world to see...***



## The Girl Who Cried Wolf...

*What happened between us...?*

*I thought out of everyone, you was the one I could trust...*

*We was once so close you & me...*

*The apple of your eye you use to say to everybody...*

*Whenever I was suppose to do something wrong, you didn't scream & shout...*

*We sat down & talked it out...*

*So what was so different this time...?*

*You didn't even acknowledge me because you believed her instead of me...*

*How come she managed to convince you, when it never worked before...*

*You was there when I was ten & she kicked me out the door...*

*I know I didn't help my cause, because of all the lies I told in school...*

*But not once did I ever say or tell a lie about you...*

*But you should have known, mum was going spare because she didn't want me there...*

*Any extreme she was willing to go...*

*This too is something you knew...*

*Mum didn't love or want me...*

*Your words I heard time & again...*

*I wanted to hurt her by the lies that I told...*

*Instead I gave her the firing gun to hold...*

*I don't understand how it went from bad to worse, when you was my blessing & she was my curse...*

*You'd be angry to if your mum didn't want or love you...*

*In-fact I knew what hate felt like at seven...*

*But I never hated you...*

*You was the one who use to make sense to me...*

*With you I knew I belonged...*

*I didn't think anyone could come between us because we was always so strong...*

*Maybe I was too cocky all along...*

*I never expected her to get to you like she did with everybody we knew...*

*You & nanny always was there for me...*

*You both always stood up for me when Jo would start on me with no reason she knew in her heart, & so did the both of you...*

*For once I promise you I didn't lie, I didn't say them awful things I swear it's true...*

***This out of everything I did do & lie about I didn't do...***

***This I can never understand how she got away with what she had planned...***

***It doesn't matter now I suppose...***

***The damage was done, the next day I was gone into care...***

***It didn't matter now, Jo could do what she wanted too because I was gone, she got what she wanted all along...***

***I just wish you would have spoken to me like every time before...***

***I can't help but wonder was I the sacrifice you had to make in order to win her back...***

***To try again I don't know to what end...***

***All I know is that I was put into care, never to return...***

***But the one thing I did learn was never to tell any more lies...***

***Crying wolf made my life hell & took me away from you...***

***My dad, Who should have known he was the apple of my eye too...***

## **My Everything...**

*I'm mad, I'm bad, I'm good, I'm sad...  
Hope to be the best you've had...  
I'm happy, I'm glad, I'm high, I'm low...  
I hope to be all that you know...  
I'm crazy, I'm lazy, I'm loud, I'm proud...  
I hope you see I'm not one of the crowd...  
I'm funny, I'm serious, I'm poke, I'm joke...  
I hope to be the laughter & maybe forever after...  
I walk, I run, sometimes I come un done...  
I know listening isn't always fun...  
But if we don't listen, how do you learn about me or me about you...?  
I hope to learn everything about you...  
To take one look at you're face & know what to do...  
I want to be everything to you...  
Exposure of how I feel...  
Makes me the vulnerable one...  
I'm loving, I'm kind, I'm nasty, I'm mean...  
I'm all things in between...  
Just look & see & there will be standing little old me...  
Ready to be everything you need...  
Unconditionally there I wait for you...  
Ready to be your everything like your everything to me...*

## Mental Struggles...

*Does it seem strange at long last I have something good to say...? Sure feel's it, put it that way...*

*I feel quite content with one at peace with myself again...*

*How long has it actually been since smiling hasn't seemed like It sinned...?*

*A day I thought was so sure was far beyond my front door...*

*So easy I find to get lost, lose sight of myself...*

*Yet such a struggle to remember I'm not lost at all...*

*Things just affect me differently that's all...*

*Mental health is my pain, is my blame, is my shame...*

*When it shouldn't be at all...*

*It's a struggle that affect's one & all...*

*It's apart of what makes me, me...*

*Warts & all...*

*So I must just try, learn & accept that my madness isn't my sadness...*

*Things just affect me differently that's all...*

## Low-Blow...

*Did you hear what you just said...?*

*I thought I had you wrong...*

*But my strong doubts about you were more than right...*

*It's true all you wanna do is fight...*

*Something about you just ain't right...*

*I thought love could conquer all...*

*But no not at all...*

*My back is up against a brick wall...*

*I feel smaller than small...*

*Your not sorry after all... Was you ever sorry at all...?*

*I can't look you in your eyes when all I see is unclear... & all I hear is lies, lies & more lies...*

*It's sad but all so true I cant be around someone like you...*

*I feel sorry for the ones you con... You're as fake as a day's long...*

*Your not someone anyone could bank on...*

*I hope you reap what you sow... Because only then will you know what a low blow you blew in everything you say & do...*

*But for now farewell, Good lie, Good try, Good cry, Goodbye...*

## **My Life... It's official!!!**

*I'm not bent, I'm broken...  
Not another word spoken...  
No giving... No take...  
Just one big fucking mistake...  
No forgive... No forget...  
No time left to regret...  
No future... No past...  
Everything is far from my blast...  
How will I ever understand my past...  
No holding on... No letting go...  
How will I ever know...  
My life is a joke...  
Without the coke...  
People just love to poke...  
No egg to my yoke...  
No destiny... No fate...  
But differently hell's gate...  
My soul is in disrepair that's how I know...  
I'm standing right there...  
People determined to do me wrong & still expect me to remain strong....  
No heaven... No earth...  
Maybe one day I will make a choice that works for me...  
Instead of sitting on my arse with a cold cup of tea...  
Feeling sorry for poor little old me...  
Sad arse choices are my only mistake...  
My life is a mess, not just from heartache...  
Going around in circles seems to be my thing...  
Little hope... Little dope...  
I wish I could fake it, but nope...  
My life & me are the funniest thing you'll ever see...  
This Is My Life Unfortunately...*

## I'M HOLDING ON... LET IT GO...

*I'm trying my best to remain calm & in control...*

*But my thoughts & feelings are on a high, like a wild fire struck in a maze...*

*Everything just all a blaze... I don't know if I can truly let it all go...?*

*I can't think I can & then suddenly I know I can't...*

*That's when my mess gets extra messy & slippery places no longer need my control...*

*Oil & water spots will be my plots...*

*I'll fall so hard & lose what I've gained...*

*Walking on my lonely road once again, because truth be told its easier than facing my pain...*

*But with my relapses harder to come back from...*

*It's not only me I hurt, back to displacing blame because I cant handle my shame...*

*I don't wanna do this again & again...*

*So I need to really know if I really can let this betrayal from you go & try to move on...*

*Its knocked me for six, you getting your kicks, treating me like dirt so you could fuck & flirt...*

*I'd like to believe I'm older, wiser, matured a little & stronger from the addict that was once weak so to speak...*

*But the fact will always remain that addict & me have exactly the same name...*

*Getting though everyday is a bonus for my sobriety...*

*This you knew, this you see, but still felt the need to belittle & betray me...*

*Please god grant me serenity...*

**NO LOVE...**

*I can tell you don't want to be with me,*

*In fact you don't even want to come or go anywhere with me or near me...*

*So why keep me here at all...?*

*Do I now mean nothing to you, did I ever mean something, or have I always meant nothing, nothing at all...?*

*I thought we was ride & die or was it all just a lie...?*

*when did you stop loving me...?*

*Or have you never loved me at all...?*

*After everything for 14 years, all the fears, all the tears... has it all been wasted years...?*

*I've never felt so rejected, so alone, I thought with you that was home...*

*Now I have no where to roam, I'm so lost & confused by the things you say & do...*

*Why did I ever move in with you, I know why because you asked me too...*

*Why would you do such a thing, & then treat me so badly, you make me feel like I'm always wrong, like I truly never did, or never have belonged...*

*Why sell me a fairy tail, then give me a living nightmares...*

*I don't understand you didn't have to ask me to move in, You could be on you're own & not live in sin... Why make me go on this selfish ride of yours, its breaking my heart can't you see...*

*I know you no longer care for me... but having your cake & eat doesn't sit well with me...*

*I deserve better than that you know its true, but it doesn't stop you treating me like I'm nothing to you... It seems you ride & I die, No words said, Why am I even sleeping in you're bed...*

*No hello or goodbye, No kisses or cuddles... No us or we... I'm alone, just me...*

*I'm confused because you haven't told me what's going on...*

*I haven't got a clue to where I stand with you...?*

*I'm second guessing, because you won't come clean, No words ever spoken, every action almost choking me...*

*Every bond that was scared between you & me now broken...*

*I sit in darkness with aloneness... I think I'm still in shock, I truly once believed you was my rock...*

*it was all just a façade...*

*while I was dreaming, you was scheming...*

*Begs the question did you ever love me at all...?*

*Truth be told I'm scared to ask it's the lies that hurt worst of all...*

*There's no love or respect at all... Forever more I'll be a fool...*



## More Questions... Than Answers...

*I'm feeling... I'm reeling...  
I'm seeing, but I've lost my insight...  
I'm hearing something that just don't sound right...  
I'm struggling to sleep at night...  
I'm struggling to speak to get a word out...  
Shouting at the top of my lungs...  
Why cant I this figure it out...  
My lips move but I make not one sound...  
I'm trying my hardest to hold it all down...  
To be unpredictable not to start a fight...  
But going un-heard & I'm not being seen...  
I'm not in between, I'm not in a herd,  
Its frustrating for me, its driving me mad...  
It sure is absurd... I feel so sad...  
Its makes me wanna be bad, So I can take away my sad...  
I gladly let you think of me bad, Never want to show you my sad...  
That's my hurt, My pain, not for you to gloat...  
I don't wanna pity-party, A nice cup of tea...  
I don't want anyone feeling sorry for me...  
I want to walk with my head held high & say out loud 'My oh My'...  
I live to tell another tale, & thank you god for seeing me though...  
I'm truly grateful for all I've came to be...  
I'm just sad, so sad to be in this struggle...  
My life in its muddle with so much pouring rain...  
I'm cold & I'm lonely once again...  
My rainbow I'm striving to seek...  
My feet feel bleak with every puddle I walk though...  
But this is life what can I do...?  
I want to be strong... I'm not a victim...  
I know I'm not perfect, & I know I'm not wrong...  
Its not all in my head, its not in my mind,  
I'm not insane, crazy or blurred...  
I'm not being extra on top...*

***Remember its me that doesn't want to flop, or drop...***

***I'm not angry so much either you see... I'm actually really hurt...***

***Everything I done was in all vain, trying to fix us once again...***

***I want justice to be served...***

***I want to know that my lesson was well learned...***

***Not go on to another groundhog day...***

***Repeater, Repeater you just stay away...***

***Just as you as well ground hog day...***

***One day the table's god willing will turn, & my inner peace will return,***

***& I'll be grateful for the opportunity not to go there ever again...***

***Lets not drive a good girl insanely sane again...***

## **My Life... {L.O.L}...**

***It's official!!!***

***I'm not bent, I'm broken...***

***Not another word spoken...***

***No giving... No take...***

***Just one big fucking mistake...***

***No forgive... No forget...***

***No time left to regret...***

***No future... No past...***

***Everything is far from my blast...***

***How will I ever understand my past...***

***No holding on... No letting go...***

***How will I ever know...***

***My life is a joke...***

***Without the coke...***

***People just love to poke...***

***No egg to my yoke...***

***No destiny... No fate...***

***But differently hell's gate...***

***My soul is in disrepair that's how I know...***

***I'm standing right there...***

***People determined to do me wrong & still expect me to remain strong....***

***No heaven... No earth...***

***Maybe one day I will make a choice that works for me...***

***Instead of sitting on my arse with a cold cup of tea...***

***Feeling sorry for poor little old me...***

***Sad arse choices are my only mistake...***

***My life is a mess, not just from heartache...***

***Going around in circles seems to be my thing...***

***Little hope... Little dope...***

***I wish I could fake it, but nope...***

***My life & me are the funniest thing you'll ever see...***

***This Is My Life Unfortunately...***

**Patience... 4th March 2019...**

*I sometimes wonder why I am here...?*

*My life is far from glamour's you see...*

*No one to blame only me...*

*It took me so long to see, But still I wonder why did God put breath into me...?*

*What purpose do I hold...? To live & learn I'm told, but still nothing I hold...*

*I'm everything & nothing all at once, I must learn to trust, to listen to me...*

*I know I don't make things all that easy, I'm wired different I believe so It's difficult for me...*

*I don't want a pity party, I know it's never to late...*

*My mistakes I can't re-take, My part I acknowledge & accept...*

*You only get one chance to make a change & accept that the decisions was yours...*

