

# Therapy

Anthony Hanible



Presented by

*My poetic Side* 

## About the author

Anthony Hanible is a contemporary online poet known for his relentless emotional honesty and his ability to turn inner turmoil into vivid, mythic language. His work lives at the intersection of psychology, spirituality, and personal mythology ? a place where the mind flickers like static, the heart burns like a small sun, and the self is constantly being broken, rebuilt, and reborn.

Publishing hundreds of poems across platforms such as MyPoeticSide and AllPoetry, Anthony has cultivated a readership that returns to him for his signature blend of vulnerability and intensity. His poems often read like confessions, prayers, or dispatches from the edge of transformation. Themes of coldness, fire, identity fracture, childhood memory, devotion, and survival recur throughout his work, giving his voice a recognizable emotional architecture.

Anthony?s writing is cinematic in imagery yet intimate in tone ? a style that invites readers into the private rooms of his mind while also lifting them into something larger, mythic, and symbolic. Whether he is writing about psychological storms, spiritual conflict, or the quiet ache of human longing, his poems carry a pulse that feels unmistakably his.

He is part of a new generation of poets who treat online platforms as both a creative practice and a living archive ? a place where the self can be witnessed in real time, evolving poem by poem.

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**Things That Should Be A Crime**

Things That Should Be A Crime

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Wife Meet Husband, Husband Meet Wife

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Would You Be My Valentine

Sexual Healing

The Battle Between Love And Hate

An Online Poet Me

Patch It Up

I'm Glad It's Trash Day

Don?t Kill Me Before I Die

Emergency Exit

The House That Rises When We Breathe

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I Am Waiting For You

Phases Of The Moon

Liar Liar Pants On Fire

Thank You For Leaving A Comment

Candle Lit Fire Burning

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Therapy Part 3 Toward a Breakthrough

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Therapy Part 6 Learning Safety Words

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Don?t Let It Make You Cry

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Holding My Breath Like A Loaded Gun

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Forbidden Love

My Bestie My Headphones

The Silence Only We Know

Auntie M.

To The One Who Birth Me

Agree To Disagree

Less Of Me Each Morning

What Refuses To Mend

## For Love

I'll put it all on the line  
Even if it is my life

## Holding It All In

You saw me talk about it  
You saw me cry about it  
You saw me fight about it  
Now That I'm  
Holding It All In  
You see me having to go to the hospital about it  
Now  
I can't speak about it  
I can't think about it  
Tears won't come out about it  
Please I really can't fight about it anymore  
My mind  
My heart  
Is weak  
One wrong move  
My body may end up on the floor  
Why hurt me  
Why are you kicking me  
Don't you see that I'm down  
Call 911  
Call my mom  
Because  
I think I'm dying over this right now  
Last kiss  
Last hug  
I think you need to get it now  
Don't cry  
I cried enough for the both of us  
A man in love will never kill himself  
Because  
Love will do it  
Love is crazier than him

## We're Toxic

We fight  
All because we love each other  
Make-up at night  
Sometimes in the morning  
Crazy  
Almost killing each other  
Holding hands at the ER  
Mad that we took it that far  
Promising to love each other  
No matter how many times  
We said we hate each other  
A cycle we're in until one of us die

## Hurt People Hurt People

I fell in her trap  
Deep slap  
With the back of the gun  
Kick down the steps  
I saw the pain  
Letting me think I could fix  
Damn I'm getting sick  
What was in that food  
What was in that cup  
Outside digging my grave  
Thinking it would help  
Deep cuts  
Internal bleeding  
Was her plan from the jump  
I fell in her trap  
Damn I shouldn't have came back  
Her pain  
Her pain  
Her pain  
Doesn't care  
Her pain  
Her pain  
Her pain  
Was out to hurt me  
Out to end me completely  
All because  
She hurt

## I Can't Find No Help

It's hard for anyone to understand  
They just medicate  
It's hard for anyone to understand  
They just walk away  
It's hard to anyone to understand  
They really are not listening  
Heart beating crazy  
Brain on high speed  
A pacer  
TNT waiting to explode  
Quiet sitting in the corner  
Doctors  
Counselor's  
No help  
No understanding  
Baker act  
Locked in a cage  
Is not the answer

## Our Walks

Holding hands

It's sunny out here

It's dark out here

It doesn't matter where we go

Store

Park

Down the street

We talking

We smiling

Not peaches and cream all the time

Some tears

But

I love

Our Walks

## Overwhelmed

I called out  
Still sitting here under the covers  
You was a miscarriage  
But you made it  
In my heart so deep  
I held you while I sleep  
I though I heard your heart beat  
I called out  
Still sitting here  
Letting go these tears  
This feeling will never disappear  
Losing you would always be my fear  
Bare with me there's a lot going on upstairs  
A lonely man sitting in the corner on the floor

## O Love

To your name I call out  
To your name I cry for happiness  
To you love  
L  
O  
V  
E  
O I scream  
Touching me softly  
Killing me quickly  
Your name running through my veins  
O  
O  
O Love  
My heart  
My mind  
My soul  
Is yours  
To your name  
On my knees I fall  
Giving you all of me  
Please marry me

## You Want To Talk Ok Let's Talk

Loneliness

Hiding behind this wall

My heart is in protected custody

Sorry location unknown

Sorry it's the truth

The hole in my chest

Is giving you proof

Okay

Okay

Let's sit at this table and talk

Really

Where should we start?

Good to bad

Laugh than cry

Should we hold hands ?

Just to let go in the end

To be honest

The pain hurts too much

To be honest

It's getting cold in here

Sorry I'm done talking

## I'm Dehydrated

Water won't do it

Please help me

I'm so dizzy

Like fluids I'll take you in

Cup

Bottle

Bucket

IV

Please help me

Please come back

Please I'm so fatigued

Please round after round

Please just hold me now

If I die

I'll rather die in your arms

For it's you who took my energy

## Can I Just Stay Sleep

This is coming from a person who can't sleep  
Popping pill after pill  
I finally went to sleep  
Wow  
Bright light  
I think the Sun is trying to peak  
Under a pillow I hide my face  
Lost of the time  
My body has been fighting me all night  
Jumping up every second  
In the mirror begging  
Please  
Can I escape  
Can I close my eyes  
And sleep  
So I won't feel no pain  
So I can't hear this crazy world  
Can I just stay sleep  
Can someone please place my body  
6ft deep

## I'm Sorry

That from the touch

I can freeze you

But

With a hug

I can warm you up

## The Pain

It's storming again  
So in the closet  
I'll go hide  
Feeling like an earthquake  
So in the corner  
I'll go cry  
It's getting so cold  
So under the covers  
I'll stay  
Please leave me alone  
I'm getting sick  
So everyone should stay away  
No games  
I can't move  
I don't have any to say  
The Pain  
Is taking all my energy away

## Now I Disappear

Does anyone notice that I'm gone

Does anyone notice

There's no missing report

For many years

I run

I run

I hide

No one's looking

My face is a memory

My back is what they hate

My mouth is what they are scared of

My fist is the reason why

Now I Disappear

I'll fight for my family

No matter what

## **My Broken Heart And My Foolish Mind**

Two empty pill bottles

And

An empty bottle of liquor

It's now time to plan my funeral

## If I Die

Will you be happy

Will you be sad

Will you say something nice

Or

Will you say something bad

Are you going to giveaway my things

Burn them

Or

Keep them because you still love me

Will you come to my funeral

Or

Will you just forget about me

If I Die

## Self Medicaid Looking For Some Relief From My Heart Is Broken

1 2 3

Yes I take enough

Taking all my energy

Leaving me passed out

Holding my pillow

Waking up crying in the morning

So I sit alone

Rubbing alcohol on my chest

Standing in the shower for hours

Until I pass out

Holding my pillow

Waking up crying in the morning

Friends dragging me here

Dragging me there

Staying with me

Until I pass out

Waking up in the morning crying

Until i find you

You held me

Until I passed out

Waking up smiling

Because

You was still

there

Giving me some relief

Thank you

Love

## No Forcing No Pushing

Look

Love

Will

Come

Fake

Love

If you force

If you push

Real Love

If

you wait

## After Dark

Time stops  
The holding  
The love making  
Overnight smiles  
Kiss me  
Kiss me  
It's late  
In this bed we lay  
And  
I'm rubbing on your back  
Pulling you close  
Kiss me  
Kiss me  
Melt my heart  
Fry my brain  
Kill my body  
Please  
It's fine  
Everyone is sleep

After Dark

## My Grave

It's 1206  
And  
I put on my boots  
Grabbed the shovel  
And  
Out back I went  
My Grave  
I started to digging  
You're leaving  
And  
My life is over  
So 6 feet  
After you go  
I'm dying  
I know  
Tic toc  
The clock is counting down  
Waiting for my last breath  
Counting down  
Until I lay down in  
My Grave

## The Recipe Of My Poetry

Sweet

Mild

Hot

I grabbed a pot

A bowl

And

A pan

Mind

Heart

Soul

I placed on the table

In the bowl

I place my soul

In the pan

I place my mind

In the pot

I place my heart

On a low flame

I cook until

My words screams out

Then

I publish it

## **Myself**

Myself

Me in the mirror

I scream

I laugh

I cry

With

Myself

I see first

My friend first

If Myself go

I'll die

Cracked mirrors

Broken glass

Sad face

Myself

I need

We talk

We walk

Understanding me

Myself knows

## Tu Me Manques

In tears I'm  
Because it's really true baby  
I miss you  
The things you do  
The words you say  
Baby  
O baby  
I miss you  
So much it's killing me  
I don't eat  
I don't sleep  
I work  
And  
Work until I pass out in the street  
It seems like all my days  
Is a repeat  
Tu Me Manques  
Tu Me Manques  
Tu Me Manques  
Baby you don't understand  
It means  
I miss you  
So please come back to me

## Me A Robot

Just a program

Controlled

Move on command

But

Without a command

Me A Robot

I'm lost

Standing there blank

Eyes closed

Looking like I have shutdown

Me A Robot

No feelings

No heart

No tears

Me A Robot

Will never be treated like a human

If I don't listen

In the trash I go

## L(Y+M)=Death

She's killing me  
I lay here not caring  
Wishing she'll get it over with  
Dying slowly hurts  
Ripped my heart out  
Now I feel plugged up  
Locking in this room(This Relationship)  
Mind control  
Am I Handcuffed  
Is my mouth duck taped  
I'm in love  
Is she in love  
Why am I crying  
Why am I fighting  
Look I'm dying  
Look I'm not lying  
I finally stop trying  
She's killing me  
Love(You+Me)=Death

## Recommit This Love

At the table we sit  
Pouring hearts  
Pouring tears  
Together  
Holding hands together  
Laughing  
Smiling  
Together  
Flowers for my Queen  
Dinner done for her King  
I lotion her  
She lotion me  
Recommit This Love  
Our love  
The love that makes me feel complete

## It Was A Disaster

I should have checked the weather

It destroyed my house

It destroyed my work

Damn it destroyed my life

It was a flood

It was a tornado

It was a earthquake

No

It was love

## She Was Waiting For A Reason

So every reason was running around her brain  
Running through her dreams  
Feeling real  
Every text message  
Every call  
Every picture  
Every time he doesn't answer her call  
There's something wrong  
She's waiting  
But searching  
Really because she doesn't want to be with him  
And  
That's all she had to say

## No Valentine

O I picked the flowers  
O I got some chocolate  
O I got some candles  
O I cooked dinner  
At the table alone  
Food getting cold  
Flowers dying  
Chocolate melting  
Candles is about to burn up the table  
Still sitting here  
Crying  
It was a knife  
No arrow  
No love  
No Valentine

## Sorry

This break up  
Is a wake up  
A straight smack in the face  
Underground I escape  
So cold and dark  
Hiding from the rain  
Taking pm's in the am  
Riding the train back and forth  
Sorry I don't know my name  
Relationships made me insane  
Damn I loved them with all of me  
This break up  
Really killed me  
Missing a heart  
Aneurysm is as big as an apple  
Sorry  
This break up  
Made me weak  
So talking is a no