*Take responsibility & own the choices I made...*

*My ripple affect on those I love...*

*Never to touch, Never to hold, Only to judge what they've been told...*

*My story always hidden in the back, never to un-fold, Never to be sold...*

*One Day I hope to fulfil my deepest dreams & truly wish that my time, a time will come...*

*I know things can never be un-done...*

*The damage can't be ignored... Denial must come clean...*

*My honesty will set them free as well as me...*

*No false hope will be gained...*

*No love will love in vain...*

*Nothing will ever be the same...*

*The only thing I truly know is that It wasn't all me, I learnt my lesson's long ago, But not quick enough to see & hold on to everything going on, going wrong...*

*Letting go is what I done... Giving up seems to be a sin of mine...*

*Thinking that it would never happen to me...*

*Cocky arrogance little miss know it all I would now say...*

*I would like to think I've come along way from that awful day back in 2010..*

*. And have faith in knowing that with my many wrongs, Saying Sorry will always be the hardest word that will always surround me...*

*Please God forgive me...*

*I know that I need to listen to the voice inside of me, making the choices with the right insight...*

*And pray everyday & night that everything will one day change forever in a really good way...*

***My dream, My wish will finally come though... Me being totally honest with you....***

## **Narcissist... {I Never Knew...}**

*I was right, you was wrong...*

*I was weak, you was strong...*

*I was down, you kept me there...*

*None of my feelings did you spare...*

*You made sure I stayed right there...*

*You was on the up because my weakness put you there...*

*Gloating on from putting me down, that's not a man that's a bully right there...*

*I was give, you was take...*

*You're a narc, Never your mistake...*

*You'll never learn you'll just take...*

*You'll gas light me at every turn, say big words I could never learn...*

*You already believe you're above it all, A mister know it all...*

*you love looking & watching others fall, & pretending you knew fuck all...*

*It wasn't you at all...*

*You blame & shame, I'm screaming in vain...*

*How dare I mention your name, when there's only me to blame...*

*You took my love & made it ugly, You took my compassion & made it your ruse...*

*You took my strength & made yourself a puppeteer...*

*You filled my life full of doubt, so fearful I couldn't figure it out...*

*You made me wish I wasn't here...*

*You made me wish I couldn't hear...*

*But I heard everything from you my dear....*

*You're a Narcist I see that now very clear, No more turning the tables back on me dear...*

*You're gas lighting days with me finish right here...*

*There's nothing nice in anything you do, you do everything that satisfies & pleases only you...*

*You wear people down, make them weak...*

*You're attention to be seemed, To be grateful to have you at all...*

*If not then silence will kill me flat, If I don't put you at number one you Wont be speak to me at all... You're depraved lies, putting me down, turning everything back on me that's you're crown...*

*Narc you made me frown, while you stood happily tearing me down...*

*I truly hope that you reap what you sow, because no one deserves to be treated the only way you know how, There's no love really at all...*

**YOU'RE A NARC WHO ONLY KNOWS WHAT YOU KNOW... NEVER-ENDING PAIN...  
YOU DROVE ME INSANE...  
BUT ITS EMOTIONAL ABUSE TRUST ME I NOW KNOW....**

## MY VIEW {A LITTLE GIRL LIKE ME}

*So many parts I don't or can't figure out...  
There's so much I need to talk about...  
But not a word is said beneath my silent breath...  
I wrote so many words, yet none I seem to recall...  
Just a distant memory of what was once so real & true...  
Every feeling put into words, felt so good to be hopeful that maybe, just maybe someday  
people would read & finally understand complicated little old me...  
The world though my eyes first hand...  
The damage, The hate, The conflict, How my world came about...  
How it was for me at seven or eight...  
The rejection, the hurt, the words that repeated only I heard...  
The stranger that once was me...  
Never apart of my family...  
Always knowing & feeling the hidden truth that I didn't belong...  
Everything always felt so wrong...  
So confused in my surroundings, No helping hand reaching out...  
Just people guessing & trying to figure me out, making me full of self-doubt...  
Full of hate, madness & sadness, so little I knew...  
But un-loved was very true... Un-wanted too...  
The only facts given to a little girl, a child called me...  
The emotions that drove me wild... Surly my daddy didn't lie to me...?  
Why would he state & shout it so loud...  
How I wasn't wanted or loved at all...  
Why did mummy bother to have me at all...?  
That's the question I would ask again & again...  
No reassurance from my own, even the professionals didn't see...  
Everyone just looked through me, passed the little girl called me...  
I was blamed, I was born bad, mad, just not right in the brain...  
wired so wrong to never belong...  
Yeah I was the problem that had to be gone, I was hoping I was wrong...  
No one cared about me, that hurt more than anyone could see...  
I didn't stand a chance, I only wanted to be apart of my family...  
little, big lies I did tell... I wanted attention, who could blame the little girl called me...?*



*But it backfired as all lies do... Because one day a lie was said that I swear I never told...  
It didn't matter either way, the next day mummy got her wish I would be gone...  
Never to live again with my family name...  
My world broken, Shattered in two... Mummy knew exactly what to do...  
Broken home, broken trust, Broken family, broken little girl called me...  
Nothing stable, always unable, confused & lost would be the cost...  
Not only gone but forgotten too...  
I was just a disappointment that brings shame to the family name...  
Made to believe, think & feel I was bad, I was mad...  
I truly did believe I was born wired all wrong...  
It took me years to figure out that I was a child that no one cared about...  
The scrap-goat for the problems my parents had...  
I become the reflect, deflect, A bad reminder to all, That really I was what they made me... A  
consequence of there cause, when I shouldn't have been any consequence at all...  
No one see or saw the damaged little girl inside, my issues, insecurities, emotions...  
I had an emotional breakdown at seven years old...  
I carried there shit for most of my life...  
I walked a lonely road full of trouble & strife for a very, very long time...  
Every corner hurting more than the last, always holding on to my past, that always stayed  
like stained glass, A mirror to a reflection that would always be me with all these issues that  
hated what I see...  
It didn't matter what it would be, I was always wrong...  
I struggled to see, find myself, or where I belonged...  
I didn't have a clue from what cloth was I cut... from what apple tree...?  
Where was my steam, What flower would I be...?  
Always remembering them awful sentences I heard...  
It's true what they say about how words are the most powerful drug of all...  
To this day I remember every word, I remember them all...  
I remember as clear as day mum said 'I'm gonna make sure you suffer, just like I had too'...  
I was shocked, I'd been away, no where near for over five years...  
Just got my first flat, & she came round to tell me that...  
In front of who was there as well...  
Yeah it was very clear, she hated me more than before...  
She went out of her way to make life for me as difficult as it could be...  
Her eyes said it all... there was no love for me, no love at all...  
I let go of the hate, anger & all the negativity with acceptance of the little girl that was me...  
I forgave, never to forget... Never letting the past define me...*

***Seeing the good in all around me... Being grateful for everything I am & have...  
Positive Mental Attitude I try to maintain for the woman called me...***

## **My World, The Only World I Knew...**

*I was once so innocent...*

*I never knew that as I grew what a shock I was in for, with the world outside my door & with the family from within...*

*I didn't know that it was only matter of time from when I could talk & walk that my life was hanging on a single string that wasn't to long & was wearing very thin...*

*And that it would be the people inside my home that would be the first of many to turn my world upside down for reasons I yet still haven't found...*

*The only thing I truly know is that there's lies & nasty everywhere you go...*

*But as all my story's start at home & with the professionals that come & go, telling lies, yes lie as I will show...*

*But has a little girl who's been ruined within I really didn't know what game I was in...*

*I certainly didn't have a choice & I certainly didn't win...*

*I never knew how much I would have to struggle just to stay a float...*

*I never knew how much madness lead to so much of my sadness...*

*I had to learn the hard way, that very rarely people are true to who they say they are, & hardly ever stick to what they say they will do...*

*And at the end of it all I would be left on my own to figure it out that no one really cared at all...*

*Lies where told & told by all...*

*Yet I was the only one to take the burnt of it all, I was the only one that fell not from grace at all...*

*That people would constantly put me down, leaving me hanging, unbalanced & confused by all the contradiction's & lies...*

*I'm surprised I ended up with so much love in my eyes, because I once only felt such despise, anger & hate...*

*I'm blessed really & grateful too that I learned long ago to let go...*

## I Wanna Be With You...

*Here I sit at forty-five wondering why I'm still alive...?  
Defo not bent, Broken for sure inside...  
I wish I still had you here with me...  
Right about now it would make me so happy...  
If I had known this is how it was going to be...?  
I swear I would've carried though what I so wanted to do...  
Not live a day without you...  
You once told me you couldn't live without me...  
There wasn't a day without me back then...  
When all I wanted to do was die...  
I never knew what it meant or why...? Now I do...  
It wasn't all a lie...  
I cant fake that I made a mistake Or did the good lord who was just getting bored...  
Reject the rejection for the sake of sake...?  
Good question I'll take...? Or did he take the both of you so soon, only a matter of days  
within to teach me what it truly means to be the one that's left behind...  
I'm not having a great time, In fact it hurts like hell...  
So thanks a lot, swell...  
One things for sure I just don't know no more...?  
I'm not gonna try because I really do just wanna die...  
I'm being honest...  
no joke or lie...  
No cry for help this I promise myself...  
The day I do carry though wont be like before...  
This too I promise you...  
There'll be no screaming & yelling or belling...  
There'll just be me by myself praying hard that whatever I decide to do won't backfire like its  
done before...  
You can never tell in this I wanna die, suicide hell...  
So yeah I'll be praying for the good lord & angels to take me this time...  
There's nothing left here for me...  
I want to be with Mr Phil & Miss Kitty...  
There's no you, There's no me...*

*I'm so lost without you, I'm barely holding on...*

*I've tired being unpredictable, I've tired holding on, I've tried being strong,,,*

*I've tried keeping it all within...*

*So no one has a clue what I'm feeling since losing both of you...*

*No clue, No games no one can play, My vulnerability gets to stay under cover for another day...*

*No one can score & win...*

*Finding my flaws & kicking me on all floors, making my emotions yours & using it against me would certainly be a win, win...*

*Yes its true, Some people are just nasty though & though...*

*That's how I know what not to do...*

*But I'm in need here too...*

*I was doing so fine, Ok at the start considering in a blink of an eye my world fell apart, Then in a matter of days My Heart broken...*

*grief-stricken...*

*You have no clue...*

*I'm devastated, broken, torn in two...*

*I didn't see it coming, I didn't have a clue...*

*Really didn't expect you to die, I really didn't, so why didn't I think you was gonna die...*

*It didn't even enter my head, You wasn't well, But recovery was well on its way...*

*I heard & listened to what the doctors did say...?*

*It wasn't a death sentence no way...*

*I didn't expect you to die...*

*I really, really didn't that's straight from my heart...*

*The one you've left shattered & scared till the day I depart...*

*If only I had known that too I would've stayed at home with you...*

*The only home I've ever knew, The only place that I belong, the only place that loved my face...*

*I wish now that when life started with you that I stuck all the way though...*

*Marching on together...*

*From the beginning right till the very end...*

*I cant change none of it, but sometimes its nice to pretend that I could have that again...*

*We always did always ride & die...*

*On you I could always depend That's a fact, nothing pretend...*

*I want to get goldsmith so badly For us & them...*

*Keeping the memories of you forever alive...*

*& for my kitty cats too... Wouldn't that be amazing, I'd say...*

***All the best memories in my entire life was always made with the two of you...***

***Some died with you both too...***

***Just like I wanna do...***

***I really, really just wanna be with you And kitty too...***

***I'm not being selfish, I just wanna be where I belong & that's with the both of you...***

## **Promise To Myself & All...**

*I promise to always be open, honest & true to those I love & those that are strangers too...*  
*I promise to give more than I take...*  
*I promise I'll try not to judge & give a hundred per cent in supporting everyone out of sheer love...*  
*I promise myself all of the above...*  
*I promise to hold you near & dear when times get rough...*  
*I promise I won't sugar coat or tell you lies to make you feel better in whatever your demise...*  
*Honesty has no disguise...*  
*I promise myself the truth will always speak, The truth I'll always seek...*  
*I promise to fill your memory box full of joy & laughter...*  
*I promise to pick you up when you are down...*  
*I promise myself to always be around...*  
*I promise to chase your fears away...*  
*I promise you will never be alone, with me you'll always have a home...*  
*I promise to always listen to what you have to say...*  
*I promise to lend a hand on both good & bad days...*  
*I promise never to send you away...*  
*I promise never to stand in your way...*  
*I promise never to let you down...*  
*I promise to swim never to drown...*  
*I promise to always believe in you & tell you your capable too...*  
*I promise to always ride & die...*  
*I promise to never let pride be the reasons to fall...*  
*I promise to always stand beside you & fight a good cause...*  
*I promise you you'll never be lonely I'll be a phone call away...*  
*I promise always to love you for what you are, right here, right now no matter how far...*  
*I promise that my love will always be unconditionally devoted to those that need...*  
*Never greed...*  
*I promise you my loyalty indeed...*  
*I promise never to plant seeds...*  
*I'll get rid of them weeds...*  
*I promise to protect you from peoples blame...*