## The Real Breakup

No makeup  
Just wet pillows waiting to dry  
Eyes so puffy  
Wearing sunglasses just to hide  
Phone ring and ring  
Sometimes you push ignore  
Throwing it to the floor  
Eating you really can't  
Still thinking about  
It's so hard to live without  
A man made pond of my tears  
Or of my blood  
My heart my brain  
Feels like it's about to explode  
Realizing the facts  
Sorry my body doesn't know how to act  
Without you  
A lot of me has disappeared  
No sleep  
Running on fumes  
No shoulder  
No friend  
No love  
No hug  
No kiss  
Nothing is the same  
Earthquake  
Blizzard  
Flood  
How can I explain  
My world  
Just because  
This is it

There's no makeup  
There's no coming back  
Realizing the facts  
I ran into a wall  
Fall back  
And  
That's a rap

## Her Web

Help me help me  
I'm trapped  
In  
Her Web  
Her Web of lies  
Her Web is trying to kill me  
It's getting tighter  
Her Web is so strong  
It's controlling me  
She poisoned me  
I can't move  
I can't speak  
Unless she tells me  
In tears  
Because  
I was looking for love  
High and low  
I walked right into  
Her Web

## Sensitive and Passionate

Yes I am a man  
Deep I fall in love  
Quicksand  
I'll do your hair  
I'll rub your feet  
Roses  
Candle light dinner  
Stay on repeat  
Loving you completely  
Giving you all of me completely  
Screaming quickly  
Crying quickly  
Cold body  
Warm heart

## I Have No Voice

Pen and Paper  
Please be Patient  
My love  
So much I want to say  
Some just to you  
And  
Some for everyone  
My voice maybe gone  
But  
My love isn't

## I Have Some Things I Wanna Get Off My Chest

Please hold my heart  
It's cold  
No love  
Just some gun shot wounds  
Painful  
In tears  
I stay  
In the bed  
You'll find me  
Surrounded by caution tape  
Please get my heart out of here  
They're shooting bad arrows  
Sorry I can't move  
They stabbed me in my back  
They're messing with my mind  
This body is no longer good  
Please  
Please  
O please  
I beg  
Take my heart while it's still good

## A Thing Called Life

It's beautiful

It's ugly

So joyful

So painful

You give it

You take it

Some are different

Some are the same

But

Remember

There's no

Life

After

Death

## That Ain't Right Part 1

She broke my heart  
Then handed me  
Some glue  
That Ain't Right

## **My Sun My Star My Moon**

From the shine  
From the shooting  
From the glow  
My day  
My night  
My after dark  
O Sun  
O Star  
O Moon  
O My Love  
You brighten up my day  
At night I wish I wish  
To My Star  
Sorry I can't tell you  
Just know it came true  
Please  
O Moon  
My Moon glow (hold me)  
After dark  
Until  
My Sun  
Comes back

## She Killed Me In My Sleep

Where should I begin  
Should I say I'm ready to die  
Under the Sun  
Under the Moon  
Day by night  
Night by day  
So  
Where  
Good for me  
Bad for her  
She's trapped  
I'm now free  
So  
I should just confess  
And  
I say I planned this  
Like toy she played with me  
Everywhere and everyway  
So  
I tried to escape  
Making her mad enough to  
Kill me in my sleep

## Ok I'm Going To Try This Again

3 cuts

On my wrist

Should do it

Thinking

Thinking

Thinking

My mind is in a dark place

Only pain

Can erase the pain

So

I locked the bathroom door

I filled up the bathtub

I got in

Then

One

Two

Three

Losing blood so fast

It worked this time

I'm not in pain anymore

## Mr Anthony Mister Hanible

From Trazodone  
To Gabapentin  
To Knife  
To Gun  
No one is kidding  
Double personalities  
A crazy reality  
Am I evil  
Am I good  
In the mirror  
Day by day  
Question after question  
If I kill the bad  
Mister Hanible  
Will the good  
Mr Anthony  
Die

## Straight To The Point

God's love

Vs

Human love

My God's love

Is true

Sorry

I don't know about you

## You Can't Avoid Me

Breaking every mirror

I see

Playing music loud in your ears

I see

Taking every pills

I see

All to avoid me

I see

But

If you're reading this

You failed again

I see

I still can get through

You can't avoid me

You see now

I

## Thanks! Thanks! Thanks!

To our

Lord

Saviour

Jesus Christ

For all

He has done

And

Plan on doing

## Writing My Pain

From my head  
To my feet  
I try to hide it  
My heart hurts  
Taking pills  
So my brain won't think insane  
Sorry if I forget the day  
Sorry I'm bleeding  
Sorry  
If I talk about  
My Pain  
The wounds open back up

## O Friend O Friend

May I please vent again

From

Overdose

Cuts

Gun shoot wounds

Just got pulled out of drowning waters

72 hours

Just got released

I'm so upset

Nothing worked

## Just Shoot Me Please

I need you

I can't do it myself

Kill me

Oh Juliet

Three shots

Please I want to die

Two to the chest

One to the head

Thank you

Oh Juliet

I'm dead

## Please Pay Attention

In the closet I sit  
In the dark  
With a knife  
With a gun  
Crying  
Because  
The knife wouldn't cut  
And  
The gun wouldn't fire  
Please don't come to the door  
One of these days  
There will be blood on the floor

## Sun Up Sun Down

The only thing I smile  
Yesterday I try to wash away  
Screaming / fighting  
Frowns  
Take my life  
And  
Someone else  
Crazy  
I know  
I cry  
I cry  
And  
I try to apologize  
Because  
In between my smiles  
I'm another person

## Talking And Walking Obituary

Buying time  
Until my booklet is done  
My whole life on paper  
Passed out  
For people to read  
My body is laid out  
For people to see  
Sorry  
To tell you  
You're just like me  
A  
Talking  
Walking  
Obituary

## Hi I'm Some-One-Sun

Sorry for the clouds  
Trying to hide my light  
After the rain  
I'll show you the bow in the sky  
Sorry for the dark  
Some-One-Moon  
Lives up here too  
But  
If you follow me  
Hand in hand  
I promise you  
A heart that's on fire  
Burning pain away  
And  
I'll always shine  
For you  
If you want me to be  
Your Sun

## Sorry I Had To 302 Myself

Pulling a braid out  
One day at a time  
Sorry  
I think I lost my mind  
My friends  
My family  
This is not goodbye  
But I have to sleep  
Through these bad things  
Doctor said  
He has Bad Bad Anxiety  
Irritability and anger  
Severe episodes of recurrent major depressive disorder, without psychotic features  
Sorry I can't release him  
Serious Bad Case of insomnia  
You ever been sleep since he signed himself here  
He said please  
I'm dangerous  
Put him to sleep  
Crazy nothing worked  
Handcuffed to the bed  
He beg me for this phone and I know I did  
Like I said before  
I 302 myself  
A cop is still sitting here  
I haven't seen the doctor in days  
Back to my dream  
Is this a dream  
Sorry I had a moment  
Because this is real  
They have me  
On so many pills  
To be continued

When I wake up

## The Release.

## The 302 Saga

Home with 7 pills  
In the corner with my water  
Hoodie on with a bookbag on my back  
So happy  
I found my headphones  
People be too loud  
I love my music  
Sorry  
Every 8 hours  
My alarm is loud  
Because I can't miss  
Medicine time  
I love my corner  
That's all I need  
Because at night  
I take 2 special pills  
And  
I'll see my corner in the morning

## Listen

I quit

I give up

I don't care

What

Who

Why

When

I have faded into the wind

I'm gone

I'm a star

So look up when you talk to me

It's morning

So goodbye

## I Always Think I Need A Title

Sometimes it stops me  
From  
Writing my way through  
Day after day  
Staying in a  
Dark and lonely place  
Frozen  
Quick to anger  
Five too ten pills  
Just to calm down  
Eyes closed  
Still in fight mood  
Thinking I needed you title  
At night  
The moon kept me warm  
While I scream that the stars  
Afraid  
Hiding  
No friends  
No family  
My blood is venom

## The Patient

Carved markings  
On his wrist  
Made with a knife  
Still dropping on the floor  
Sorry is all he is saying  
Handing me his ID  
And  
His medicines  
Starting to harm himself  
Even more  
Sedating him was hard to do  
7 weeks in  
And  
This is what he said today  
4 walls  
I can't touch  
Floor  
I don't even know if you're there  
Hey cell  
Can you fall on me  
I'm so tired  
I'm so ready to go

## Yes I Pulled The Trigger

Morning

Noon

And night

It's a fight

5 pills

4 pills

5 pills

Slowing me down

2 bottles

Just to sleep

Crazy I know

Painful and cold

Irregular heartbeat

Mind gone

So

I wrote a letter

I loaded the gun

And

Yes I Pulled The Trigger

## How Can I Explain

Please don't look at me weird  
Please don't leave  
Please this is hard  
To explain  
My Mind  
My cold body  
My warm heart  
Staying medicated  
My words never comes out right  
Every day  
The same routine  
Crazy thoughts come  
Crazy thoughts go  
Insane became my middle name  
Fighting in my sleep  
Quiet while I'm awake  
Until I'm poked  
No smiles  
Just laughter  
No hugs  
No kissing  
Just hand shakes  
Alone is normal  
Everyone loves me  
From a distance  
It's safer  
For them  
This way

## Burning Paper

These words  
Are causing the storm  
Memories  
Turning into pain  
I need to burn every page  
Dark  
Using my blood  
As the ink  
Locked up in a turtle suit  
What do you think  
If i could erase every line  
I'll be free  
Or  
Will it just be the end of me

## In Tears

Too the day I fear  
Saying it  
Over and over  
In one ear  
And  
Out thee other  
Until the pain  
It came so quick  
Raining  
Flooding my whole world  
Below zero  
Frozen  
In Tears  
Because  
It's time  
To say  
Goodbye

## Yes I'm So Depressed

In the closet I go  
Letting the darkness  
Consume me  
My tears  
Put out every candle  
That was lit  
Outsider  
No friends  
That's fine  
Walk until I pass out  
On the side of the road  
I hate the new you  
I mean the new me  
Trying to find a way to kill you  
But  
Not me  
I'm a soul  
Trapped in this messed up body

## Yes I'm So Depressed Chapter 2 I'm Done

Bathroom flood  
Cutthroat  
Grab the rope  
Gun shot boom  
Missing the morgue  
By an inch  
The storm is out  
I sit in the sand  
With metal rods  
In my hand  
I have been trying  
And trying  
And trying  
But  
You  
I mean I  
Just won't die

## Yes I'm So Depressed Chapter 3 The Hiding

Everything I do  
Everything I say  
Is wrong  
Unknown  
Buried on an island  
Somewhere  
Under the bed  
Somewhere  
In the corner  
Somewhere  
Maybe in the clouds  
Somewhere  
Stop looking  
Please stop  
I'm no good  
Around people

## Yes I'm So Depressed Chapter 4 Don't Call My Doctor

My thoughts  
Is turning into actions  
I feel attacked  
Sorry if I over reacted  
Messing up the house  
In the the bathroom  
Slicing up my body  
Crazy  
My mind is gone  
So if you call  
I'll be  
Strapped down to the bed  
And  
Giving needle up  
Every 8 hours  
It's your choice

## Yes I'm So Depressed Chapter 5 The Suicide Letter

If you're reading this  
It's done  
I had no either choice  
The new me  
Had to die  
The voices  
Needed to stop  
I'm mind is gone  
I forgot my name  
So many pills  
And  
I'm still in pain  
They kept calling me insane  
Now I'm just drained  
Nothing worked  
If he goes  
I go  
We're a package deal  
I just found today  
So these are  
My last words  
No ink pen  
So I wrote this in blood  
Goodbye