***I promise never to shame... This I swear in God's name...  
I promise all this to you, & I promise all this to me too...***



## NOWHERE...

*I don't come here to often no more...  
I keep wondering & wanting to come a shore...  
But don't quite know what for...?  
I'm getting use to being lonely, talking to myself once more...  
Everybody else has closed there front doors...  
So why keep knocking when everywhere is locking, knocking, blocking me out...  
I wish someone would hear me out...  
I really am standing all alone...  
It's not ok but I'll whether, whatever the weather...  
No place to call home...  
Now can you see that's why I don't come by so often no more...  
Its no place to be if your a lost soul like me...  
I belong on my boat... drifting to places only I can go...  
There are no places in the sea, you know...  
There's no place on the shore either for me...  
So I drift alone in the deep blue sea... Floating, just floating that's little old me...  
There's no place I wish to be So nowhere that's where you'll find me...*

## What Can I Do...?

*What can I do to make this better...?*  
*What can I do to take back what I don't remember...?*  
*What can I do to take this pain away from you...?*  
*What can I do to start making you love me once again...?*  
*What can I do to start a-new...?*  
*What can I do to start the journey of forgiveness from you...?*  
*What can I do but keep saying I'm sorry over & over again...?*  
*Tell me what I can do to make you smile once again...*  
*What can I do...? I'd move heaven & earth for you...*  
*Tell me what I can do, I've explained time & time again...*  
*What can I do...? I'd do anything, anything you want me to...*  
*I got no pleasure out of hurting you, actually I truly didn't mean too...*  
*I feel like you want me suffer, revenge of some sort...?*  
*But we were once just the same as bad as each other...*  
*Displacing blame... No good at all this drinking game...*  
*It seems like now you only wanna make a fool out me...*  
*Looks like any excuse will do...*  
*What can I do...?*  
*Where do I start...? You know my sorry is coming straight from my heart...*  
*Tell me what I can do...?*  
*I ain't gonna stick around for long, keep dancing to your song...*  
*Tell me what can I do...?*  
*It's not fair you keep lying, while I'll break my neck trying...*  
*If the fights over tell me so I can move on...?*  
*Start a fresh... I can't fix what you want to remain broken...?*  
*If you can't forgive me, then you can't be with me...*  
*I can't keep living & doing things always your way...*  
*I need to be strong... I need to move out...*  
*I'm not waiting about for you to figure it out...*  
*I've been trying for so long, there's nothing more I feel I can do...*  
*Tell me I'm wrong...? Tell me I still belong...*  
*Tell me what can I do to fix me & you...*

## **There's No Chance... There's No Way...**

*Well there's really nothing left to say...  
I've got to leave, I've got to get away...  
There's no chance, there's no way that I can get myself to stay...  
I've already been made to look a fool...  
I've stood so tall, I've stood by you though it all...  
I was good, honest & true...  
You had my loyalty too...  
there's nothing I wouldn't have done for us, for you...  
Your not nice, your quite cruel...  
You've made me aware of how small I've become playing your insane heart breaking game...  
There's no chance, there's no way I'm giving you a chance to do it again...  
there's nothing left for me to gain, you've gone & thrown it away...  
No you never loved me at all...  
You used me when you felt small...  
Coz you knew I could fix it all...  
never nasty, never cruel as I said I stood by you...  
I stood tall...  
There's nothing left for me to say, I'm not angry but I'm sad...  
fourteen years of my life that I can't have back...  
Thanks very much...  
you know I didn't deserve that...  
You loved me so little, I wasn't worth the fight...  
That's fine I won't let it keep me up at night...  
I hope your happy with your choice's...  
I hope it was worth throwing it all away...  
Once I'm out the door, You can't come near me no more...  
I'm not giving you another 14 years, I'm not giving you one second more...*

## **Wrong & Strong...**

*I heard someone once say you can't be wrong & be strong...*

*but what if you don't think your wrong, because denial is so strong...?*

*& only realise how wrong you've actually been, When that light you've been drinking in to darkness switches back on...*

*You know your far from strong, when all that wrong hits back with a knock-out punch...*

*Little birds & stars flying above around your head... Yeah All so wrong... On your arse, Not so strong...*

*But you stood strong, when wrong because you thought you was right...*

*I know this because I've been once where very wrong was very strong...*

*If someone thinks there right, there gonna be strong in their fight, no backing down, because there sure there right, Wear that heavy crown, stand up straight without a single doubt because denial is what its all about...*

*Refuse to hear a another's word, refuse to compromise, nor whisper a sound...*

*Can you hear that, I'm right singing round the room...*

*I'm strong When I don't think I'm Wrong... Yeah that's my song*

*I'll go to war, I'll fight because I know I'm in the right...*

*I once thought can't be wrong & strong was true...*

*Its only when I was getting soba, The nightmares when sleeping, then the flashbacks came, that I began to see how wrong & how strong I stood by wrong I'd actually been...*

*My truth was now setting me free from my wrong & strong...*

*Denial ties us up in knots to believe your never wrong, to lie & try to deceive...*

*I now know that strong only arrives & stands baring that cross when you can face the truth & admit you did wrong...*

*That's strength, That's the only time for strong.... Not wrong...*

## Unpredictable... {Change My Game...}

*I bet you didn't see this side of me coming...?*

*Na nor me... I shocked myself tell the truth...*

*I was beginning to think that I would never move...*

*thought I was becoming stood in time, so predictably so...*

*Laying down while you come & go...*

*Walking all over me like some yoyo... So predictable, yeah that's me...*

*Its not one of my strong suits my predictability...*

*In fact it lets me down constantly...*

*Its good to know where you stand, on that you'll always know I'm standing beside you, standing my ground...*

*Unpredictable yeah I like how that sounds...*

*But I too like the thought of being comfortably around...*

*Predictive isn't always good for me...*

*See some people know exactly what to do...*

*If they feel shitty & want to row with me...*

*I'm Misses predictable for sure, I'm peoples excuse if they want war...*

*Unpredictable I'd sometimes like to be, not always do what's expected of me...*

*And try as I may to do things the other way, it doesn't take long for little miss predictable to come along...*

*I'm like Ron-seal, I do exactly what it says on the tin... & has much has I love the person within... I've got to learn another way...*

*& do the opposite to what people think & say...*

*If I could find the balance between the two, that maybe I think will do...*

*I might just stay calm for an extra minute or two...*

*If I could be Unpredictable too...*

*But poke the bear either way that is a sure thing to...*

*predictable is any who... Its more me than you...*

*That's why you knew exactly what to do...*

*I like to see the faces of those that I carried though when little miss Unpredictable turned the tables on you...*

*I'd like to see my face too little miss predictably followed though with unpredictable, Who knew...*

## One Day...

***One day will begin when people start to search within & see the person that's standing before them & not the colour of there skin...***

***White, black or brown are nothing more than pink, purple or blue...***

***Pull away our skin & we're exactly the same colour's underneath blood red, with white bones...***

***Everybody's skeleton is exactly the same...***

***In colour & shape...***

***That's what people should appreciate, not hate...***

***Maybe god should have designed us this way then no body would be able to complain, Start trouble or go to war over skin tone...***

***Not that they should anyway...***

***One day can begin when people see people, not the colour of there skin...***

***That's a world I'd like to live in...***

## LITTLE THINGS MEAN A LOT

*Little things mean a lot... Its true they do...*

*But yet I get nothing from you...*

*Not a kind word, not even a touch of concern...*

*Little things mean a lot... Its true they do...*

*Nothing I want from you costs money,*

*Yet I feel I'm asking to much of you...?*

*It's all the little things you just don't wanna do...*

*You don't wanna walk with me,*

*you don't wanna talk with me...*

*It's all the little things that I know you could do to fight for me, we, us...*

*Why are the little things I'm asking, asking a lot...*

*& why am I feeling its gonna be a great expense for me just to see a glimmer of the man that I use to know, I don't wanna let go my heart, my soul...*

*Should I stop trying, I certainly want to stop crying...*

*Little things mean a lot... Its true they do...*

*But I suppose not if they no longer love you...*

## TRYIN & CRYING...

*I'm trying so hard to let it go...  
what am I doing still sitting here...?  
I should be long gone...  
The fact is I have nowhere to go,  
It's sad to know I'm all alone,  
No friends or a place to call home...  
Why did God take you both...?  
I wish you were both still here,  
I can't help but feel this impending fear...  
Having one of you still here would've been nice,  
I know there's nothing to change the plans that was already made...  
I've never felt so unsure, so lost, vulnerable, scared & insecure...  
There's no one to trust anymore...  
I thought it was bad before,  
but had no idea that I could be with someone for near on 14 years & it mean so little,  
I've tasted so many tears, & know now that I've wasted so many years...*



## **MY KIDS & ME...**

**What can I do to make things right...?**

**How can I help, believe me I wanna try...**

**I understand forgiveness doesn't come over night...**

**I know saying sorry doesn't help your hurting fight...**

**It's the first step only I can think of to make to start putting wrong right...**

**I can't take back or change the damage I've done...**

**All I ever wanted was to a mum...**

**My arrogance, my selfishness, my addiction is what lost the fight...**

**You have no idea the wrongs I've done you my babies to everyone keeps me up at night... If I had one wish, I would get it right, choose you & fight the fight...**

**Face the denial & the demon in me in a new light...**

**Make you my little ones my one & only priority...**

**I never did get my priorities in place, shame on me for letting you down, not putting you first...**

**I'm a disgrace... This I've had to learn... its you, my kids that I now yearn..**

**I wasn't blind, I just didn't see that the twelve steps I should've done for you three & not just me...**

**It wasn't a blessing, it was a curse...**

**The monkey on my back told me I could handle it all, & still be the mum I wanted so much to be...**

**But I know now it doesn't work like that, there shouldn't be no monkey telling me that, there shouldn't be no monkey at all...**

**In my denial I entertained it all, I thought I could keep you & keep me...**

**I didn't see what I needed to see that was you my babies standing there right in front of me...**

**I heard but I didn't listen to what was being said to me...**

**I thought but didn't think of the consequences at all...**

**I thought I was in control, I was foolish, lying to me, lying to you...**

**I'm sorry, so sorry you've gone though life without me, your mum standing beside you...**

**Please don't ever think or believe I didn't love you...**

**It couldn't be further from the truth I love you with all my being...**

**My love just wasn't enough to conquer what should've come naturally, Me, my addiction was what I choose first, it was wrong of me this I now see...**

**The truth be told I'll never be the mum I wanted to be...**

**I'll never be the mum you needed & wanted me to be...**

**By god I could & would try, but never fully trusted you see...**

**I will always be the mum, your mum in recovery... I'm not making excuses, blaming anyone...**

**denial no longer has me under its thumb...**

**I hope one day a conversation like this will be... & I can truly answer all the questions you may ask of me...**

**CRAZY... CRAZY... LAZY, CRAZY...**

*I'm crazy, I'm crazy don't you know...*

*I too can be lazy, tend to let weeds grow...*

*What I don't see, but I see you I'm crazy you know...*

*What do you wanna know...? How far do you wanna go...?*

*I'm crazy, I'm crazy who am I...? I'm crazy you know...*

*Why do I laugh, why do I cry, why do I do both at the same time...?*

*Because I'm crazy, I'm crazy & my crazy doesn't ask why...*

*I'm not over keen on being lazy, but crazy, I'm crazy I love...*

*You can try to unknot my knots I'm crazy, I'm crazy so knotted, knitted & kitted...*

*I'm crazy, I'm crazy, I'm crazy by day & I'm crazy at night...*

*All day every day I'm crazy, lazy, crazy... I talk crazy shit that's crazy I'm crazy... So say you...*

*I listen, I hear & never heard... I look, I see but never saw...*

*was that you looking at me, him or her...*

*I said, I spoke but didn't say a word... I'm crazy,*

*Crazy is crazy's joke... I'm crazy, I'm crazy haven't you heard...*

*I don't need to be saved, I'm crazy, I'm crazy...*

*I love being crazy, no two thoughts are ever the same...*

*My idol bones don't do the same for being lazy frame name...*

*I can't be judgemental because I'm crazy in brain...*

*You can't call me by name I'm crazy & crazy doesn't know crazy by name...*

*I'm crazy, I'm crazy, I'm crazy insane...*

*Crazy doesn't know or feel crazy... I'm crazy, no shame...*

*I'm lazy, that's on me to blame...*

*I'm crazy, I'm crazy, I'm crazy insane...*

*Thankyou god for my crazy, crazy not lazy brain...*

## No Joke Jo...

*You think you know me...?  
But I know you don't know me at all...  
In fact you never have had a clue...  
That's plain to see You have absolutely no idea about me...  
Its no joke... Jo...  
All I've proven with all that I do, still is never enough for you...  
You love to poke, to have a dig & always just talk about you...  
Its no joke Jo...  
Its no joke how you say all these nasty things about me...  
I was evil, I recall...  
That gene jumped straight to me...  
With no prove at all...  
Things that didn't come from my past...  
They come from yours... Isn't that funny...  
Daddy issues I've heard you say...  
Its no joke Jo... Nasty is you, I'm nothing like you...  
It's not what a mum's suppose to do...  
Its no joke now mummy...  
Stop telling lies...  
Tell the truth its me you despise...  
Without any cause or logic in my eyes, for I can't understand the reasons why...  
It must be you, How could it be me,  
I was just born with no memory in my tiny mind...  
I didn't plan this...  
But yet I was too devils spawn...  
When did u notice or see the evil in me...?  
Its no joke Jo, its no joke...  
You say you can read me like a book & that you know me inside out...  
Its no joke Jo, its no joke...  
How deep do you wanna poke?  
You say that you love me...  
But have resented me all along, the 1st opportunity...  
I was long gone...*

***All the wrong in you...***

***Its no joke how you made me feel insane,***

***Seven years old & emotionally broken with no understanding of why I wasn't loved by you...***

***Hate me was all you could do...***

***We both know the issue wasn't me it was just you...***

***You made me mad, you made me cry,***

***you made me your reason why...***

***For years & years I felt I wasn't worthy of ever being loved...***

***I hated myself...***

***You made me think I was evil & was born wrong...***

***I struggled with all your imprints that you gave me...***

***But that doesn't matter no more...***

***You made sure that I didn't belong...***

***You made sure that by 11 years old I was gone...***

***Its no joke jo... Its no joke...***

***Its no joke now I finally see & understand that my past came from your hand & when I ain't around you...***

***My soul cracks on peacefully...***

***Its no joke how funny I can be... I'm quite the comedian actually...***

***How all my issues you say I make & fake, all that you swear I am the devils mistakes...***

***Seem to disappear as quick as the sand-man when your not around...***

***Its no joke jo, its no joke...***

***Could you please explain this shit to me..?.***

***To this day you still try & take bits away...***

***Pretend your my mum & my friend,***

***but every road is always a dead end...***

***Its no joke jo, its no joke how you raise me up, then just let me fall,***

***Whenever your lonely that's when you call...***

***Its no joke jo you really are mean & nasty...***

***Everyone gets a back lash of you...***

***You never have nice things to say...***

***God jo, its no joke why are you so nasty ungrateful & mean...?***

***Why are you this way...?***

***So 2-faced, so untrue, selfish you are, bitter too...***

***Its no joke jo, its no joke... There's no helping you...***

***I don't know what I ever did, but I don't care no more about being your kid...***

***Its no joke its no joke I no longer class you as my mum...***

***So long Jo...***

***I'm done...***

***I don't ever wanna see or hear from you again...***

***Its no joke Jo, that you done me wrong...***

***Its no joke Jo, you've been laughing life long...***

***Its no joke Jo, that 1 day you will regret treating me that way...***

***Its no joke Jo how sad you will become,***

***When you realise you don't have no1 that was quite like me...***

***A daughter that didn't care about the past really,***

***If only you'd just chose to be a loving mum instead of being a nasty one with an evil tongue...***

***When all truth be told, when your lies are heavy...***

***Its no joke Jo...***

***Its no joke I forgave you already...***

***Along time ago...***

***Its no joke that its so funny your to toxic for me to be around mummy...***

***I wish you well...***

***Finally I can smile...***

## WHAT A DRINK CAN DO... {My Addiction}

*It's amazing what a drink can do... It can make you happy or it could make you blue, it can lift you up, or bring you right down...*

*It can make you laugh, have the best time all over town... thoroughly enjoy being the clown... that doesn't last long depending on what you're going through... Maybe drinking alcohol doesn't affect you... & having a drink & getting drunk for fun is all you do...*

*I'm more than happy for you... Alcohol for me did not entirely agree, even when I thought ~I was quite content...*

*my denial was hell-bent... I was no longer the clown, having fun, standing out from the crowd, everyone wanting me around... I would just carry a frown, & waited for excuses to flick my switch...*

*Extra all a sudden from my down low bitch, twitch, twitch & switch... I change in the blink of an eye...*

*people see the devil in me, I told them don't lie, I'm just being me & you want to ruin my good time...*

*I'm not commenting a crime... But that was my lie, not to tell, only to sell...*

*I thought I was doing oh so well hiding my addiction like some kinda invisible spell... Really I was in hell...*

*Shaking in the morning, pissed by noon... I have done more jumping than the cow over the moon & truly lost my little spoon... I was the woman who lived in the shoe, with nothing or no one but alcohol for me... I'm telling Ya, it's true...*

*You'll be surprised what a drink can do... When addiction is your denial... Asking for help takes more than a smile... admitting your truth hurts like hell... It's a journey that's just begun, I started at nine years old, At fourteen AA was a dot on the cards...*

*At seventeen it all begun again... At eighteen I stopped drinking for a whole eight years, can you believe...? Went on holiday for a week or two, a couple of beers, I thoroughly enjoyed too... Thought nothing of it & bang before I knew I was back with my drinking crew...*

*Twenty-six years old, with nothing to do but deny that I had a problem at all... I stayed away from slippery places so no way I could've slipped...? That's what I told them all... Yeah me with my foolish denial self... pretending I had a grip & was doing so well...*

*Now at 43 I'm still walking on my well-travelled road & will be until I die... That's the price to pay when living in...*

*DENIAL (Don't Even Know I Am Lying) The guilt & shame of all the pain & dis blame... only me to answer too...*

*Only my pain my blame, I forgot I hurt people too... I'm sorry, truly I am... I hope one day you can see how hurting you wasn't meant intentionally... I thought I was only hurting me, that's denial once again you see I hope one day you will forgive me... I can no longer lie...*

*I'll be in recovery until I die & do understand if you never try... I threw a pebble so big, that the ripples just kept going for as far as you could see... For that alone, I am so sorry... IT'S AMAZING WHAT A DRINK CAN DO... (My Addiction)*

## Not Rejected, Just Unwanted...

*Not rejected just unwanted yeah that was me...  
The runt of the litter would spell it out perfectly...  
Not rejected, just unwanted...  
Something has broken wrong with me...  
Not rejected just unwanted...  
I felt it instantly...  
Not rejected just unwanted...  
What would you rather be...?  
I don't think there's much difference in all honestly...  
The impact that either or has mentally & emotionally...  
Not rejected, just unwanted...  
No one had a clue or knew how deeply the impact affected me...  
Not rejected, just unwanted A well known fact everybody knew because of how she treated me...  
Not rejected, just unwanted...  
A little girl was to be her doom...  
A boy she wanted so badly...  
Not rejected, just unwanted...  
No one had to tell that little girl...  
I already knew...  
& it hurt like hell...  
Not rejected, just unwanted...  
It took years to see, to learn that nothing was wrong with me...  
To accept & understand how I came to be me...  
Not rejected, just unwanted...  
To never belong, left outside in the rain, all confusingly feelings every different day...  
Innocence of being a Happy-go-lucky child taken away...  
Not rejected, just unwanted...  
An emptiness filled with darkness thinking that your to blame...  
Always feeling so much hurt & pain...  
Not rejected, Just unwanted are both the same...  
Yeah it's my parents that were to blame...  
Unwanted by mum resentful she felt about me...*



***All because daddy's little girl I become...***

***Jealous if you ask me...***

***Rejected by my dad after I went into care, Embarrassed & ashamed he become...***

***No longer was I daddy's little girl...***

***I became the family shame...***

***The daughter from hell...***

***Rejected & unwanted that was my name...***

## What Am | Suppose To Do...?

*What am I supposed to do...?*

*I can't keep telling & begging you...*

*You can't teach an old dog new tricks it's true...*

*I'm too long in the tooth to keep waiting on you...*

*What am I supposed to do...?*

*Tell me because truly I don't wanna lose you...*

*There's a life I should be living instead of just existing...*

*I fear it's become a habit, this madness that's been going on for more than a year now too...*

*The gaslighting & love bombing is getting boring too...*

*Even if in my heart I want for every word you say to be true...*

*I know they're not because there's never any follow-through...*

*I'm getting sick of keeping lying to myself too...*

*Your words are nothing new...*

*It's your actions now I've got to listen to...*

*And they tell me you're done, you're through...*

*So what am I supposed to do...?*

*The more I wish & pray for us to be...*

*The more you seem to manipulate & take advantage of me...*

*What am I supposed to do...?*

*I'm drifting further & further away from you...*

*I can't steer this boat made for two with all its sadness & darkness everywhere revolving around you...*

*What am I supposed to do...?*

*It seems going around in circles is becoming a habit too...*

*Laughing & having fun has become a distant memory...*

*I need to feel something I once knew...*

*I need to do something new...*

*What am I supposed to do...?*

*I feel like a stranger trespassing constantly around being with you...*

*I don't want to leave but I will if I have to...*

*Please tell me what am I supposed to do...?*

## This Is Who I Am...

*Am I controlling...?*

*Well, I don't like change, I like everything to remain the same...*

*I too have OCD...?*

*What does that tell you about me...?*

*A place for everything & everything in its place...*

*Yeah, that's who I am...*

*Who am I in the day of light...?*

*Someone to love or someone to fight...?*

*Do I expect too much...?*

*Well people say I do...?*

*There's nothing I wouldn't do to defend the underdog, the bullied, or the weak...*

*The right giving some justice to those who ain't able to fight...*

*Giving a voice to those who can't speak...*

*Yeah, that's who I am...*

*Does that make me a Myrta of righteousness...?*

*No very far from...*

*I just feel for the lost & the weak...*

*I'll stand never to kick a dog lying down...*

*Reach out my hand...*

*Compassion is all in or not at all...*

*Am I nice...*

*Or not really nice at all...?*

*People say I'm too nice, that's my weakness in life...*

*I say I don't judge a book by its cover, I don't look at the price...*

*I wanna know the story that awaits me...*

*Before my ego takes away the glory because we all know there are two sides to every story...*

*I'm understanding & I'm kind, that doesn't make me delightful or special...*

*I'm not above it all...*

*To me love is unconditional, that is pure love, It's all of the above & flows through me naturally...*

*I think that's why I hurt so easily...*

*But it's not my weakness... Anger is my weakness,*

*These people don't see, so their opinions mean nothing to me...*

***Am I a lady...***

***Oh God no...***

***Far From...***

***But I can act like a lady when called upon most definitely...***

***I'm not untouchable, I wouldn't wanna be...***

***I'm not invincible either, I wear my scars all over me...***

***Am I a man...***

***Yes in some ways I suppose I am...***

***I drink pints no matter where I go, I'm loud...***

***You know when I'm about, there's no doubt...***

***My laughter can annoyingly drown out any other sound...***

***I'm snappy, I'm chatty & have no filter mentally...***

***One thing for sure you'll feel safe & secure in my company...***

***I don't thrive on one's insecurities, Never doing anything detrimental to whoever you may be...***

***no matter how many times it's been done to me...***

***I'm everything & nothing all rolled into one...***

***This is the person I've become...***

***This is me...***

***This is who I am, I now like me never thought that could possibly be with my checkered history...***

***I still tread on my dick quite a bit...***

***But my love, loyalty, principles & morals never change...***

***I'm always the same...***

***Being fake isn't something I can do...***

***Do I conform...?***

***Sure... I think we all do...***

***its a necessity...***

***I want to inspire, not take away anyone's desire...***

***To be truthful, Not a liar...***

***This is who I am...***

***I love like a woman, I fight like a man, I laugh like a hyena...***

***I'm nice I sure am...***

***Blessed that's me...***

***This is who I am...***

## You Say... I Say...

*You say o.k...*

*I say it's far from...*

*You say you made a mistake...*

*I say How many more are you gonna make...?*

*You say your not happy...*

*I say Nor am I...*

*You say I scream & shout...*

*I say really, still haven't figured it out...?*

*You say you're a changed man...*

*I say I still don't fit into you're plans...*

*You say I'm talking shit...*

*I say when did your honesty hit a home run...?*

*You say your sorry in such a muggy way, that I don't think you're sorry at all...*