## Deep In The Heart

Pain  
Is too much to bare  
You'll lose control  
Your mind  
Is gone  
Your body  
Is weak  
Love is crazy  
Ripping out your heart  
Keeping it beating  
Until  
Your heart is broken  
Overdose  
Dropping a radio in the tub  
Sorry for the marking  
I keep my wrist covered  
It's a cycle  
It's just love

## The Love

She knows

I miss her

Ink embedded

Never regretting the love we shared

Learning

Deeply

Holding late night

Smiles too tears

Tears too smiles

Eye staring

That would melt your soul

I have died for her

She has died for me

The Love

Our Love

Grew a big tree

## Staying Alone

Cold floor

Dark closet

I think

Earthy odor

Blocking my nose

Stray jacket

I think

I can't move

Really

I can't do anything

Please explain

Because

I think

I'm dead

## **My Mighty 13**

My Meno

My Da Da

My Tavi

My AA

My Jay Jay

My Nevaeh

My Levaeh

My Mani

My Des

My Juju

My Kiki

My Wallet

My Eli

O My Heart

O My Joy

I love y'all so much

## Tears Stories

Each one  
Has a story  
A memory  
Something present  
That push  
Each one out  
Filling up a cup  
Or  
Making a flood  
Closing your eyes  
Covering your face  
So strong  
No stopping  
Coming from deep within  
Some timelines  
There is not enough tissue for  
Some  
Will leave you weak  
Crying and talking  
Is a crazy mix  
Each thought  
Pushes out more  
Happy ones  
Or  
Sad ones

## How To Catch A Suicider

In their shoes  
You have to  
Get in  
In their world  
You have to  
Fit in  
Markings  
To show that  
You have tried  
Showing signs  
That you're ready to die  
Going to meetings  
After meetings  
Still missing one  
A jumper  
An overdoser  
A hanger  
Day after day  
Case after case  
Still no real reason why  
Deep pain  
Needs  
Deep pain  
To set them free  
You'll need protection  
Because  
After  
You try to catch a Suicider  
You'll become a Suicider  
Sorry to say

## Medicine Medicine Medicine

Pill drop

Pill swap

Capsules

Syringes

Leaving urges

That never ends

Upgrading the milligrams

Solely depending on

Sedated

But still aging

Days

Weeks

Months

Controlling my morning

Controlling my afternoon

Controlling my night

With

Some

Medicine

## Running Dry

Our love  
Is out of date  
Crumbling in this package  
Recalled  
We don't know what we're supposed to do  
We don't do nothing anymore  
No talking  
No holding hands  
No hugging  
No kissing  
We need something  
Please quick  
We need water  
We're dying

## So In Love I Fell

A fairytale  
So sweet  
Feeling complete  
Round and round  
On a miracle round  
Fireworks  
Taking your breath away  
Wow  
It's something about  
Them eyes  
It's something about  
That smile  
Is it the way  
You talk to me  
Is it the way  
You hold me  
I'm so dazed  
Just from a glaze  
Just from a touch  
Killing me with a kiss  
So  
Heart to heart  
Feeling so important  
Hand to hand  
While  
We die together  
Forever and ever

## Detained

In the hole  
Dark  
Not gloomy  
Leaking water pipe  
Cold in four walls  
Handcuffs aren't strong enough  
But  
I'm so calm now  
It's been  
47 days since  
My last  
Sorry  
I'm so lost  
In this maze  
My brain  
Has a mind of it's own  
Crazy  
See things that's not there  
The voices are loud  
Pulling out my hair  
Screaming  
Someway  
Somehow  
Theses walls are bleeding  
Someway  
Somehow  
It's filling up the room  
Someway  
Somehow  
I escape  
And  
My funeral is tomorrow

## Useless

Am I  
Or  
I'm not worth  
To find out  
In the trash  
Straight from the store  
Because  
I was broken  
I was missing some screws  
I wasn't worth the fix  
Some people fuss at my maker  
Send me back  
Hoping  
And  
Praying  
That useless things  
Like me  
Can find a purpose

## **My Love My Love**

My love my love  
I miss you so  
O my love  
Where did you go  
So my love  
Waiting  
Looking out the window  
Every second  
Empty house  
Lonely heart  
Crying  
All day  
My love my love  
What can I do  
To get you to  
Come back home

## These Eyes

Still blurry  
From seeing  
The blood  
The pain  
A crazy mind  
A heart stop beating  
Gun  
Murder  
Death  
Killed  
They are red  
No dilation  
But  
Has seen some elimination  
Closing the lids  
Doesn't help  
Dreams finished  
Them off  
Their grave  
Has been set  
They had seen enough

## Please Don't Enter

My mind  
Is locked up  
With chains and caution tape  
Please don't enter  
You'll get lost  
Some comes out crazy  
Getting haunted by the strom  
Some doesn't come out alive  
Pain is on the walls  
Screaming is in the air  
Each door is a surprise  
Some comes out blind  
Some comes out lost for words  
With dried up tears  
Remind them what they have seen  
I tried to warn you  
Not to enter  
Not to sit down with me  
There are consequences  
It's a lot to write down  
Turning your smile into a frown  
Too deep for church  
Too gone for a hospital  
Too out of control for police  
So stay out  
Please Don't Enter

## So Pathetic

No conversation  
Hiding happiness  
Showing pain  
Body language  
Is understandable  
Sitting with a cup full  
Of 100 proof  
Sipping it like it's wine  
So confusing  
No affection  
Choose your weapon  
Hug  
Kiss  
Knife  
Gun  
Sex  
Drug  
Am I your lover  
Or  
Target practice  
Pull me close  
So you can see the damage

## The Painting Called Mystery

The canvas  
The paint  
Would have you lost for hours  
Several brushes is  
Wet and ready  
Deep motion  
Leaving running  
Lines of pain  
Still looking for happiness  
Over the hill  
Using each color to explain  
Needing the light to be just right  
On the bowl of fruit  
On me  
Can't hide anything  
Even though I can  
Create a shadow  
Clouds full of rain  
Waiting for a rainbow to form  
In your heart  
That's  
Art

## Shoot The Messenger

Delivering classified information

Cut throat

Finding you

Surprising you

Good situation

Goes bad

Bad situation

Made worse

Tears that would have you swimming in the ocean

Shoot The Messenger

Because

That message could kill you

## Words Speaks For Itself

Each line  
You should listen to  
Powerful  
In direction to prove a point  
To make a statement  
Books after books  
Minds after minds  
Full  
Hearts after hearts  
Moved  
Free will  
Don't listen  
Don't show action  
When the words  
Are speaking

## Don't Leave

Even though  
One of us should  
If you're not fighting me  
I'm fighting you  
Lovers  
Became prisoners  
No more  
Happy moments  
Someone is crying  
Someone is screaming  
From being tortured  
Punching bags  
Put into some body bags  
Leaving  
Our  
Creators  
Sad  
Due to our anger

## Her Puppet His Puppet

String's

String's

String's

Poisoning you

Behind the scenes

So under their control

Talking for you

You can never

Move without

Permission

You can never

Move without

Them

Workout

Putting you to sleep with a kiss

Waking up

Still under their control

Piercing your soul

Your mind

Your heart

Is theirs

Behind the scenes

You dream of the day

That you're set free

Nightmares

Because

You end up in a box

## A Dying Need To Die

O let's touch each other

Softly

Deep

Chills running down

But

We're melting away

In this room

In our arms

On a wet surface

Hearts beating fast

Eyes tearing up

Waiting for the

Great Walls

To fall

Floating on the clouds

After

We release

After

We die

Together

## I'm Not Going To Cry About It Sorry I Lied

The train has been derailed  
We have to stay in our own corner  
The love is gone  
This really feels bad  
I have released  
Myself in a bag  
This bed won't set me free  
These feelings haunting my pillow  
Flooding  
Soaked carpet  
Weak floor  
Weak heart  
Body shaking  
My face begs for some tissue  
My mind prays for a break  
Earthquake  
Hitting me hard  
My world was cracked  
Straight down the middle  
The pain is so much to bare  
Wrapped up  
Hiding myself  
This feeling  
These thoughts  
On pills  
On crazy  
Attempting to end it  
Jumping off the rooftop  
Slice slice slice  
Wrist wrist neck  
Shoot shoot stab  
Chest chest back  
Missing a soul

Screws are loose  
Deep hurt  
Leaving me no choice  
But  
To cry

## I Can't Cage You Up With A Title

So fly free  
Walk with your head up  
A poem full of  
Blood  
Sweat  
Tears  
Ignoring  
The passion  
The hugs  
The love  
Shaking up a soda bottle  
And  
The oven is on high  
Tornado warning  
An earthquake is happening right now  
A reporter is lost on what to report  
Holidays  
With  
Ambers alerts on the  
Radio  
TV  
Phone  
Sad sad sad  
I know  
Sorry you missed your flight  
Don't scream  
Don't fight  
Write a letter  
A love one  
Two weeks notice  
Suicide  
Finding ways to say  
Hi

Bye

How you feeling

The truth

No matter how painful it could be

## Happy Go

Smile

O smiles

Ear to ear

Setting my soul on fire

Beautiful

Jump the broom

My heart has been wrapped up

My mind crowded with sunshine

My life

My life

You're my love

You're my everything

Sleigh bells ringing

Over the tree is where

I found you

A star

A gift

From above

## Set Free

Cut throat

Stayed in a place for awhile

???

I believe in a lot

I'm not a bad person

I really appreciate

You letting know I exist somewhere

I lost my best friend

My world crumbling

Why do people try to patch

Me up

Love I had

Love pouring out of my wound

Sorry to say that I have been trying

Everything

I have to die first

Sorry for how

My mind

Works

Hurting me

Hurting you

The only escape plan

## A Dead Rose

Pick another  
I have been step on  
There's no more pedals  
Was beautiful before  
Sorry  
No love  
No life  
Lonely wrapped  
Water  
Food  
Won't help  
Why bother  
Sitting me in a dark room  
It's cold  
I still feel the thorns  
Sorry  
If I pricked you  
Before  
I left

## Bang Bang Boom

Ringing bells

Criminal sent

Message in mind

Kill

Death

Suicide

Click click

Tick tock

Mild concussion

Tree cut

Timber

Fighting with yourself

No soul

In sight

Miles of destruction

Construction under ground

Pain in the soil

Airplane crash

City evacuation

-7 feet

Say goodbye

## Love Love Love

Drop dead  
In happiness  
A crazy dead drop  
Saying it  
Praying for it  
You'll do anything for it  
Skip  
O skip to love  
Holding tight  
Like a pillow  
Hard to find  
A life time  
You'll wait  
Saying times three  
Not good  
Wrong ones knocking on the door  
Start in the mirror  
Your treasure is inside

## Cement Blocks

Four walls  
My heart is trapped  
My mind is wandering  
Around looking for help  
Can't dig  
Up or down  
It's raining  
The floor is flooded  
Love (Hugs and Kisses )  
Hate (Guns and Knives)  
Confused (How thin is the line)  
Escape !!  
Some hard heart beat  
Shaking the world  
My body  
Won't confess  
Taking my heart  
Until death  
Making a mess  
Trying to  
Waiting for  
Someone to lay down  
In a box

## I'm Dead

The feelings

Ran away

No tear

There's no way

To identify my friends

My family

How I died

Laying in a bag

For weeks

No one has written

A speech

Frozen case

Unknown

Just give me the shovel

No one cares

Too much pain in the way

So just put me

Between China and Canada

It's ok

No one is looking

## Lost Without Love

It's so dark  
Someone is always  
Screaming crying  
Robbing killing  
Throwing good things down the drain  
Everyone is howling at the moon  
Pain in the rain  
Heartbreaker on the streets  
Sorrows on the mountain  
Bodies flooding the ocean  
No  
Faith  
No  
Belief  
Just  
Warriors  
And  
Haters  
But why  
Where did the light go

## Door Mat

Welcome  
Throw me on the ground  
Leave me outside  
To step on  
To walk over  
Wipe your feet on  
Now that im dirty  
I don't look appealing  
Fire me please  
And  
Go hire another