*I say you're actions are telling me everything, Telling me it all...*

*You say I've forgotten the things I say to you...*

*I say that's the other way round...*

*I wish I could forget these last six months...*

*Its a movie called unforgettable...*

*A movie made just for me that I wish I could un see & replace this movie with something happy...*

*You say it isn't that bad...*

*I say I wish I never knew...*

*You say why cant you just let it go...?*

*I say Good question...*

*Why cant I just let it all go...?*

*It was you that went looking for something/someone else...?*

*While I was banged up indoors...*

*You cant even tell me your reasons for it all...?*

*All you say is I made a mistake...*

*I say a mistake like that ain't so easy to make if you love all the ingredients in the baker baking your cake...?*

*Hold on I think I know what it might be you got fed up with you're rump stake...*

*Changed to any cheese burger will do...*

***Soon they become boring too...***

***You say you can't give me a reason why...? I say that's just a lie...***

***You say you still love me... I say that love is what I'm struggling to see from you...***

***You say can we start again, move past this tit for tat game...***

***I say I don't know if I'm able too...***

***I'll start by trying to forgive you...***

***That's the best I think I can do...***

## The Simple Life...

*A simple life is a good life...*

*Fun-loving everywhere...*

*Hopping along in life, happily no trouble or strife...*

*Taking a walk in the rain, bonding with the weather...*

*There's no blame, no shame, no anger, no pain...*

*Just me & the rain, feeling great once again...*

*The simple life I'd love...*

*To wake in the morning with a smile...*

*The sun shining with so much warmth you feel the love of everything that's real...*

*Looking around seeing the beauty only...*

*Taking time to appreciate everything in life...*

*Beauty in all its serenity...*

*All the goodness of just being present,*

*at peace with the one you have become...*

*All the things that doesn't cost a penny...*

*The best things in life really are free...*

*The simple life a good place to see & be...*

*The simple life that's where I'm heading...*

*The simple life that's what I want instil...*

*Nothing negative no more...*

*Simple life that's me...*

*Positivity knocking on my door I'll welcome happily...*

*Being thankful daily, sleeping easily because you have peace of mind...*

*Simple life here I come...*

*I know you can see me, because I'm sensing you in everything I say & do...*

## **Brother... No More...**

*I built my world around you...*

*The only bond by blood left for me to love was you...*

*I don't know when it was you gave up on me, faded is that bond that was once held so tightly...*

*I don't know when that faded for you, For me its just recently...*

*Muggy is now what you've become to me...*

*And in all honesty I've had just about enough of you being so fucking angry directing it all at me...*

*I've been there for you life long, I've stepped up, backing you in everyway, even though you've never done the same...*

*Not because I had to, just out of sheer love unconditionally for my little brother I thought I knew...*

*But dogging me is all you do, along side with the slaps you've to given me...*

*You bang on my door, come to vent once more loud & angrily...*

*And vent is all you do... Then leave when your though... There's not even how are you...?*

*I didn't mind at first, I'm your sister that's what I'm here for...*

*But now its becoming draining listening all the time to your negativity...*

*It's like your losing a piece of the man you use to be...*

*The good side of your personality seems to be staying in the back ground no matter what I say you never listen to me...*

*Binging yourself up constantly about the kind of man you say you are...*

*I don't see my brother no more...*

*All I see is your ego taking the stage, trying to score with nothing that's nice to say no more...*

*Actually you've become quite nasty & mean...*

*Dogging everyone including me...*

*A family trait that I don't want in my world, net alone in my company...*

*A trait I've been running so far from because that's not the one for me...*

*My brother whom I use to admire & adore,*

*I don't want to be around you no more...*

*So please stay away from me & my front door...*

*Brother, you are no more...*



## What Would You Be...?

*If I could be anything, what would I be...?*

*I'd like to be quite a lot of things actually...*

*A big bird for starters, soaring the sky, way up high, just so I could shit on someone's head without a guilty sorry to be said...*

*A fly so I could eat & talk shit all day long...*

*To come to an understanding why so many do...*

*A black widow spider...*

*I think we all know why...?*

*I could shag & kill on mother nature's time...*

*Oh my, Oh my...*

*To be a chameleon so I could camouflage the mood I'm in...*

*A cockle just to be loud & annoying every morning...*

*But I think I'd most like to be an ant...*

*Yes that's right an ant I would most like to be...*

*Just because I love there whole strategy...*

*Every ant has a place within the whole chaology...*

*A very unique purposeful special place...*

*Yeah that's a bit of me...*

*A swan another possibility for me because there love, forever with one unconditionally with outstanding loyalty...*

*A chicken to maybe... because I think I would taste great all cooked on someone's plate...*

*Yeah all of the above that's what I would love to possibly be...*

## **My Turn... {23rd November 2019}**

*Let me tell you how this goes...*

*You write all these nice things to me, So I thought I should take some time & do the same for you...*

*To put up on our wall of fame, to celebrate our name...*

*I think its plain to see I love you & you love me...*

*We've been around the block a few times haven't we...?*

*With our park benches & our poor man's pina colada...*

*We've smashed down a lot of walls & had more than a fair share of falls to get to where we are today...*

*I think we've shocked a lot of people along the way...*

*Lucky we didn't listen to what some of them had to say...*

*I think that's why we're still going strong...*

*Even I at times thought we was all wrong...*

*I'm glad we stuck at it with you I belong...*

*You're my strength, you're my weakness...*

*You are my happy, You're my sad...*

*Your my good, your my bad...*

*Everyday wasn't worth the drama we did or didn't do...*

*But I'm delighted to still be standing right next to you...*

*You're sexy, You're strong...*

*You still turn me on...*

*You're sweet & funny, sensitive & kind...*

*I don't see no one but you in front of me...*

*I see the man inside...*

*You drive me crazy, you make me mad, You're the best I've ever had...*

*I'm blessed having you...*

*So this I say from my heart, & truly mean every last part...*

*Thankyou for all that you are...*

*Thankyou for all that you do...*

*I love you...*

*Thankyou for loving me...*

*My good, my bad & my dam right ugly...*

*Thankyou for all that we wasn't & for all that we are...*

***You are my shining star...***

***You're my very best friend, my soulmate to no end...***

***There's no place I'd rather be, than walking this road with you...***

***I don't need the fairy tale because you complete me...***

***We're writing our own happy ending...***

***So thank you God for blessing me...***

***I Love You Tibet...***

***Infinity that's me & you...***

***Stay strong, stay true, No one loves you like me...***

***Everyday I will show you how worthy you truly are...***

***You're the best, Oh yes you are...***

## **My Truths {24th May 2019}**

*My past was my mistake...  
If only I'd made different choices?  
If only I'd seen what was to become of it all...  
Thank you for standing beside me though it all...  
Feeling small... My tots, my babies I don't see at all...  
Four years gone & even though I know I'm wrong, I'm scared of what's ahead for me...  
Or if I can be the mum, they so do deserve me to be...  
I can't go back, Or change the things I done, the choice's I alone made...  
I can't get back the time that's been lost with my three babies that I left behind...  
Growing up never to see what expression expecting little beings they come to be...  
With a little hope they would be blessed with a mouth like mine... Rack & ruin any time...  
Don't even need any wine...  
Always Hoping & praying they are never as selfish as me...  
It wasn't planned that I became so out of hand...  
But destructive oils come hand in hand with me...  
that's no excuse I know, its not easy come easy go...  
Thanks to you I learned I had to let go...  
To stop looking for excuses from my past...  
The hands of time go by so fast...  
Looking at you, Looking at me...  
Why didn't I open my eyes to see...  
It wasn't your fault... It never ever was...  
It was all me...  
Awful habit I have running away from responsibility...  
Then want to be responsible when I've already gone & lost it all...  
That's not the little bit of Irish in me...  
I'm wired wrong, been that way since the day I was born...  
That doesn't help you, & when in denial it didn't help me...  
Looking in the mirror was the truth that I drank, drunk from...  
Now I can clearly see...  
Still doesn't help you, But one day I will set you free, from any doubt you have about me...*

## Where Do I Stand With You...{No Clue...}

*What did you do...?*

*I haven't got a clue...*

*Where did you go...?*

*I really need to know...*

*I'm getting angry, in case it didn't show...*

*I can feel it all bubbling within...*

*Its gonna burst...*

*My sin, My ugly, my name, my shame, my anger, my pain...*

*We're so far apart, distant like strangers in the dark...*

*Is it really over...?*

*Have we really fell apart...?*

*Do you love me...?*

*Yes I still love you...*

*Please tell me you're truth, What's in you're heart...*

*I'm keen to know if we can make a fresh start...*

*Or move on so I can start the healing process for my broken heart...*

*I can't stand being in limbo because I don't know what to do...*

*There's no straight answers coming from you...*

*People are starting to play on what they see, watching what goes on between you & me...*

*My weaknesses scream to my vulnerability stand out for everybody, everyone to see...*

*Because I no longer feel secure in me & you...*

*I have no faith in your heart being true...*

*There's no ride & die team...*

*This can be seen...*

*It didn't help venting in between...*

*Actions speak louder than words...*

*& your actions are you no longer wanna be with me...*

*But still want some kind of wife-to-be...*

*Is this what you wanted for me...?*

*What I'm asking for is free...*

*I just want you to want me...*

*To show me that I'm worthy & love me unconditionally...*

**CAN WE GET PAST THIS... YOU & ME...?**

***If not then set me free...***

***Let me get back my self=esteem, self respect & dignity...***

***I'm begging you to stop playing games with me...***

***I still love you...***

***Why cant you see...?***

***Take this opportunity while I still do & lets start a new...***

***I WANT YOU... DO YOU WANT ME TOO...?***

## **Stop Talking... {23rd February 2022}**

*I'm muttering, I'm stuttering...*

*Somebody's got to say something surely if they care about me...?*

*It's becoming embarrassing keep banging my head against this wall...*

*No excuses that's what I said, yet here we are all up in my headache,*

*Because what's on my lungs is on my tongue,*

*Off goes my mouth on the do run, run...*

*Stuttering & muttering, not another word to be said...*

*I wish that could be true...*

*I swear if I say it out loud I'll put a gun to my head or maybe I should cut out my tongue instead...*

*Why do I keep repeating myself into cheating myself...?*

*I know I'm not wrong...*

*So why am I not strong...?*

*Muttering & stuttering my self respect is suffering...*

*I'm becoming a contradiction...*

*I don't like lying, yet here I am Muttering & stuttering Lying to myself...*

*I'm trying to set my spirit free,*

*but instead I'm becoming my own worst enemy with my stuttering & muttering continuously...*

*There's no follow through...*

*Empty words coming from me...*

*No action to be seen...*

*I'm making myself a mockery, a fool that talks out of school...*

*Anger being my tool, no wonder I've fell of my stool...*

*I cant rewind, I cant unsay what I've already said...*

*Now that's all repeating in my head...*

*Muttering & stuttering...*

*I'm gonna learn sign language most differently instead...*

*So I can leave my angry talk locked inside my head & act out instead...*

*No more stuttering & muttering out loud no more...*

*Yeah remember I've said all this before...*

*Talking shit once more...*

## **Mad Muddles...**

*I don't think you understand...?*

*This me, here, you see isn't what I planned...*

*It's like I know everything & haven't learnt a thing...*

*I'm on a constant land slide, self destructing from within...*

*How can I climb out of the mess I'm in...?*

*Has this always been...?*

*I can't find nothing to hold on too, this I swear is true...*

*I'm at a loss what to do...*

*Even psychiatrics haven't got a clue...*

*They say 'there's no help for someone like you'...*

*Even my demons don't know what to say...?*

*I walk in, they run away...*

*I talk to myself almost everyday...?*

*Even I get bored with the things I constantly repeatedly say...*

*Change the record...*

*I would if I could...*

*but what music would I play...*

*Anything I hear you say... But anything else would take all day...*

*Because me, here, doesn't want to go away...*

*So I better get my wellies ready for yet another muddy day...*

*Because down I go on my mud-slide of display with uncertainty I'll ever make it to the top...*