## Serial Heart Killer

Hearts are missing  
Taken to be destroyed  
Tossed in a tornado  
Hope to die  
Crossing heart  
Fireplace  
Burning evidence  
Running a cold trail  
Losing connection  
Mind  
Body  
No use  
No witnesses  
No Trace  
No why, when or how  
Just know their out there  
To kill your heart

## Please Make It Stop

At the end of the road  
Running for  
Confused in a cage  
Evil voice's  
Leading me to the top  
I emptied my gun  
I'm done  
Pitchfork  
The ocean is right there  
Birds feeding on my corpse  
People still feeding on my brain  
Straight jacket  
I'm done being used  
I'm useless  
A robot I plugged in a garage  
No prom collage  
I can't donate  
My mind  
My heart  
A soul  
Soulmate  
Late night mate  
Coffin crazy  
Trapped in a maze  
Please  
Their following me  
In the light  
I try to stay in  
So scared in this Cell  
Death row  
These are my last words



## Please Call The Crisis Center

Overwhelmed emotions

Writing a letter

A tub full of blood

Rat poison

Last meal

Mashed potatoes and meatloaf

Anxiety depression

Hangman

Car crashed no seatbelt

Three cups of bleach

No one cares

But

If you do

Please Call The Crisis Center

I am suicidal

## Sleepy Sleep Sleeping

Staying sedated  
Staying in my brain  
Damaged  
Blood flooding my skull  
Reoccurring nightmares  
It's two way mirror  
Burning house  
Holding my cut off hand  
Schizo  
It's so  
Three doses  
Over the hill I go  
My body is on ice  
Finding unexplainable wounds  
Doomed to my soul

## Dead Men Do Talk

To the Coroner

To the Donation Taker

To the Grooming Person

To the Presenter

There is some talking

Highly classified information

Cut open

To tell a story

Filed

In a note

Hidden from the Love One's

Open case

Hard to dismiss

The talking that went on

## Stormy Land

Disappearing like a rain drops  
Hitting like a lighting bolt  
Love is nothing but sinking sand  
Taking far  
Lost shipping  
Closed line  
Keeping yourself together  
Flooding  
Detouring  
Hot  
Head  
Chest  
Cold  
Hands  
Feet  
Umbrella  
Building a strong foundation  
Starts with you

## I'm Fragile

Craft so delicate  
So handle me right  
I'm scared  
Of shaky situation  
Put me in a cage  
Highly recommended  
Break very easily  
Heart and mind destroyed  
Glue won't work  
I'm now trash

## Suicide Meetings

We don't care about life  
We're not scared to die  
If the hose in your tail pipe doesn't work  
Try  
Pills  
A knife  
Or  
My favorite  
A gun  
Straight to the dome  
Loosing the pain fast  
Funeral date coming faster  
The meetings  
Are not here to stop us  
Just giving us better ideas  
Easier ways  
To commit suicide

## Stop Staring Crazy Mind To Get In To

Stay focused

Stay focused

What you may see

What you may hear

Sorry

Will you

Stay focused

Stay focused

Fighting a bullet

Insane

My mind

Control

Going head first

Out the the window

7 floors down

Unbelievable

Sick

Stop

Please stop

Don't try to change

You're doomed

Split in half

Pain that you found

A bubble with me in

Burning ashes in the backyard

Over power you

A drummer in the pocket

Covering like a jacket

Begging me to set you free

But I beg you to stop

I have no control

Living on borrowed time

Pain

No game  
You're trapped  
In here with me  
There's no way  
I can't find a way out  
Walking around with my head down  
No eye contact  
No action  
No feeling  
Trying to protect you  
Deep motion picture  
Find I way to hot tea  
Fire to the house  
Yes I shoud be hospitalized  
Trainwreck  
Car crash  
Trash day  
I lost my mind  
Years ago  
In love  
In friendship  
In family  
But I'll try  
It all  
Again  
Crazy  
Cry  
Fight  
Deep emotions  
A rattlesnake  
A guard dog  
In it's prime  
Please don't stare at me

## Under The Bus

They threw me  
Laid down and  
Paved with asphalt concrete  
O the pain  
Heartbeat's like a speed bump  
Walking regular  
Driving fast  
CPR/AED  
Eyes tearing up with blood  
Heavy bus  
Heavy feet  
Begging to be replaced  
I'm no one's street or sidewalk  
No 911 calls  
No hospital visits  
Under The Bus  
Is where I died

## O Cut Me O Bruise Me

My wounds  
My black eye  
The abuse  
Feels good now  
Demolition with no tools  
No hard hat  
Sorry I fell out the window  
Scarred me up really bad  
Mind the sunglasses  
I've been drinking alot  
Just to survive  
Underground fighting after work  
I win some  
Some I need stitches  
Some I'm in the corner holding my doggy  
Monsters in my closet under my bed  
Listing me as insane  
Self inflicted injuries  
Steel door 3 walls  
Locked in  
I had to hang myself

## Acceptance

Feeling not like

Junk mail

Throw a party

Out of the corner you come

Sedated but still

A surprise

Just a jumper

Charming

Just a fake smile

Carved from ear to ear

Here

On campus

A cold chair

No professor

No students

Was it real

I dreamed for it all

Injuries

Took me out the race

Stars shine's bright at night

Getting grey hair early

No sleep

But

No test

## Read Carefully

Locking myself in a room  
Before you do  
Stab myself in the heart  
Before you do  
Brain damaged  
Before you can damage it  
Insane  
Before you can drive me crazy  
Sorry for my outburst  
The blood on the floor  
Mr. Anthony love  
Dr. Hanible a scared person  
Head banging  
Loud screaming  
Precise markings  
Tattoos  
Deep pain  
Hangman  
Cold and empty shell  
Ashes to ashes  
Dirt to dust

## The Gun Against My Head

Firing off one shot  
Burning hair no scared tears  
In the mirror I stand  
Too free every one  
Kill the evil one  
Hiding where the Sun won't shine  
Protecting others but not himself  
Broken glass  
All over the house  
Chained to a chair  
Case ran cold  
Cop's don't know what to call it  
Bullet not found  
Two holes  
The entrance  
The exit  
Letters I left for the  
Undertaker  
Recyclable content  
Erupted like a volcano  
Stopped taking medicine  
No force entry  
Only my footprints  
Only my fingerprints

## They're Waiting For Me To

Jump

Drown

Take all my pills

Cut my wrist

Pull the trigger

End the threat

Take care of the problem

The doctors

My family

My friends

Left

But

Will come back after it's done

And

The time is today

## I am Cursed

Blood from a living animal  
A cow's foot  
A horse tail  
Water dirt aka mud  
Lighting bolt  
Winds like a tornado  
Fire from a volcano  
Poison from a snake  
Leaving me hopeless  
Covering my head  
Covering my chest  
While they dance  
Around me singing a song  
Hitting me with the tail  
Marking me with foot  
Putting a spell on me  
I'm not crazy  
I can't kill myself  
It's obvious that I tried everything

## Tears Of A Cold Heart

Crying with laughter  
Is an insane  
Way to feel  
Crazy talks  
Bloody footprints  
Deep scratches  
Toss and turn  
Tequila  
Tequila  
No breakfast lunch or dinner  
Hurts  
Waiting for the reaper  
So much pain  
Now I'm immune  
The ice is good for battery life  
Broken but still in one piece  
Watch out for them  
They will recruit you

## Burning In The Wind

Disappearing in the flames  
Invisible by shame  
Sit around the pit  
Sick  
I'll jump in freewill  
Always holding my head down  
Quite night  
Stormy morning  
A long ride to the burial site  
A sinkhole  
Big enough for the world  
Your tears  
Pain and sorrows  
A candle lit

## A Dark Place

Back to screaming in a pillow  
Pounding on my head  
Trying to stop the voices  
John doe  
A duffel bag  
Buried in the basement  
Worried  
Scared  
My heart stop beating  
Years ago  
Sitting close to the TV  
Never found the remote  
Brain dead  
Struck in the same dream  
I mean  
The cycle  
Standing  
Ready to jump  
Pool  
Of  
Sweat  
Blood  
Tears  
Hit by a car  
Call the coroner  
The pitchfork is in me

## Self Beating

For years  
It has been me  
Running through walls  
Jumping out the window  
Breaking mirror with my head  
No emotions  
Just another day  
Pulling my hair out  
Cutting my heart out  
Trapping myself in the bathroom  
Flooding the floor  
Fake friend's  
I have to ignore  
New bruises  
New cuts  
Head to toe  
I'm so hard on myself  
Softly killing  
Self killing  
Self healing  
Self Beating

## FreeFall

I have been falling  
No way to stop  
So dark  
In my mind  
So incomplete  
Feels like I'm asleep  
Walking still  
187  
A nightmare  
A show for you to watch  
A book for you to read  
Zero gravity  
Weightless  
But  
Still alive  
Crazy part  
I feel like  
I don't know  
Trying to find the light ?  
Trying to find the knife ?  
Dark memories  
Cloudy days  
Waiting for you to pull the plug

## Was It Supposed To Hurt

Your words

Your actions

Waiting for tears

Waiting for the suicide letter

Your left

Ok I'm alone

But

No sad songs on the radio

Leaving me weak inside

You don't

I do

It's fine

Run away Groom

Run away Bride

Still making a toast

## Scared To Say

A church man  
In pain  
Crying  
Anger management  
Raised in the front  
Now he sits in the back  
Not married  
Head in a big pot  
So glad to be here  
There  
Somewhere he hides  
Carrying his Bible  
In his bookbag  
Fighting his problem  
With his fist  
Morning  
Noon  
Night  
He still pray  
Frozen heart  
Suicidal thoughts  
Using foul words  
Just from a look  
They put him  
On watch

## Inner Peace

Shaking

Trying to shift your mood

Waiting to smell fear

Laughing at the your fall

So wisdom alone

Gathering up the pieces

You've been stretched enough

Enough of this

Enough of that

You have to go in

In deep

Find the room

Where you can smile

## Ripping Skin Off The Bone

In flames  
Watching me burn down  
No parachute  
Suicide mission  
Laying on the train tracks  
A sinking boat  
Taking a bullet to the brain  
Slow cooking me for years  
Tears turned into anger  
No rice  
No gravy  
Just beef broth  
Each layer  
Puts me on  
72 hour hold  
Cover my wounds with bandages  
Insane on paper  
Mark dead with no date  
Metal plate  
Body showing white meat  
Barricading myself in the room  
Blood seeping under the door  
Each slice  
I ripped off  
I loss a friend  
I lost it all  
Heart is gone  
Brain is damaged  
Please caution  
In flames  
Watch me burn up

## Pain Management

Sorry for the tear up  
My mind  
Keeps my body  
On pills  
Upping the doses myself  
Relief in my dreams  
I have pills for that  
Slippery chance to fall  
Many different ways  
I sit in chairs  
Gone like the wind  
Just a hour or less  
A day  
Tingling  
Hurts  
From the numbness  
Over worked heart  
Overloaded brain  
More hair in hand  
Inside effecting the outside  
Visit  
Poke  
Pry  
Test  
Still no help

## Butterfly Needle

Poking around my veins  
Dehydration  
Passing out  
Doctor ordered  
You're taking all  
Of my blood  
Of me  
Willingly  
Looking for love  
Letting myself go in you  
Numb to the touch  
Draining me  
Giving it all to you  
Until I die

## You Can't Believe

It's a blood trail

Love

The world zoo

Slaves

Until death

It's a crime

Locking anyone up

Both parties

Willingly ready

Heart break

Is a son of a

Pain

You Can't Believe

## Can't Write so sad I am

Brain running

Out of control

On top of the Bridge

In the middle the river

All towers are down

Connection are fading

A car with no engine

A house with no roof

Why

My words not flowing

I'm losing my audience

I stabbed myself in the back

A robe around my neck

I'm bleeding on stage

## Lying About Your Thoughts

Yes I do  
Hiding from the crowd  
A mind  
That nobody can understand  
So I'm scared  
Because  
I have been  
Locked in a room  
With no clothes  
Making my thoughts  
Stronger  
So many pills  
To shut me out  
Still thinking the same way  
When I wake up  
The only way to be free  
The thought of  
Ripping my heart out  
Insane  
I hate the labels  
Stop kicking  
I jumped  
The thought  
The thought  
The thought of  
Me taking my life  
Feels for filling  
But  
I'll never  
Say it out loud