*Maybe that's my fear...?*

*I don't wanna flop from up top...*

*Then why open your big fat gob...?*

*Keep it shut, full stop...?*

*Stick with the muddle you seem to like quite a bit in your puddle...*

*And stop talking, repeating the same shit...*

*Start walking, Instead of talking...*

*No one, Including you is expecting that mad muddle shit to stop...*



## **Best Things In Life Are Free...**

*Wouldn't you agree the best things in life are free...?*

*I think so most certainly...*

*A cuddle, a smile, a kiss, a kind word, compassion, sharing, caring,*

*Giving & reassurance also laughter...*

*Birds singing, sun shining, breeze blowing, freshly cut grass,*

*Stars shining... Rain drizzling, thunder clapping, lighting striking...*

*Money is something we cant live without, Money can buy you all the things you dream about...*

*But forever in blue jeans is what its all about...*

*Neil diamond sings that so true song...*

*If you can be brought, wow you need to figure that out...*

*Yeah if you have money, Good for you...*

*Still the best things in life are free & don't cost a single penny...*

*Manners, sharing, loving & caring, kindness, compassion, & giving do all come naturally for me because the best things in life are free...*

*And making someone else smile really does it for me...??*

## Why The Pair Of You & Not Me...?

*Why did you both have to go & leave me behind...?*

*Why didn't you take me with you...?*

*Why wasn't I allowed to go with you both...?*

*It's driving me insane...*

*It's becoming a right puzzling quiz inside my brain...*

*Now what am I suppose to do...?*

*I wanted to die before you...*

*This you both knew...*

*So why both of you... & not me...?*

*It makes me angry, I'm also sad...*

*Honestly it's driving me mad...*

*I wanna die too...*

*I really wanna be with the both of you...*

*Call me selfish, Yes I am... But I don't give a dam...*

*I wanna know so bad, Why you both was taken from me...*

*No time to grief one at a time...*

*You both left me behind...*

*I wanted just a little more time...*

*Left in despair, grieving in solar air, Can't wait to met you there...*

*Still the question that haunts me is Why the pair of you & not me too...*

## I Thought I Knew You...

*I thought I knew you...?*

*Silly me...*

*I don't know how I'm supposed to feel...?*

*When everything you've led me to believe isn't really real...*

*I thought I knew you...?*

*But now I can't believe a single word, the lying has become quite absurd...*

*What happened to you giving me your word...?*

*I thought I knew you...?*

*It seems apparently not...*

*All this crap I'm getting from you is quite frankly driving me mad...*

*I'm feeling quite ill in all honesty...*

*I thought I knew you...*

*But here you stand not giving a dam, hurting me any way you can...*

*Everyday I'm trying still to understand...*

*Have you ever really been my man...?*

*I get nowhere talking to you...*

*You make me feel stupid when I do...*

*I thought I knew you...*

*It doesn't seem to bother you at all that my dreams you've smashed against a wall...*

*I thought I knew you...*

*Only to learn there's nothing inside while your having your best time leaving me far behind...*

*This isn't the first time I've been dropped by you when there's a bigger better deal you think for you...?*

*It seems to be a thing you do, a pattern I can now see...*

*I wish it wasn't so but with you opportunities before loyalty...*

*You knock back everything I say & do...*

*Everything about me has become a problem for you...*

*I thought I knew you...*

*The resentment in your eyes tells me I didn't have a clue...*

*The way you speak to me is disgusting too...*

*The disrespect hurts like hell as well...*

*I thought I knew you...*

***You fill me full of self doubt, telling me no one wants me about...***

***I'm crazy confused because I have no clue as to why you do the things you do only to me...***

***But still say I love you...***

***I thought I knew you...***

***I thought you was special too...***

***Heartless is what you become, make me feel like I'm nothing, no one...***

***I'm not gonna take you back this time...***

***I promise you...***

***I thought I knew you...***

***Now I see you never really knew me...***

## There's No One Around...

*I keep looking but there's no one around I see...  
I keep shouting, screaming & still no one around comes to me...  
I keep listening as hard as can be,  
I don't hear no one around shouting back to me...  
There's no one around at all these days...  
Do people even care any more...?  
I know I still do...  
But there's no one around to give my love too...  
Where have all the nice people gone...?  
I know there out there somewhere,  
Probably thinking the same as me...  
Suffering in silence because they don't want to hurt no more...  
It's a risk putting yourself out there these days...  
A world of hurt seems to lie around every corner...  
There's no one around that's nice these days...  
There's no one around... There's no one around...*

## Here I Am...

Here I am...

Where are you...?

Here I am, that's nothing new...

Here I am waiting patiently...

Now that's really something new...

Patience really is a virtue...

Here I am once again saying I don't wanna play your silly game...

Here I am trying to reach what most people are afraid to preach...

But here I am anyway waiting for the light to switch on...

But maybe I need to learn that bulbs already blown,

Long & strong gone...

Too is the place I should belong...

Here I am...

I don't understand where, when or why...?

Ask no questions, Tell no lies...

So I'm not gonna ask you again...

You'll only deflect, Twist me back into the self doubt that thanks to you still lingers about...

I'm the reason, I'm the cause...

I'm to blame over & over again...

I do nothing right, always so long & wrong...

I'm weak, You're strong...

Darkness is where I belong...

Here I am & can't seem to figure out where or who it's all about...?

Here I am, playing the guessing game & has hard as I try I cant seem to get up & leave...?

I'm confused by me & questioning my sanity, my integrity...

Everything that makes me, me is constantly confused with everything I see, trying so hard to figure it all out...

Here I am, Here Is where I shouldn't be...

Where are you...?

Not here with me, not here for me...

Only here to annoy, destroy, mock, knock, block, casting grey all over my sky...

Here I am...

Denying my inner voice, Praying I'm wrong...

**But knowing really what this confusing situation is all about...?  
Your a narcissist & I'm a victim of you're narcissist abuse...  
Here I am... thirty years of knowing you, I didn't know you at all...  
Fourteen Years with you... Although I'm still here...  
It's been since moving in that now who you truly are is clear...**

## Special Blessings...

*People come, & People go...*

*Not a lot of people stay you know...?*

*Some are funny, Some are sad...*

*Some you wish you never met & others you are really glad...*

*Some are nasty, mean & hurtful...*

*Some are just delightful, gracious & grateful...*

*Some have it all & lord it over all...*

*Some have absolutely have nothing at all, Still stand tall, giving love to one & all...*

*Some just love, love, love above all...*

*I've been blessed with such presence...*

*Four in fact very special people that god gave to me...*

*Even though now I have nobody...*

*Those four people meant the world to me...*

*They loved & they was loved deeply by all...*

*Four special people that made this world a little brighter...*

*I've had the blessing of ever knowing,*

*All four in there own way kept me going...*

*Everyday we grew a little tighter...*

*Disagreements but no fighter...*

*Now a little lighter...*

*And although all four are gone they still remain in very memory in my brain...*

*Each imprinted on me like a tattoo...*

*Debbie, Kitty, Phil & Tony too...*

*Thank you for letting me get to know you & for always being there too... Four very special people that I knew...*

*Until we met again, everyday I promise to be grateful for whatever may be...*

*Everyday you will live on in my heart & soul...*

*My memory bank is full to the brim, because everyday was another special thing that I smile so deep within...*

*All four of you taught, not brought...*

*Unconditional love, compassion Acceptance & honesty that's what you brought to my life & taught me too...*

*I feel blessed with every thought of each & one of you...*

*My fantastic four that's for sure... The four of you...?*



## I'm Tired...

*I'm tired of trying...*

*I'm tired of crying...*

*I'm tired of the lying...*

*I'm tired of giving everything to you...*

*I'm tired of lending...*

*I'm tired of bending...*

*I'm tired of this never ending...*

*I'm tired of the naming...*

*I'm tired of the shaming...*

*I'm tired of always the one your blaming...*

*I'm tired of the disrespect...*

*I'm tired of going though hell...*

*I'm tired of repeating...*

*I'm tired of you cheating...*

*I'm tired of the bruises...*

*I'm tired of the excuses...*

*I'm tired of the using...*

*I'm tired of the abusing...*

*I'm tired of the denial that's lying to myself...*

*I'm tired of the gas lighting...*

*I'm tired of the hurting...*

*I'm tired of spending hours day in & day out by myself...*

*I'm tired of never having no money because you think its great spending it somewhere else...*

*I'm tired of the taking...*

*I'm tired of your heart breaking...*

*I'm tired with the hopelessness...*

*I'm tired with the confused.com as to why the hell I'm still living & breathing with you...?*

*I'm tired of wondering why you don't love or why is it I still love you...?*

*I'm tired of holding on...*

*I'm tired of the other mask that's really truly you...*

*And the fake nice guy face you give & play so well in public...*

*No one has a clue about the monster face...*

*I'm tired of being loyal...*  
*I'm tired of loving you...*  
*I'm tired of putting my showman face on, so nobody knows what's really going on...*  
*I'm tired that you don't listen...*  
*I'm tired of all the things that you do...*  
*I'm tired of being mugged off...*  
*I'm tired of the nasty things you say...*  
*I'm tired of you always butting in, singing my song...*  
*I'm tired of you taking my shine when I'm on cloud nine...*  
*I'm tired of you going everywhere I do...*  
*I'm tired that you never take me anywhere with you...*  
*I'm tired competing for you everyday...*  
*I'm tired, I'm tired of feeling this way...*  
*I'm tired of caring...*  
*I'm tired of sharing...*  
*I'm tired of you being selfish...*  
*I'm tired of the mocking...*  
*I'm tired of the knocking...*  
*I'm tired of the screaming & the angry bouts...*  
*I'm tired of trying to make it work Figure it all out...*  
*I'm tired of you taking the love I feel for granted,,,*  
*I'm tired of your way of thinking...*  
*Me loving you is not a weakness,.. It's insulting how you carry & play on the feelings I have for you...*  
*No canoe is sailing in any two that wanna pull together...*  
*No matter the stormy weather, come rain or shine still a team...*  
*Because they love each other obliviously...*  
*There's no team here, I fear there never has been...*  
*On my own in my canoe... No plain sailing to enjoy the view...*  
*You keep capszing every little thing I say & do in my little canoe that you should've let row off along time ago to adventures a new...*  
*A wise man once said to me...*  
*Characterize people by their actions & you will never be fooled by their words...*  
*I obliviously didn't listen fourteen years I've been listening to you...*  
*It's only the last three years I've been living with you that your actions ain't nothing like the love bombing bombarded on me declaring all so mighty how your love was true & worthy...*  
*From a far distance never to live with you I wouldn't be feeling the way I now do...*

**Who knew... You knew...**

**I really didn't & don't mean that much to you...**

**I think you've only love you...**

**I'm tired of wondering if its just me...**

**I can't lose what I never had in you in the first place...**

**I wish that I knew that love for me was faking it just like you...**

**You sold me a dream, only to deliver nightmare...**

**Always keeping score...**

**I only ever saw glimpses before...**

**I'm tired of doing nothing when it's absolutely killing me...**

**I still can't get how you are out of my head...**

**Your no blessing, Your my curse...**

**What makes it worse is that you rehearse playing so nice, sugar & spice...**

**But your not at all...**

**The only niceness is when your faking but no mistaking...**

**Your so creepy good at what you do...**

**I would give you an Oscar & some... Best actor too...**

**The magic to not having a clue, Is Never to live with you...**

**I need my med's, I really do...**

**I can't get my head or my heart around you...**

**I'm tired of being the doormat you wipe your feet on...**

**I'm tired, really truly tired all the way though to my every core...**

**I'm tired, more than tired of you...**

**I'm not gonna be a doormat anymore...**

**It's sad I once thought love could conquer all...**

**I'm tired of not being loved at all...**

**I'm not impossible or hard to love like you say I am...**

**In fact I'm a blessing... Oh yes I am,**

**And don't ever forget that you will regret because once you was loved more than anything & treated like a king... Yes believe it or not You was once a lucky man...**