## Platonic

So deep  
Never touching  
But  
The words  
I love you  
Is an under statement  
Telling you that you mean the world  
Plane crashed  
When we're apart  
My heart  
My love  
My friend

## Blood In My Eyes

They heard  
Me screaming  
Running into a wall  
Padded room  
Split wrist  
Trust the process  
Jump out the window  
Or  
Take the pills  
Under their control  
Blow your brain away  
Be the monster  
They say you are  
No one cares now  
They won't care then

## I Take Medicine For That

Night screaming  
Fighting with my eyes closed  
I Take Medicine For That  
The spasms  
Yes the spasms  
Leaving me stuck  
I Take Medicine For That  
The voices  
O the voices  
Have me going crazy  
I have headphones for that  
And  
Yes  
O yes  
I Take Medicine For That

## Earthquake

I broke  
These mirrors  
Glass is everywhere  
Egg shells  
Mission impossible  
Printed labels  
A empty file  
Tub full of blood and tears  
Lost  
Missing  
Running cold  
Pouring out my guts  
No listeners  
Drunk on frowns  
Overdosed on heartbreak  
Earthquake

## **Screaming All Alone**

Bouncing off the wall

Glass breaking

As loud

As rain

Non listeners

Non believers

Fake friends

Everyone is gone

My tears flow

Out of my zone

No control

My feelings are to the roof

No words

I just scream

To feel some release

## Tug Of War

Robe

Tied to each body part

Dangling

Over a ditch

Dismemberment

So

Frankenstein

No heart

No brain

Draw a picture of me

And

Burn it

I'm a nonliving organism

## Just Shoot Me

Hello  
Everyone  
Stay ignoring me  
Screaming until blue in the face  
Chill out  
Get out  
In the walls  
I disappeared  
They look so peaceful  
Strap down  
Forever  
Forgotten  
1st floor  
Room 101  
Or  
The basement  
Somewhere in the back  
I don't know  
Suicidal Thoughts  
Just do it  
This routine  
Is painful  
This cold case  
I'm done  
Burning case  
Thank you

## One Sided

By myself

In everything

The only one

Fighting

Communicating

In love

In this war

Hostage and kidnapper

The question and the answer

Defender and the prosecutor

## The One That Gets On My Nerves

Up and down

You control

The heartbreaker

The lover

O the pain

O the passion

O friend

I laugh

I cry

You're the rain

You're the sunshine

Parts of me wants to leave

Parts of me can't live without

You're my everything

The beautiful

The ugly

## For Love

Just to feel it  
Just for a moment  
Just for some happiness  
Love locked in a cage  
The smiles  
The holding hands  
The skipping down the sidewalk  
You feel  
Feeling like a dream  
Dying  
And  
Gone to heaven  
Tell the fairy tales  
You're under a spell  
Because  
For Love  
You'll kill yourself

## Having An Outbreak

Emergency

There are holes in the wall

Plates

Cups

Broken on the floor

Pulling out some hair

Voices are louder

Controlling my move

Brain storm

Called suicide

No sleep

Deep in a rage

I'm on an eight hour cycle

Missing

Three days

Sitting in the middle of the floor

Banging my head

Pulling out some hair

Too

The rough days

The ignorance of people

I demoed my house

My relationships

My family

My friends

Into hidden space

## The Alphabet

Anthony is the one you seek  
Believe to be  
Crazy and  
Dangerous  
Empty  
For real  
Going through  
Hell  
I know  
Just  
Love and  
Money  
Nobody is secured  
One after one  
People losing their mind  
Queens and Kings  
Refusing to  
Stay  
Terrible dreams  
Umbrellas can't save you from the rain  
Victim or the virus  
Waiting for help  
X-ray your life  
Yarn ball unraveled an animal your are so the  
Zoo is where you'll be caged

## Forcing Myself To Function

After falling off a cliff  
Missing pieces  
Rocking lonely in a chair  
Watching yourself fade  
Untrue  
Faking it every day  
The sun comes up

## The Shadow

No one sees  
No one feels  
No pain  
Hidden in the dark  
No one hears  
No one knows  
That I die years ago  
I been stop talking  
Kicking and screaming  
Buried in the back  
Broken smiles  
Broken home  
Memories burning  
Taking me  
Away with the wind  
A flashlight under the covers  
A rainy cloud over my head  
So in  
The Shadow  
I'll stay

## It's Killing Me

I don't understand  
Why I'm here  
In tears  
Watching TV  
Overdosing  
On pills  
May happen  
Too many I'm taking  
Trying to ignore the voices  
No job  
Broken body  
Broken mind  
Useless  
In the corner  
I sit  
No contact  
The big bad wolf  
I don't know  
Who I'm anymore  
Breaking down  
Every day  
Losing weight because I don't eat  
Losing hair because I'm pulling it out  
I can't fit  
Measure  
My box  
My suit  
My shoe  
Because  
It's Killing Me

## Me And My Pillows

I have to  
Hide my feelings  
Pouring an ocean  
My Pillows  
Stores the memories  
Buying more everyday  
My best friends  
Always ready to listen  
Even if I scream  
Just need a hug  
Squeezing tight  
Although the night  
O .  
My Pillows  
Carrying one  
Everywhere I go  
Deeply emotional  
Love  
Heartbreak  
Rage  
I still hide

## A Damaged Heart Mind Etc

A corner sitter

A bucket full of tears

Labeled wrong in every way

Breaking everything you touch

Off the rail

Suicide mission

Depression cup full

A ticking clock

A screaming heart

A blown away mind

A torn apart etc

Words

Actions

On defense

Hate life

Hate death

Hate being damaged

## Your Love

Back in time I go  
Kill a man  
Yes for show  
Rub down  
Hold down  
All day  
All night  
I'll lie  
I'll steal  
I'll cook  
I'll Kill you  
Then clean the sheets  
So sweet  
With a hint of tears  
No fear  
My pain disappeared  
So weak  
Leaving me speechless  
Your Love  
But  
I gotta have it  
I really need it  
My vows I read  
Your rings I give  
With you  
Until my grave calls

## Maze Runner

Just a test dummy  
For years  
Running into walls  
Looking for the end  
Days I give up  
Days I can smell it  
My victory  
My defeat  
Back in the cage  
Just a prisoner  
Running  
Just for my dinner  
There's no prize  
There's no treat  
There's no happiness  
There's no freedom

## Trapped

Sitting on the couch  
So painful  
To move  
Mind on overload  
Controlled by  
My words  
Don't make sense  
Still alive  
Chained down  
In my brain  
So I think  
Painting pictures  
Though my eyes  
Feeling so real  
The bed  
The ropes  
The dream

## Under Control

Wired up

Someone is pulling the strings

No real friends

No real enemies

High level

Low level

Brain readers

Heart stoppers

Self destruct

Is on the menu

Someone is

Playing you like a fiddle

No life

Just a number

Just death

Pulling the plug

Being set free

## The Positive And Negative The Negative And Positive

They will find each other

One leads to another

Good

Bad

Loves to work together

Making the world go around

The list is written in

Blood

And

Sweat

Everyone is happy

Believe it or not

Opposites attract

## Swimming In Gasoline

Sorry  
Problems  
I can't afford  
A walking  
Talking bomb  
Staying calm  
Is my top  
Probably my only choice  
An Atomic boomerang  
Eye for death  
Details in the paper work  
No ability  
To  
Think  
Feel  
Act  
Clearly  
Watch for egg shells  
Watch the smoke  
One spark  
Is all it takes  
When you're  
Swimming In Gasoline

## The Robbery

A good sunny day  
At gun point  
On my knees  
Smiling but in tears  
Unusual  
Taking  
My heart  
Blowing  
My brain away  
Laying a trap  
Setting  
Me up  
For years  
Screaming in the bedroom  
I dug a grave out back  
Deeply  
Without emotions

## Please Give Me My Meds

Rage  
The cage  
I escaped  
The noise  
Haunts me  
Self destruction  
Scares you  
Crazy things done  
With a crazy song  
Playing  
Dead in your eyes  
I'll look  
No smiles  
No fake  
I pulled the trigger yesterday  
One  
Two  
Three  
Screws  
Missing  
Outside  
I sit on a bench  
Dark sky  
No stars  
I'm lost  
So far from  
Home Depot  
1:14  
In the morning  
72 and counting  
Kicking and screaming

## **Pain Reliever**

Hold me tight

No gaps

Drying up my tears

Looking for you

For years

Lost in the darkness

A cold brick road

Asking the sky for help

Restless night

Crazy side effects

Needing

A daily dose

Beautiful rocks over dirt

Bowing to the true

Pain Reliever

## Negativity Speaking

Love doesn't mean anything

If you're not liked

Front page

On the back

Homicide

Suicide

Words

Swords

Bullet's

Looking for blood

Physically

Mentally

Cracking

The safe

Letting out the anger

## A Scream For Help

Blind  
Because  
They want to be  
Trying to kill  
Yourself  
No one  
Heard the ambulance  
They choose to stay inside  
Closing door  
Released from ER  
Less than a hour  
No one is listening  
Just waiting

## The Dreamers

Night walkers

Sleep talkers

Fighters

Of the nightmares

The story tellers

Deep sleep

One night

After another

Under the pillow

Under the covers

Hiding their face

## The World

An evil

Sanctuary

A soul

Destroyer

A planet

Needed to be erase

There is no conquering

Goodness

Run and hide

Escape to heaven

## Love Me

On my knees  
Trying to pick up  
The pieces  
Broken  
Ticking clock  
Sorry  
I'm a bomb  
But  
I do more than just detonate  
Please  
Don't vacate  
Love Me  
Please

## The Bottom Of A Bottle

Nothing but the end  
You grab another  
And  
Start all over again  
Why beat yourself up  
There's nothing there  
Stop looking  
It's a glare  
White rum  
Something's you do  
Make you look dumb  
Looking for something  
At  
The bottom of a bottle

## In A Box

Trapped for years  
The box was sealed up  
With tears  
Hidden by  
The darkness of my mind  
And  
The coldness of my heart  
Silenced by  
My fears  
Left there to die  
Lost and scared  
In a box  
In a box  
I be  
Is a song I sing  
Wishing someone finds me  
A warm embrace  
Would set me free

## Pretty Please

Hide me from the rain  
Lie to me about pain  
Hand me the bullets  
To the gun  
Because  
I'm going insane  
Please  
O Pretty Please  
Laugh at my tears  
Laugh at my loneliness  
Laugh at me  
Nothing is what they call me  
Pretty Please  
Hurt me like you do  
Leave me out In the cold  
After you stabbed me in the heart  
Taking the air I have left  
Spinning me around  
Until I stop moving

## The Kindness Of Hearts

The miss treated one  
Hiding their pain  
With a band-aid  
The tongue biters  
Screaming into pillows  
Crying yourself an ocean  
Apologies for getting hurt  
Kind enough to stay  
So humble  
Silence is the only sound  
The cheek turner

## Melting

So hot  
You are  
Turning ice into water  
Setting my soul  
On fire  
My body  
Going up in flames  
From your love  
Marry me  
And  
I'll disappear

## Thief

She stolen my heart  
Yes my heart  
She was very smart  
The master mind of traps  
Blowing my brains away  
Things I do  
Without a heart  
Laying me on rose petals  
Under her control  
My body didn't have a chance  
Out of my chest  
She ripped it  
A crime She committed  
Time she has to do

## She's A Killer

A professional

Softly

Slowly

Start by making you weak

Leaving you speechless

Trying to call 911

In the bed you died

A hitman

She doesn't deny

Sweet talker

Smooth walker

Making you blind

Under her control

With a touch

You have been missing for months

Begging for her

To kill you

## A Heart Part 1 The Damaged One

An explosive device  
Placed in a body  
Tick  
Tock  
Running cold  
Deep in the chest  
Red  
Blue  
Black  
And  
White wires  
Emotionally controlled  
Don't cut anything  
Hanging on by a thread  
Step back  
Will  
Self destruct in  
Three  
Two  
One

## A Heart Part 2 The Entanglement

The break up  
Is where the problem starts  
Let go  
Don't make a fist  
Don't take a risk  
Barbed wires  
So don't make it a situation  
A painful situation  
Called  
Love

## From The Heart

Cry  
Real man  
Hand to hand  
Saying your vows  
Pouring  
Beating out of control  
No fake reaction  
Standing in front of everyone  
Wind blowing just right  
Waiting for him to say  
I can kiss you

## Follow The Clock

You're feeling sleepy  
Under my control  
You are  
When I clap my hands  
You'll know  
That you're  
Beautiful  
And  
Loved  
Clap  
Clap

## You're Hurting Me

Your words

Ouch

You cut me

You cut me down

Sad songs on repeat

You're hurting me

Can't you see

In the corner is where I love to be

Because

You have no love for me

I know

Because

You're Hurting Me

## To Die From Your Love

O lay  
Me down  
To the bed  
That's in flames  
O my heart  
Is racing  
In so deep  
I am  
You pull me  
Even closer  
Holding my breath  
This feels like  
The end  
So good it feels  
To Die From Your Love

## Nothing

Nothing

Nothing

Nothing

I feel

I be

I see

No mirrors I around me

Mood changer

Say Nothing

Do Nothing

What is Nothing

Lines with no words

A band with no instruments

Love without people

Nothing

Nothing

Nothing

## Hard To Look At

Mirror mirror  
I threw at the wall  
Mirror mirror  
In so many pieces  
After I scream  
The world is  
Now I feel I'm  
After the world beat me up

## Too You

You broke my heart  
So I write sad poems  
Over and over again  
Trying to doctor up the pain  
You cause  
When you walked out my life  
The tissues dries my tears  
I have been crying every night  
You broke my heart  
Pieces all over the place  
I scream  
I scream  
For help  
I bleed  
I bleed  
Pint after pint  
Until I die  
By a rope

## I Still Love You

There's no changing my mind  
Ok both of my hands are tied  
There will always be a line  
Favorite song on the radio  
Favorite meal being served  
A kiss on the forehead  
Yes I'm missing you  
Call me  
Hold me  
Stop  
Leaving me  
Top of my lungs screaming  
I Still Love You  
Crying a little  
Hoping you hear me  
I'm going insane  
I'm running myself crazy  
I'm lost without you  
Digging 6 feet  
For me  
I'm fading  
Nothing feels the same  
Rain is sunshine  
Sunshine is rain  
This pain is starting to feel normal  
I know  
You may not believe me  
But  
It's true  
I Still Love You

## Yes Depression Is Real

A repeat  
Up  
Down  
Never smiling  
Always wearing a frown  
Feeling like a clown  
Taking some many pills  
So I won't scream  
Even though I may anyway  
On the couch I  
Sit  
Lay  
Sleep  
Sometimes eat  
Hiding in the bathroom  
So I can cry  
Trying to find ways to kill myself  
Because  
I'm ready to die

## Hi Pad Hi Pen

Fishing in my bag  
Troubled mind  
I found my pad  
I found a pen  
Always stuck at the too  
Never knowing how to begin  
Pain in my heart  
Tears in my eyes  
Wet paper every time  
Upsetting  
Sitting still  
Until I put the pad and pen away

## Love And Pain

Laughing

Crying

At the same time

Black eyes

Bleeding kisses

Fake hugs

Punching bag

They give you a ring

So ding ding

How many rounds

Until you leave

## Relationship Problems

White noise

No talking

Just bossing

Just fighting

Leading to separation

Lovers

Enemies

Money money money

Lawyer lawyer judge

The end of the relationship

## O Too The Tears

A steady leak  
Buckets full  
Flooding weather  
Evacuation  
From this body  
Under the clouds  
Pouring out  
Ocean deep  
Drowning from  
Ashes to ashes  
Dust to dust  
Heartbroken

## Let's Pray

Now thy

Lay me down to sleep

I pray the lord my soul to keep

If I die before I wake

I pray the lord my soul to take

God bless the world

## A Glass Body

Look though me  
But  
Handle me with care  
In pieces  
I can become  
Sharp  
Looking for blood  
Glue me up  
On a pedestal  
I should be placed

## Burgundy Red

Off my rocker  
Blood in my eyes  
Pain in my heart  
Knife in my hand  
Wind pipe flooded  
So cut throat  
Off my rock  
A storm in my brain  
Insane  
Aged in a bottle  
Until I pull the trigger  
Filling the glasses  
Off my rocker  
Off with my head  
Leaving  
Burgundy Red  
All over the place

## Green, Yellow And Red

On Green

Highways are backed up

Streets are dangerous

Love can't hurt

Don't be too fast

Stay

On yellow

Or

Red

## Brain Shutdown

I stay on a  
Pill routine  
Keeping me quiet  
Or  
Saying words  
No one understands  
Miss a hour  
I'll be taking jail showers  
Labeled a problem  
Thinking like a bomb  
Waiting to self destruct

## Yourday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Everyday

Is

Yourday

So smile

## Just Shoot Me Bang Bang

I have lost it all

My job

My house

My car

My wife

My kids

So heart broken

So much pain

So

Just Shoot Me Bang Bang

## Take A Moment

To show some appreciation  
Appreciate what God has created  
People  
Animals  
Land  
And  
The sea  
The world  
Don't destroy  
Take A Moment  
To see the pretty of the world

## What You Call That

She took everything

Is this a

Divorce

Robbery

Or

Is it just a

Heartbreak

Alone

And

Homeless

## The Pain

The pain  
Pouring down like  
The rain  
The pain  
Makes you act  
Insane  
The pain  
The pills  
The pills  
Is only for a quiz  
Because  
The pain  
The test is real  
The tears are filling up from  
The pain  
The nightmares  
The screams  
Sorry for  
The craziness  
Because of  
The Pain

## **A Stormy Brain**

A thunderstorm with heavy rain and windy

A tornado

A earthquake

Spinning and shaking

Sorry if I can't think straight

## But I Call it BS

They call it love  
After they slap you in your face  
They call it love  
After they break your heart  
But  
I  
Call  
It  
BS

## Missing

Cloudy brain

Teary eyes

The dreams

I call your name

Alone in the night

No one understands

I'll never be alright

Needing to find you

## O Love

O Love

You're slowly killing me

With every kiss

In your arms

Is where I'll die

O Love

One passionate rose

On the bed you lay

The question is

After I die

From your love

Would you hold me

Until the next day

O Love

## Shower Tears

In here

My comforter zone

I scream it all out

So I can wash them away

Looking to have a good day

## If

If it's not raining  
Don't grab an umbrella  
If it's not nice  
Don't say it

## Life

Riddle me this

Riddle me that

Life

Is

Hard

You have to be able to pull a rabbit out of a hat

Not put a hat on a cat

## The Hunter

Love

Peace

And

Happiness

It's out there

He will find it

## Be Mine

Hey Lover  
My friend  
You have  
My heart  
Skipping beats  
Warm  
Sweet  
Your smile  
Makes me feel complete  
On my knees I fall  
Begging  
Asking  
Will  
You  
Marry  
Me  
The place  
The date  
Set  
Dress  
Tux  
Ready  
The rose petals are on the red carpet  
Please  
Walk to me  
So we can say  
We  
Do  
Until  
The End

## Looking For A True Friend

Just look in the mirror  
That's a person that will  
Never leave  
Knows how you feel  
Listening to  
Your heart  
Your mind  
Loud and clear  
Have no fear  
Your true friend  
Is right there

## Late Night Cries

It hurts

I can't sleep

Running down my face

Soaking my pillow

Heart full

Mind damaged

Empty box of tissues

To be continued

## Sorry To Tell You

I pulled the trigger  
My brain is all over the place  
Here's my last words  
I'm sorry I caused you pain  
Sorry I pissed on you and called it rain  
Black eye  
Busted lip  
Scratched up neck  
Stabbed up back  
So I did you a favor  
You can thank me later

## Jail

It's reality  
When it smacks you in the face  
Taking all your time that you don't have  
Control  
Taking your belongings  
Giving you  
Shirt  
Pants  
Shoes  
Where you go  
What you do  
When to eat  
When to sleep  
A place only for the trouble starters  
A place for the killers  
A place for the stealers  
A place where some get their life together  
A place where some stay forever  
Jail  
Sounds a little bit like  
Hell  
I don't think anyone in their right mind  
Should go

## The Doughnut Donut Shop

Good morning

Good morning

The Doughnut Donut Shop

Is here

Chocolate

Strawberry

Blueberry

Pineapple mango

Lemon

Just some flavors that are

Already

Set

To go

2 dollars

10 dollars

20 dollars packs

Open everyday

Order big

Order small

How

Have no fear

The Doughnut Donut Shop

Will take care of them all

Thank you so much

And

Come again

## Black Man

Run  
And  
Hide  
Still in the dark  
Watch out for the hanging ropes  
Black Man  
They are collecting  
They are killing  
The one number victims  
You're a threat to their world  
Black Man  
Black Men  
Stick together  
Please  
We're losing one after another  
Hiding the real reason  
Black Man  
Black Man  
Run  
And  
Hide

## You Will Be Fired

Banning is the word  
Keep your nose up  
Don't talk about  
Post about  
Do anything about  
Because  
If you do  
You Will Be Fired  
Goodbye  
To All  
I might get fired

## Smile

It maybe hard at times  
Taking all that is in you  
But  
Make your enemies mad  
Happiness will set you free

## Unfortunately

This is a cycle  
You can't change  
Birth  
Growth  
Death  
All things  
Will come to an end  
Eventually

## Bake It

I bake it right

I bake it good

Strawberry

Chocolate

Lemon

Almond

Pineapple Upside

Come down and see

Early morning

Lunchtime

It's time

For me to

Bake It

## With Love

Killing the negative

Taking a deep breath

Cold hands

Warm hearts

Happiness on the brain

Doing things

With Love

Brings smiles to people face

Pass on

Pass on

Love Be with you

## Wounds

I cried

Once

Twice

When I got you

I ran to my mom

I ran to the bar

Looking like I should go to the hospital

But

Thank you

Thank you

Wounds

You made me what I am today

## The Word Of The Day

Honest

The Lying is not the key

The Truth shall set you free

## The Word Of The Day PT.2

Time

Precious

In and out

On and off

Limited

Running fast

Running out

Don't waste

## The Word Of The Day Pt3

Love

Saying it is fine

But

People are waiting to see it

So show it

It's what the world needs

## Wet Paper

Love lost

Bleeding cut

Sad songs

Sad poems

The artist heart beats crazy

Eyes continually tearing up

Screaming words on the lines

Flooding the paper

## My Heart

Hand on my chest  
Am I supposed to feel a pulse  
Am I supposed to feel something  
I'm scared  
I don't think  
My Heart  
Is in there  
I've been robbed  
Deep planned  
Strongly in love I felt  
There was a lot of blood  
There was a lot of tears  
While she ripped  
My Heart  
Out of my chest  
I'm not getting enough oxygen to my brain  
I think I'm going insane  
Writing down words  
Trying to explain the pain  
Without a trace  
She left me right there  
In a puddle  
Mix with tears and blood  
To die  
But  
Why  
No  
The question is what did she need  
My Heart  
For

## Love Me

Do you?

I don't feel it

My heart doesn't melt

What is this

Am I your servant

No disrespect

There's

No holding hands

No hugging

No kissing

Love Me

Do you?