**I've took your shit for way to long... I might still be present, but my love for you is breaking down...**

**I'm tired... One day I wont be tired anymore...**

## Hello And Goodbye...

*Hello you, Hello Me...*

*Goodbye Me, Goodbye you...*

*Anything & everything can happen in a blink of an eye...*

*Hello truth, Hello lie...*

*I think one day I shall smile...*

*Hello love, Goodbye hate...*

*I know I can raise above it all...*

*Hello fool, Goodbye Tool...*

*I am giving, Others are take...*

*I know how I am is no mistake...*

*Hello Me, Hello you...*

*I wish I could stop feeling so blue, I wish I still could talk to you...*

*Goodbye you, Goodbye me...*

*I promise to always be true...*

*Hello hate, you don't feel great...*

*I have a lot of love inside me...*

*Hello forgiveness, Goodbye forget...*

*Everyday I live with my regret...*

*Hello listening, Goodbye not heard...*

*I've healed many with a kind word...*

*Hello me, Goodbye you...*

*Today lets start a new...*

## **My Mother, My Brother & My Lover... I'm A delightful Peach...**

*My mother, My brother & My lover all say they love me...  
It would be nice if I could believe them too...  
Because the way they carry on with me backed up by there actions to...  
They resent me they really do...  
My mother says I'm the devils spawn...  
My brother treats me like a tool...  
& as for my lover he takes me for a complete & utter fool...  
My mother, My brother & my lover don't ever practice what they preach...  
There all to busy talking bad about me...  
The fifty things Jaime-Leigh does wrong, Not the ten things Jaime-Leigh does right...  
If they did they would know & all see I'm a real tasty delightful peach...  
My mother didn't like me from the second I was born...  
Don't forget them magic words I'm devils spawn...  
It doesn't bother me any more I wear that scar & carry that devils name awfully well...  
My brother he has no excuse, but seems to find many to please his hands on my face...  
Bruises heal & I'm too over that hill...  
I'm sick & tired of it all...  
So negative & toxic Oh yes all three...  
They drain the life out of happy go lucky me...  
That's the biggest scar I wear...  
Wondering why they don't care...?  
My lover, well there's not much to say...  
He wants to fit in with them...  
So His cut from there cloth in a really huge way...  
Say's it all wouldn't you agree...?  
So on a lighter note These hoes ain't loyal...  
And may never be...  
Take it from me...  
It's no joke, but I'm laughing any way because I'm a peach & I'm staying that way...  
Oh yes I'm a juicy peach everyday in everyway...  
It's your loss, Not mine anymore...  
I'm just peachy as peachy as before in fact I'm more of a delightful peach now no three or  
any negativity knocks my door...*

***I'm happy go lucky peachy galore...***

## Forget Me Not...

*Forget me not, Forget me still, Forget me against my will...*

*But forget me not you never will...*

*Forget me not, forget me, Forgotten,*

*A distant memory if you forget me you must be rotten drunk...*

*I mean as a skunk & it must of been the first & last time we ever met...?*

*I'm as delightful as they come, unforgettable forget me not...*

*Maybe I'm the drunken one...*

*Still forget me not...*

*Forget me not I'm hoping you never will...*

*The memories I hope to tattoo all over you...*

*Everywhere forget me will be impossible & never far from any mind,*

*Maybe faded, maybe slow but forget me nots in the garden I grow...*

*Forget me not... Forgotten, long gone...*

*Remember me in the breeze quickly before I sneeze...*

*Forget me not remembering the summer rain...*

*Forget me not, forgotten but not gone...*

*How sad is this forget me not song...?*

*Forget me not, You'll always belong...*

*Still lingering near, I'm the forget me nots flowering each year...*

*So forget me not, forgotten long gone, not on your nelly, I'll tickle your belly...*

*If all else fails I'll be the ghost in the walls...*

*I'll bloom & smell every room...*

*Just when you think you can, have or will move on...*

*Forget me not I'll fill the air with forget me not sweet flowery smell,*

*Looking as fresh & pretty as hell...*

*You & I both remember it well...*

*So forget me not or forget me well...*

## **What Do I Bring To Your Life...? {22 May 2022...}**

*What do you actually see when you look at me...?*

*Do I surround you with the beauty that's in & around...*

*Do I open a new look that's generous & kind...*

*Do you see that its ok to just appreciate all the things you've come to hate...*

*Do you see the human in me...?*

*Or is there no fresh look...*

*There's nothing, I'm someone, something you just don't see...?*

*How do you feel in my company...?*

*Do you feel all the acceptance & compassion that my aura brings...*

*Do I make you feel safe in what surrounds & comes from within me...?*

*Or do you feel threatened, insecure, unsure... intimidation from me...?*

*What do you hear when I speak...?*

*Do you hear all the encouraging things to give you wings I say...?*

*Or do you wish my voice would just go away...?*

*How do I express so much love yet sit here so sad...*

*It hurts so bad...*

*What do I bring to your life...?*

*Am I there standing, strong encouraging & supporting you...?*

*Or am I really shit at what I do & I'm lying to myself as well as you...?*

*Do I make you feel like you can fly, Or do I make you feel its not even worth the try...?*

*Am I everything you need me to be at every given time...*

*Happy, sad, rain or shine...*

*What do I bring to your life, because you bring nothing but fucking headaches to mine...*

*Not occasionally either, All the fucking time...*

*You are far from my favourite waste of time...*

*What do I bring to your life...?*

*Everything & nothing at the same time...*



## Nursery Rhythm Or Fairy-tale...

*Where's little Bo-peep...?*

*Looking somewhere for her sheep...*

*Where's peter-pan...?*

*His with Wendy doing the cane-cane...*

*Where's jack...?*

*His with Jill somewhere up that hill...*

*Where's Cinderella...?*

*She's been locked in the cellar...*

*Where's beauty...?*

*Somewhere snogging beast, waiting for handsome to come into form...*

*Where's happily ever after...?*

*Far, far away...*

*Happy-Go-Lucky...*

*No not today that's what grumpy always has to say...*

*Snow-White where are you...?*

*Lost in the forest alone out there...*

*Where are you going...?*

*I don't have a clue following three blind mice is nothing new...*

*Where's Fiona...?*

*Hiding from shirk & donkey too...*

*She doesn't like what she turns into...*

*What's the motto of Jimmy cricket...?*

*Always be true to the truth...*

*Pinocchio didn't listen that's why his nose grew...*

*Sleeping Beauty is waiting on a kiss so she can awake & live in bliss...*

*Dorothy just wants to go home...*

*All the witches are all still bitches...*

*Where's the little lady who lives in a shoe...?*

*She's out somewhere with all them children starting something new...*

*Hello people...*

*How do you do...?*

*If you look maybe you can find your happiness somewhere out there...*

*Goodbye...*

***Fair-Well Always remember tomorrows a-new...  
I hope you get a happy ending I'm praying you do...***

## **I Miss You... {21st July 2022...}**

*?I miss you so, so much...*  
*I miss your hugs, words & kind eyes...*  
*I miss the open arms that would always greet me...*  
*I miss you, utterly & completely...*  
*I miss the sound of your voice, I miss your laugh...*  
*I miss the advice, I miss the honesty...*  
*I miss the wisdom you always gave me...*  
*I miss the songs we use to sing...*  
*& although I continue to sing along, It's not the same solo...*  
*Its all different...*  
*Everything, Nothings the same now your not here...*  
*Gone but never forgotten...*  
*That is very true...*  
*I just miss everything, Everything about you...?*  
*Even more so with each passing year...??*

## Just Saying...

*I didn't plan my life...*

*It planned me...*

*Oh the choices I made got me no where far, no where far at all...*

*A world full of trouble, hurt & despair was a world that revolved around me...*

*Oh yes indeed...*

*Nothing come easy, nothing come free...*

*It was all about me, me, me...*

*No luxury of turning back time...*

*Forward only... & only forward I can go...*

*That's sucks for me, Maybe next time I'll think more clearly...*

*No there's no one else to blame, I wish I could put someone else in the frame...*

*But then the echo's would never stop screaming 'You're being dishonest once again'...*

*'You, nobody but you put you where you are...'*

*Take responsibility...*

*Ain't you done with this denial game...?*

*Took everything for granted time & time again...*

*Didn't even know what I was winning until I lost the lot...*

*I know you & quite few others paid the price for my mistakes...*

*I still didn't learn like I should've done...*

*It doesn't matter the regrets I have...*

*I can't take none of it back...*

*Even saying sorry seems to whack...*

*Why the hell would you even believe me...?*

*Don't even think I could convince anybody of what truly went down...*

*By God you'd still be with me today if it did...*

*& I would have learnt nothing at all...*

*If you live in hell long enough that's when you get the devil in you, that's a quote that is more than true...*

*hickory, dickey dock Oh how I wish I could turn back the clock...*

*But maybe then I wouldn't appreciate what I now know, No consolation to you though...*

*My conscience has always been my connoisseur...*

*Just putting it out there for all to know...*

*I'm ready when you are... Lets go...*

***At least maybe now I can see... I'm just saying I don't expect easy...***

## Angel Delight...

*Holy molly...*

*I had a dream last night that I had the best ever flavours of Angels Delight...*

*Butterscotch... Strawberry... & Banana too...*

*I added a shot of Tequila maybe a few...*

*Sh... I won't tell, But will you...?*

*If you ask...*

*I won't lie...*

*I'll just deny & say It's no flavour from the past...*

*It's New Limited Edition...*

*It Won't last...*

*As I add another shot of something new...*

*Lol... Who am I kidding...?*

*I can't get nothing passed you...*

*My mouth is starting to mutter, Stutter, watering from the smell that fills the room...*

*Angel Delight... Yeah that too...*

*My whole being comes alive & sensitive to all the parts I once knew...*

*Somewhere in there is my childhood as well brings a happy time angels delight was just swell, someone who loved me made it as well...*

*I'm in a rush, impatient I become, but it cant be done...*

*First we have to let it set, then mix the next one then at last three...*

*That alone felt like forever to me...*

*I want it all to look just as pretty...*

*Could I wait oh no not me...*

*That's why a freezer with fast freeze comes in handy...*

*Not for to long, just long enough for me to pee, by the time I'm finished it will all be done & ready...*

*No incredibly not looking patiently done...*

*Its all mixed in to one...*

*I don't think I'm caring actually...*

*Come on... Lets just have some...*

*As I go to grab a table spoon, all excited for all three favs of Angels delight...*

*Truly believing that I excelled in making my concoction so well...*

*Outstanding I feel that everything feels so real, & is going so swimmily for me...*

***Bang, Bang... Two, Twos... Four, Fours...***

***I'm not at that place, there is no spoon any more...***

***My shitting neighbours at my door, with some get fit leaflet she thought I should see...?***

***So NO tequila or Angels Delight for me...***

***What makes it worse is I'm not gonna be able to get back into my dream...?***

***Because my neighbour banged so hard, She scared the shit out of me...***

***And just for doing that I'm not gonna make her a cup of tea...***

***Yes I'm carrying on like the toddler in my dream...***

***That's the child in me...***

***LOL...***

***Haven't seen her either since I Dont even when...***

***Next time she may not be so quick to bang so crazy on my door...***

***With any leaflets any more...***

## **I'm Listening... Lets Talk...**

*You wanna talk about me...?*

*Lets not, Lets talk about you...*

*What is it you like to do...?*

*It's sad that you deflect quite a lot...*

*Or cover your awkwardness with ruddiness not so funny humour...*

*Do you have any idea, a clue perhaps where to go from here...*

*Do you even like who you are...?*

*I'm just asking because I care & I think its good to share...*

*I'm not staring, I'm looking at you, Eye contact... It's nothing new...*

*As strange as that may be for you...*

*Its how I think you know your being listened to...*

*I wouldn't wanna waste my breath, talking to you, If no eye contact, then no conversations can be had...*

*Harsh but all so true...*

*I'm not a dishonest girl...*

*You really look like hell, no I'm not being mean...*

*There's no need to get gel or up in my face...*

*I mean you no harm, or disgrace...*

*I'm not here to judge, Or misrepresent my intentions...*

*I'm not conspiring against...*

*I'm not above you, I'm not below you, I'm beside you...*

*I'm no cogitation of that you can be sure...*

*Now that's enough & all you need to know about me...*

*Let's get back to you...*

*I'm listening that's what I do...*

*I listen to people like you...*

*If your still not sure, then you know what to do...*

*& that to is ok...*

*That's fine by me*



## These Are The Things I Miss...

*I miss you, I miss us talking...*

*I miss talking to an actual human being, Instead of options one, two or three...*

*I miss waste time, not face time...*

*I miss roger cook & police 5...*

*Night Rider, chips & air-wolf...*

*I miss little sweet-shops, the ruin your teeth kind, But just costing a penny, oh you could get so many...*