No games

Don't lie

Be real

I really need to know

Because

Love

Is the one thing you don't show

## I Shouldn't Be Crying

It's supposed to be a happy day

But

I don't feel like playing

Pictures on the walls

Love

So many holes in my heart

I hit the ground so hard

Caution

Caution

Caution

Save the chalk

I'm not dead

Just depressed

With no energy

## She Shot Me

I didn't believe her  
Shooting all at the walls  
Shooting all at the floor  
Shooting all at the ceiling  
There's holes all over the place  
But then  
But then  
She pointed the gun at me  
One to the chest  
On the floor I fell  
Blood all over the bedroom  
I passed out  
But then  
O but then  
She woke me up  
To my head  
The gun was pointed  
Whispering in my ear  
I'm going to kill you  
Close your eyes she said  
Then she pulled the trigger

## Being In Love

Missing her so  
Just from walking in the other room  
Her voice warms me up  
Her touch melts my heart  
Whatever she ask I'll do  
Smiling every step of the way

## Tu Me Manques

In tears I'm  
Because  
It's really true baby  
I miss you  
The things you do  
The things you say  
Baby  
O baby  
I miss you  
So much It's killings me  
I don't eat  
I don't sleep  
I work  
And  
Work until I pass out In the streets  
It seems like all my days  
Is a repeat  
Tu Me Manques  
Tu Me Manques  
Tu Me Manques  
Baby you don't understand  
It means  
I miss you  
So please come back to me

## Beauty

I'll never lose sight  
Even if you do  
Melted just from a peak  
Outside and within  
So I still don't understand  
Why o why  
You're depressed  
Why  
You stop giving your best  
Beauty  
You're so beautiful  
And  
I still don't understand  
How you can't see  
How you can't feel  
You don't like your hair  
You don't like your weight  
You don't like you  
So you do nothing  
I still don't understand  
Because  
You're so beautiful

## Because I Love Her

The only reason why I'm still here

Because I Love Her

I'll do

Whatever she wants

I'll get

Whatever she needs

Because I Love Her

I'll kiss her

Hold her

Open doors for her

Cook for her

Clean for her

I'll do

Whatever she wants

I'll get

Whatever she needs

Because I Love Her

## Your Apology

That's all I needed from you  
It's something you just wouldn't do  
Watching me cry  
Asking what did you do  
Like you do no writing  
You still watching me cry  
I'm telling you I feel like I want to die  
On the couch I sleep  
I'm sorry  
Bit  
I know  
You're not

## She Has Me Flustered

Wow  
My mind is going crazy  
Brain malfunction  
Jumping from this place to this place  
Memories of us  
Still  
I  
Have  
Pictures  
Of  
Us  
Hanging around  
Deleting us is hard  
Walking  
Driving  
Pass the house every day  
Trying to muster up the courage to say hi  
After we said  
Goodbye

## I'm So Sorry I Loved Her So

It's a hold  
She's still in my heart  
She has it beating weird  
Friends to Lovers  
Lovers to nothing  
Wow  
So quick  
I'm getting sick  
I don't want to eat  
I barely sleep  
I'm So Sorry  
I'm missing her  
Our handshake  
Our hugs  
Our kisses  
Our movie time  
Damn  
No calls  
No texts  
Wow  
So quick  
I feel like dying  
I steady crying  
I'm So Sorry  
That I ever talked to her  
And  
That I ever got close to her  
Because  
She left me broken

## When I Look At The Sky

I'm lost  
In the blue  
In the clouds  
Blinded by the sun  
The moon keeps me cool  
Light to dark  
Dark to light  
Beautiful from the beginning to the end  
Wishing I could just touch you  
Looking at you  
Sky  
Waiting to fly  
No I guess I'm waiting to die  
Betelgeuse  
Melts my heart  
Shooting stars  
Is something to live for  
Everyday  
I work under  
Every night  
I sleep under  
When I Look At The Sky  
O God  
On my pray  
For a better day

## Sun Going Down

So sad  
Times when you're not around  
Date night  
Cuddle time  
Movie night  
Sun Going Down  
I'm crying now  
It's getting dark  
I'm lost without you  
Sun Going Down  
The sky  
Beautiful always  
I love holding you  
Watching the  
Sun Going Down

## Tug Of War Pt2

Tug of war  
Friend or lover  
Tug of war  
Truth or lie  
Tug of war  
To end or to begin again  
Tug of war  
No tugging if you're alone  
Tug of war  
Trying to take control  
My mind  
My heart  
My soul  
I pull  
She pull  
I push  
She push  
Tug  
After  
Tug  
War  
After  
War  
Tug of war  
Please  
No fighting  
Let's use this rope  
To keep us together  
Tie a good knot  
Come on I know we can

## You Was Trying To Hurt Me With A Goodbye

Look  
Take it all  
Please  
You don't have to make a scene  
No ill feelings  
Please  
No fighting  
Don't slam the door  
Take the pain with you  
Those pictures  
Those memories  
The buckets of tears  
Please  
Say the words  
And  
Set me free

## Hi I'm a rug

No one makes a big deal about it  
If you roll me out  
Lay me down over table  
Lay me down in the living room  
Lay me down at the door outside and inside  
It's fine  
I'm a human rug

## A Lady

O My  
She carry.herself right  
I took her to meet mommy on the first night  
She walks down the aisle  
We walk up the aisle on our second night  
I feel when you see  
A Lady  
It's love at the sight

## It's My Move

So I asked you out  
After seeing you more  
After the last night calls  
After smiling more than I used to  
It's My Move  
So I asked you to marry me  
After introducing you to my family and friends  
After holding hands walking  
After holding each other watching movies  
After you melted my heart  
It's My Move  
So I asked for a divorce  
After the arguing  
After the fighting  
After being separated for years  
I made my moves  
The End

## That Smile

That Smile  
Is so warm  
Melting me away  
That Smile  
Wow  
That Smile  
Makes my heart skip a bit  
Good morning  
Good night  
That Smile  
Makes everything right  
I can't be mad  
When you Smile  
That Smile  
I need  
Please  
O please  
Smile for me

## Alone

Good and bad  
If you're  
Alone  
It's for a reason  
So just relax

## Things That Should Be A Crime

#1

Selling yourself short

You're worth more

And

If you don't believe it

To jail you should go

Crime or not

## Things That Should Be A Crime

#2

If it takes two

And

You have to do it by yourself

Should be

Or

Should not be

A crime

No jail time

Just probation

## Things That Should Be A Crime

#3

Negative energy

It's a disease

A disease that can be transferred

Just by being around

Sorry in the hole

Your should go

Just until you change your attitude

Your time depends on

How bad you are sick

## Insomnia

Days

Weeks

Months

Sorry

I don't know what sleep is

Doctors doesn't understand

Testing me

Trying to find ways

To rest me

On pills I go

But

I still don't know what sleep is

Depressed

I know about every spot on

My ceiling

My walls

My TV

Documents saying that I'm sick

No sleep

Turned me into a bomb

Wired for sound

I scream

I run around

But

I still don't know what sleep is

## **Damn You Title**

I have been looking and waiting

For you

O Title

A tornado in my brain

My heart

Sorry I'm frozen

An empty page

Because of you

Hybrid writing

Writing without you

Sounds confusing

Hard to follow

My words

My feelings

Cat eyes in the dark

A happy baby

Doesn't make sense

Without you

## O Stiff One

Knock me out  
Please  
Rough days  
Needs a strong kick  
To slow up my feelings  
To slow down my moves  
O Stiff One  
Help me to forget  
Just for a moment  
Dizzy  
Pour me another  
Call a cab  
Hang me over  
Sorry I don't remember  
Why I was crying  
O Stiff One  
Two  
Three  
On the floor  
They found me  
Thank you  
O Stiff One

## Look At Me When I Say This

You can do it

Your worth

No human being can afford

You're beautiful

You're handsome

You're strong not weak

So get out of the mirror

And

Get this day started

## Facts

God loves you  
So you should  
Love God

## Facts Pt2

Sorry but lairs

Are not protectors

They are manipulators

They are holding secrets

They told you a lie to protect you I'm sorry but that was a lie

Just

Facts

## The Hiding

Let me be  
Behind closed doors  
I Let it out  
Sorry  
Excuse me  
I go to the bathroom  
Just to cry  
I can't show it  
I'm a strong man  
Only break down  
When everyone leaves  
Because  
Noone would believe  
That  
I have a bucket of tears too

## Human Ghost

Don't become a ghost hunter  
Don't become a ghost whisper  
If they ghost you  
Let them go

## Be Ready

Don't sleep  
Stay in the Word  
Have your soul  
Ready to meet  
It's Maker  
Everyone  
Be Ready  
There's no time to play  
Days are going fast  
The year is about to end

## Too Mister And Miss Downer

You're not invited

Your energy is not welcome here

Please stay home

Please don't reply

Uppers and Downers

Doesn't mix well

Thank you for not coming

Yall stay down

While we stay up

## Scream

Let it out balloon

Don't fly away

Shake the bottle

All the pain

All the heartbreak

All the problem

Shake the bottle

And

Scream

Scream

Scream

Until you feel better

## My Shower

I stand there  
I feel you  
I talk to you  
You wash my tears away  
You warm me up  
On a timer  
Waiting for me  
To wake-up  
To come home from work  
O Shower  
I love you so  
O Shower  
I never want to go  
You take my pain away  
The water falls just right  
Foggy windows  
I'm lost in the steam  
Resting on the wall in  
My Shower

## Facts Pt3

Adoption

Abduction

Human trafficking

Watch yourself

It's a thin line out there

## I Don't Sleep In My Bed

Night by night  
On the couch  
Is where I lay my head  
Night by night  
My side stays empty  
Night by night  
Month by month  
It's about to be a year  
From the last time  
I don't know  
Unfortunately  
Uncomfortable  
My body won't let me lay down for to long  
Unfortunately  
Uncomfortable  
This couch feels  
Unfortunately  
Uncomfortable  
My sleeping situation  
Is killing me  
I wish I could go to sleep in my bed

## Please Don't

I'm down

So down

I'm under the floor

So down

My thoughts are suicidal

Please

Please don't

Kick me

## That One Last Cry

Our song on bust  
32oz cup of alcohol  
Tissues all over the place  
I've been screaming  
Standing in a puddle of tears  
Out of my mind  
I'm throwing you  
Out of my heart  
I'm blocking you  
I need to  
So I'm  
Moving on

## Too The Knife I Pulled Out Of My Back

On the mantelpiece you go  
Remind me  
Watch my surroundings  
There are snakes in the grass  
Coats will turns  
Cold in the summer  
Hot in the winter  
O Knife  
I am so glad that I have you  
Now they can stop smiling all in my face

## I Love You

You?

Yes you

With all my heart

You heard it

I want you to feel it

Because

I mean it

Too every

Human beings

I may not like you

But

I Love You

## It's The Truth

Screaming like a whistle

Crying like the sky

Missing you so much

Wishing to die

I know

My face is on disguise

Lying words

But

You're still running though my brain

Insane

I'm not playing a game

Life without you

Frozen heart

With

Raining days

## Dozen Of Roses

The road was set  
Soft to the touch  
On a special day  
Just because you're special  
In a vase  
In your bath  
On your bed  
Red  
White  
Blue  
Yellow  
Black  
Remember that the color matters

## Where My Heart Refused To Whisper

The night was soft  
A hush laid over everything  
The kind of quiet that waits  
For someone brave enough  
To break it  
I stood in the doorway  
Of a choice I almost made,  
Listening for the small voice  
I thought would guide me.  
But the heart,  
So loud on other days,  
Fell strangely still.  
It refused to rise,  
Refused to whisper,  
Refused to lean toward the warmth  
I thought it wanted.  
And in that silence,  
I learned something  
I had never dared to know:  
Sometimes the heart protects us  
Not with thunder  
But with absence  
A missing beat  
A held breath,  
A quiet no  
That echoes louder  
Than any yes  
So I stepped back  
Left the door untouched  
And walked into a different dawn  
One where the heart  
Finally certain  
Began to speak again

## There's a Bullet in My Brain

There's a bullet in my brain  
But it's not made of metal  
it's a thought lodged too deep to dig out with quiet hands.  
It hums when the world goes silent  
A small, bright shard of yesterday that refuses to dissolve.  
Some nights it pulses like a warning  
Other nights it sleeps like a stone.  
I walk carefully around it  
As if one wrong step might set the whole mind trembling  
Still, I live  
With the echo  
With the weight  
With the strange reminder that even wounds can become architecture.  
There's a bullet in my brain  
But I've learned to build around it  
To let the light in through the cracks  
To let the truth ring louder than the fear of breaking.  
And maybe one day it will loosen its grip  
Fall out like an old belief I no longer need  
But until then  
I breathe  
I rise  
I move carrying the proof that I survived what tried to stay inside me.