*Oh takes me back to my childhood...*

*Divine were them streets & sweets way back when...*

*I miss conversations one to one, face to face...*

*Now it's app's that take our places...*

*No one has to acknowledge, no one, any one... No more...*

*Hide from responsibility behind a screen to torment, troll & be really mean...*

*I bet there's an app for that too...*

*There's an app for it all...*

*Googles better than school...*

*I miss the days of making the effort & time to spend having fun, drinking wine...*

*No phone ringing...*

*No notifications ping, ping pinging...*

*These days you don't have to go out, even the shopping can be delivered right to your front door...*

*I do think & feel for the folks that couldn't go out before...*

*Bless you... All your wishes have come true...*

*But as for the rest of the world... It's made can't be bothered into lazy more lazier...*

*I miss the Hustle & bustle of getting ready...*

*I miss the fact that nobody gets to know you like they use to...*

*Landlines, night outs & courting the good old fashion way...*

*The index to a persons character I think is being flawed...*

*Download an app for personality & add-on features as you go...*

*Turn reality into any false pretend person & world...*

*I miss stars In your eyes, Blind date to...*

*Now that screen had purpose...*

*Everyone could see...*

*Now you'd be lucky if I'm really me...*

*Its good, Its bad, Its lonely, Its sad...*

*For some its the best they've ever had...*

*I miss the best friends I've had...*

*Not the cartoon people, that I cant see, feel, or touch...*

*I miss being nine years old, I miss believing Santa Claus, & Tooth fairy was real...*

*I miss the innocence that all children should feel...*

*I too miss Jack & Jill...*

## **Happy Birthday To You... & Goodbye To Me... {4th Of June 2022}**

*Happy birthday to you, you're not the sweet boy that grew beside me...  
I thought we was finally beginning to see-no-evil in what people wanted for us to be...  
To just look & learn & see the true value of us individually...  
& what always made me fight tirelessly for you...  
Far from the man I thought I once knew...  
Happy birthday to you, The angry, scream & shout declaring what your all about...  
I guess you haven't quite figured it out...?  
You say being able to look in the mirror...  
Makes your conscience know your clear...  
But wouldn't you look in the mirror just to check your self image...  
I'm afraid most do my dear...  
A mirror doesn't reflect what you obverse refuse to see & you're conscience cant hear...  
You're looking in the wrong mirror if you Not a decent man from what I can see...  
you're losing your dignity...  
A far cry from the man you make out to be...  
It's quite sad in all honesty...  
I thought, hand on heart that we were cut from the same cloth...  
But like me you are not...  
You think I haven't forgot...  
You my brother need to learn a lot...  
I think it's you that seems to have forgot...  
In me you had a lot...  
Every time it was me that was there for you...  
Always stood by you...  
It's bad enough that you've never been there in return,  
what makes it worse is loyalty you process none,  
A liar you've to seem to have become...  
Defiantly the bullied one has become the bully...  
Oh yes definitely your mothers son...  
Its true, so true I'm nobody to you...  
& now your dead to me too...*

***Happy birthday to you & Goodbye to me too...***

## What's Wrong With Me...?

*What's wrong with me...?*

*I'm down in the dumps, Sleeping till noon...*

*Dreading the full moon...*

*Always feeling so cold, lack of iron in my blood...?*

*So I'm told...*

*I wonder what else I'm lacking because I'm so feeling old...*

*Drained from being, I'm only seeing the darkness in which I fall...*

*I'd rather be a little miss know it all...*

*No one I can tell...*

*No one I can call...*

*Oh what fresh hell is this...?*

*What's wrong with me...?*

*I cant seem to get a grip on my reality...*

*Every cry, every why, everyday a different sigh,,,*

*I can see & feel it all & that voice that keeps telling me what I have to do...*

*My inner spirit supports that little voice & wants to be set free...*

*But my ego keeps controlling & holding on to something that my spirit knows is long gone...*

*But still my ego wont let go...*

*To achieve what I just don't know...*

*What is wrong with me...?*

*I have no idea recently...*

*I keep analyzing over & over again...*

*What is it that is going on...?*

*Pride, Denial maybe fear...*

*Seven deadly sins could be living right here Nothing is truly very clear...*

*All I know for sure is it's holding me back...*

*But that is what I cant seem to crack...*

*I want so badly to find & understand what is going on with me...*

*I'm sinking to rise no more...*

*My courage, My strength seems to have had enough of the no follow through...*

*There's nothing more they can do...*

*But I know that cant be true...*

***What's wrong with me...?***

***I'm failing miserably to get where I need to get too...***

***What's wrong with me...?***

***What's wrong with me...?***

***Seriously what's wrong with me...?***

## My Acceptance...

*It always goes wrong, I shouldn't have been surprised when as per it went wrong again for the 50th time...*

*Although I see it coming...*

*I thought we was passed all that...?*

*At least I know now, it will never be...*

*I'm done with you constantly hurting me...*

*When the truth be told I do very little wrong...*

*I still don't & never will belong...*

*These bridges I have to burn to make sure I don't return...*

*I've walked in vain the road to try, & try time & time again...*

*The road to shame, I still play your game & always end up getting surly burnt...*

*Charred to the core, you'd think I would've learnt by now...*

*I suppose it doesn't matter now, I've gave myself the dressing down & vowed never to yearn, only to learn, not to repeatedly be a clown...*

*All that's left for me to do is forget everything I thought I once knew about us, about you...*

*I accepted my past, & how it was you that took me away from everything I once knew, warmth, love & family...*

*I learned to let go, not hold on so, making room in my life for you to be...*

*Now that can no longer be, you don't deserve the chances I gave so free, for me only to always end with so much sadness & misery...*

*I'm happier & no longer feel drained by the bull shit you still maintain...*

*I'm at peace with myself once again...*

*I always felt better when there was no you around...*

*I know it sounds crazy, right.. for sure...*

*But it wasn't me that was keeping score...*

*I just wanted a mum who I could love & adore, simply that, no more...*

*& in return you'd be grateful & acknowledge what & who I was, To see who I am...*

*Me a person that had fuck all to gain letting you in time & time again...*

*You must love living in misery & pain...*

*Everyday is nothing new, it's always the same drama its true...*

*You drain the life out of me, time & time again...*

*For many years you've reeled me in, had your fun, then out I go, dumped on road...*

*Once again it's my fault, me you don't wanna know...*

*Groundhog days of picking up my pieces, always being nothing more than shit you'll never*

***adore or want to explore...***

***But now those days are well & truly done...***

***I no longer need or wish to be apart of you...***

***Fuck all this family shit, I don't need to belong to be someone strong...***

***I face my battles testing me everyday, I'm not gonna let you lead me a stray...***

***I'm done talking, I'm walking away...***

***You done this not me, I hope you'll be very happy...***

***You've lost me your daughter that's for sure...***

***Never to speak, never to seek, never to find...***

***I'm one of a kind...***

***I'm done being so weak, Goodbye & fair well,***

***I'm off to sleep, awake a new & never have another thought of you...***



## Mental Health...

*I'm reversed, Not rehearsed... I'm limb & able, Not able & Cain... I don't know nasty by name... I'm not playing a game... I'm grounded & wearing my crown... Heavy are days when I frown... I hear & listen... I talk, I scream, I'm everything in between... I'm happy, I'm sad, I'm a thousand voices when I'm mad... I'm constantly battling between my day & night... Whether I'm wrong or right... No I don't feel sorry for me... I don't want a pity party... Some understanding would suit me... Never mind I'm Bat=shit crazy all & not at all... Yes 365 days of the year that's me... That's life, I'm glad... I'm blessed in ways I only understand... You just look but never see the demons that I battle in my head... I've said enough... Time for bed... God bless us all... No ones to blame... Always stand tall, no matter where you might fall... Listening loud & clear we all at times disappear...*

## **I Really Truly Love You...**

**I Really don't think you know how deep this river of love I have for you flows...  
I don't think you get unmistaking so...  
The love I feel for you is forever more stronger than ever before...  
Everyday I fall in love with you just a little bit more...  
I'm so grateful & blessed... You are the best... I swear if I could I'd make a sticker album of only you... & put your face in all my tighty whites... Yes, yes, yes...  
From my pinky to my little toe flowing through every nerve & vein is this uncontrollable love that's all for you insanely feels sane... I'm forgetting I'm forty seven not nineteen again...  
Imperfect, stubborn, grumpy sloth you...  
Yeah I even love that side too...  
Sixteen years have passed..  
No one thought we would ever last... You bring me so much comfort & joy...  
The past the past... I feel a new... I feel you...  
One touch your hands send quivers... Always feel so good. .  
When you look & Smile I know it was all worth while... All nice & cosy...  
with you I belong...  
If I can't see you, I can't see me... I don't ever wanna be without you... This I swear to you...  
Everyday I wanna so you... my words can't express the true meaningful way this love I feel imprints a little more Everyday...  
You make me wanna be a better me for me... That's what loving you has given me unconditionally...  
So my Mr MUSTAFA, my snow flake, My soul mate... we rid we die... I'm yours your mine... I'm your eight... & your mine... Double infinity come rain or shine, RICH OR poor peace or war... I'm bloody loving you more than I ever thought possible I could & I love loving you... & everything we say are & do...  
Tiny tears cry no more we're living our best life... two tin cans on the floor still holding hands making plans who could ask for much more... HERES TO ANOTHER TWENTY MORE... I ADORE YOU XXXI Really don't think you know how deep this river of love I have for you flows...  
I don't think you get unmistaking so...  
The love I feel for you is forever more stronger than ever before...  
Everyday I fall in love with you just a little bit more...  
I'm so grateful & blessed... You are the best... I swear if I could I'd make a sticker album of only you... & put your face in all my tighty whites... Yes, yes, yes...  
From my pinky to my little toe flowing through every nerve & vein is this uncontrollable love that's all for you insanely feels sane... I'm forgetting I'm forty seven not nineteen again...**

**Imperfect, stubborn, grumpy sloth you...**

**Yeah I even love that side too...**

**Sixteen years have passed..**

**No one thought we would ever last... You bring me so much comfort & joy...**

**The past the past... I feel a new... I feel you...**

**One touch your hands send quivers... Always feel so good. .**

**When you look & Smile I know it was all worth while... All nice & cosy...**

**with you I belong...**

**If I can't see you, I can't see me... I don't ever wanna be without you... This I swear to you...**

**Everyday I wanna so you... my words can't express the true meaningful way this love I feel imprints a little more Everyday...**

**You make me wanna be a better me for me... That's what loving you has given me unconditionally...**

**So my Mr MUSTAFA, my snow flake, My soul mate... we rid we die... I'm yours your mine... I'm your eight... & your mine... Double infinity come rain or shine, RICH OR poor peace or war... I'm bloody loving you more than I ever thought *possible* ly could & I love loving you... & everything we say are & do...**

**Tiny tears cry no more we're living our best life... two tin cans on the floor still holding hands making plans who could ask for much more... HERES TO ANOTHER TWENTY MORE... I ADORE YOU XXX**

## Broken...

*When, Where & how does it all start...?*

*These feelings that tore my soul apart...*

*Wanting so much to be found, but lost somewhere under ground...*

*Everyone screaming I can hear the sound, judging & mocking & putting me down...*

*Its so dark where I stand, Never looking up, Always looking down...*

*No smile on my face, Just my miserable boat-race...*

*Where's the sun that needs to shine to bring me out from behind my rain cloud...*

*This is the way I never planned, One-day soon I will make a stand...*

*Where's that little girl that I knew so well...? She's lost deep inside her shell...*

*All she wants is her wishing well, to break away from all the hell...*

*To finally laugh & break that spell that people cast all so well...*

*Words un-spoken as years go by, but you can still see the hurt that's so painful in her eyes...*

*Here I stand asking please why, oh why, why take what's left inside...*

*Behind closed doors I've already died, with this darkness I have no pride...*

*Reaching for what I can't see, Longing to be the girl I use to be...*

*Happy & care-free...*

*But the nastiness of people in this world took my confidence, & made my life a living hell...*

*And to them, that was swell... I really want a wishing-well...*

*How can it feel so good to be so mean...?*

*How can making someone so blue be like a night out for you...?*

*When does a conscience come into play...*

*When they've killed there prey...?*

*Even then is it ok...?*

*Once so strong, Now so weak, Where's the comfort that we seek...*

*My life has become so bleak...*

*I wish in my wishing-well the courage & strength to hold on to what's left of me, even though I'm slowly dying...*

*I hope one-day all you bullies will see what you do to little ones like me...*

*I hope you know that I'm broken thanks to you...*

*I'm struggling to realise what's nice about me...*

*Forgiving isn't coming so easy...*