## A Funeral For Our Bed

Today we gather  
Solemn and sincere  
To honor a faithful friend  
Who held us through the years.  
Here lies the bed  
Springs weary  
Frame creaking  
Mattress shaped like every dream we ever fell asleep chasing.  
It carried our laughter  
Our midnight thoughts  
Our scrolling at 2 a.m  
Our crumbs from snacks we swore we'd never eat in you  
It bore the weight of heartbreaks  
Headaches  
Of lazy Sunday and mornings we refused to face.  
Though its pillows flattened  
Its blankets frayed  
It never once complained about the life it supported.  
So rest now, dear bed  
Retired from your noble post  
May you find peace in the great beyond  
That mysterious realm of curbside pickup and bulk trash day.  
We thank you for every soft landing  
Every warm night  
Every dream you cradled.  
Goodnight, old friend  
You've earned your final sleep

## Walls Around My Heart

Before you  
Love was something distant  
A language I could hear  
But never speak  
I learned to live behind my silence  
To guard the tender parts of me  
That bruised too easily  
That hoped too fiercely  
So I built walls  
Not out of anger  
But out of survival  
Stone shaped from old heartbreak  
Mortar mixed with every moment  
I felt too much and said too little  
Then you arrived  
Not with force  
But with a presence that felt like truth  
You didn't ask for entry  
You simply stayed close enough  
For me to feel  
The warmth of your patience  
Seeping through the cracks  
You touched the places I hid  
Not to expose them  
But to understand them.  
You held my fears as gently  
As you held my hands  
As if both were equally deserving of tenderness  
And slowly  
Almost imperceptibly  
The walls began to shift  
Not because you demanded it  
But because your love made it safe

To imagine a world without them  
Now I stand here  
Still learning  
Still trembling  
But willing  
Willing to let you see the softest parts of me  
Willing to believe that love  
Doesn't always leave  
If you stay  
I won't ask you to break the walls down.  
Just walk with me  
As I open them  
Brick by fragile brick  
Until the space between us  
Is no longer guarded  
But shared

## Leave It In 2025

Let the weight you carried loosen its grip  
Slipping quietly into the shadows of the year  
Not every memory deserves a suitcase  
Not every lesson needs to follow you home  
Some storms were only meant to pass through  
Clearing space for gentler skies  
Some names  
Some fears  
Some unfinished stories  
They can stay where they lived  
In the rooms you've already walked through  
Step into tomorrow with lighter hands  
With pockets open for better things  
Leave it in 2025  
And let the door close softly behind you  
Happy New Year

## Depressing Screaming

Some days I wake up already tired  
Like my mind ran a Marathon  
While my body just lay there  
Pretending to rest  
There's no dramatic breakdown  
No cinematic collapse  
Just this constant pressure  
Sitting behind my thoughts  
Pushing  
Pushing  
Never enough to explode  
Always enough to hurt  
The scream isn't loud  
It's not even a scream  
It's more like a steady hum  
Of something's wrong  
That I can't name  
I can't fix  
I can't outrun  
I go through the motions  
Work  
Talk  
Smile  
Nod  
Everyone thinks I'm fine  
I've learned how to look fine  
Inside  
It's like a room  
With no air circulation  
Every day the oxygen drops  
Just a little more  
I tell myself it'll pass  
I tell myself I'm strong

I tell myself a lot of things  
Because silence is worse  
But the truth is simple  
I'm tired in a way sleep can't touch  
There's a noise inside me  
I don't know how to quiet

## A Cry

A cry doesn't begin in the throat  
It begins in the glitch.  
That tiny hairline shiver  
In the mind's machinery where something  
Slips  
Catches  
Repeats  
You feel it first as static A faint buzzing behind the eyes  
Like a memory trying to reboot  
But loading out of order  
Faces without names  
Rooms without doors  
Your own voice  
Speaking from the wrong distance  
Then the fracture widens  
Thoughts misfile themselves  
Time folds in the middle  
You watch yourself  
Watching yourself  
Not holding it together.  
A cry leaks through the cracks  
Not a sound  
But a distortion.  
A warped frequency that bends the air around you  
Makes the walls breathe  
Makes the floor tilt  
As if the world is reconsidering  
It's agreement to stay solid  
It drags old fears  
Out of their locked drawers  
But they come out wrong  
Blurred at the edges  
Stitched together

From pieces that never belonged  
To the same night.  
And when the cry finally breaks  
Shuddering  
Involuntary  
A collapse of all the versions of you  
That couldn't hold the line  
It doesn't echo  
It multiplies.  
It ricochets inside you  
Like a thought you can't unthink  
A truth you can't unhear  
A fracture that keeps remembering  
How to split

## Living In A Coffin

I've been living in a coffin  
So long the dark has started  
Answering me back  
At first it was only echoes  
My breath ricocheting off the walls  
My heartbeat pacing like an animal  
That knows it won't be let out  
But then the wood began to whisper  
Grain shifting like teeth  
Telling me things I don't remember  
But somehow feel guilty for  
Time doesn't move here  
It circles  
It Loops  
It gnaws  
Every thought returns wearing a new mask  
Asking the same question  
With a sharper edge  
Some nights I swear the coffin shrinks  
Tightening around my ribs  
As if it's trying to learn my shape  
From the inside  
Other nights  
It expands  
A cathedral of darkness  
I wander through it barefoot  
Tripping over memories  
I thought I buried on purpose  
The worst part isn't the silence  
It's the way the silence watches me  
Waiting for me to crack first  
Maybe I already have  
Maybe the lid was never nailed shut

Maybe I'm the one holding it closed  
Terrified of what light might reveal  
About the person who chose  
To live here

## Today I Walk Into The Fire Of Myself

Today doesn't arrive gently  
It crashes into me Like a truth I've been avoiding  
Sharp  
Bright  
Impossible to swallow  
The air tastes electric  
As if the world is holding its breath  
Waiting to see  
Whether I'll rise  
Or break  
I feel everything at once  
The old ache behind my ribs  
The quiet hope I pretend not to want  
The grief that keeps rewriting its name  
On the inside of my chest  
I tell myself  
Stand still  
Don't run  
Let the feeling burn through you  
Instead of around you  
So I open the door to the morning  
With trembling hands  
Letting the light hit the parts of me  
I've kept in the dark too long  
It hurts  
God it hurts  
But there's something holy  
In the way pain makes room  
For whatever comes next  
If hope returns  
It won't be soft  
It will be fierce  
Like a heartbeat refusing to quit

Like a promise I thought I'd lost  
Finding its way back to me  
And if it doesn't I'll still be here  
Standing in the raw brightness of today  
Unarmored  
Unhidden  
Alive enough to feel  
Every last spark

## Love Helps

Love helps

In the quiet ways first

The ways you barely notice

Until one day you realize

Your shoulders aren't clenched anymore

Your breath isn't hiding in your chest

Your heart isn't flinching

At every small sound

Love helps

Like warm light slipping under a closed door

Soft but insistent

Reminding you that even the darkest rooms

Has a way out

If someone stands on the other side

And whispers your name

With patience instead of urgency

Love helps

When the night stretches too long

And your thoughts turn into storms

It sits with you in the thunder

Holds your shaking hands

And doesn't ask you to be brave

Only to stay

Only to breathe

Only to let the world soften

For a moment

Love helps

Not by erasing the past

Or stitching every wound closed

But by offering a place to rest

While you learn to heal

In your own time

It waits without tapping its foot

Without asking when you'll be better  
Without measuring your progress  
Against anyone else's  
Love helps  
Because it sees you  
The real you  
The one beneath  
The practiced smile  
Beneath the armor you built  
From old disappointments  
Beneath the stories you tell yourself  
About being too much  
Or not enough  
Love helps  
By remembering the parts of you  
You've forgotten  
The softness  
The courage  
The strange beautiful hope  
That refuses to die  
Even when you swear  
You're done trying  
Love helps  
In the loud ways too  
The laughter that breaks open a heavy day  
The arms that pull you close  
When you didn't know you needed holding  
The voice that says  
I'm here  
And means it  
With a steadiness that feels like home  
Love helps  
When everything else has walked away  
When the world feels like a locked door  
And you're standing outside in the cold  
It opens a window

Lights a candle  
Leaves a trail of warmth  
For you to follow back to yourself  
Love helps  
Because love stays  
Not perfectly  
Not without fear  
But with a kind of stubborn tenderness  
That refuses to let you disappear  
Into your own shadows  
And sometimes  
Love helps simply by existing  
A reminder that even in the hardest seasons  
You are not alone  
You are not forgotten  
You are not beyond the reach  
Of gentle things

## Mommy Mommy Mommy

Mommy Mommy Mommy  
Your name is a soft echo  
That still knows the way home  
I call it into empty rooms  
Into the quiet corners of myself  
Into the places where light  
Hesitates to go  
Mommy Mommy Mommy  
Some days I feel small again  
Like the world is too tall  
And my hands are too tired  
To lift anything but memories  
I remember your voice  
Like a warm hand on my shoulder  
Steadying me  
Before I even knew I was falling  
Mommy Mommy Mommy  
I'm older now  
But the child in me  
Still reaches for you  
In the dark  
Hoping the night will answer  
With your footsteps  
If love had a sound  
It would be your name  
Repeated three times  
A spell  
A prayer  
A promise  
That I'm not alone  
I Love You So Much Mommy

## The Psych Ward

They say this place is a building  
But I know better  
It's a cathedral of unspoken things  
A sanctuary built from the bones of yesterday's thought  
The halls are rivers  
Slow  
Silver currents  
Carrying the names I've forgotten  
And the ones I'm still afraid to say  
Keys jingle like wind chimes  
Hung at the edge of a dream  
Reminding me that every door  
Is both a lock and a prayer  
The chairs are altars  
The windows are mirrors  
The mirrors are questions  
That refuse to answer themselves  
Time here is a lantern  
Swinging from an unseen hand  
Casting shadows shaped like versions of me  
I haven't met yet  
And in the center of it all  
A quiet room  
White as a blank page  
Where the walls lean in  
As if listening for a confession  
I don't know how to give  
I sit there  
Hands folded like unopened letters  
And feel the air shift  
Soft  
Deliberate  
As though the ward itself

Is exhaling  
Only then do I understand  
This place isn't meant to hold me  
It's meant to show me  
The architecture of my own mind  
The locked doors  
The hidden corridors  
The small  
Stubborn light  
That refuses to go out

## Death Cake

I baked a cake  
Though I don't remember deciding to  
Maybe I did  
Maybe the idea decided me  
The flour wouldn't stay still  
It kept rising in little ghosts  
Reminding me of something I forgot  
Or pretended to forget  
Or convinced myself I'd already remembered  
I stirred anyway  
The spoon felt heavier each time  
As if the batter was learning me  
Pulling pieces of thought  
Into its thick  
Slow orbit  
I told myself it was fine  
I tell myself that often  
The batter didn't believe me  
The oven door reflected my face  
But not the one I wear  
The other one  
The one that watches from behind my eyes  
When I'm trying too hard to seem whole  
The cake rose unevenly  
Like a thought I couldn't finish  
Because another thought interrupted  
And then another  
And then the first one came back  
But slightly wrong  
Tilted  
As if it had been rewritten  
By someone who only half understood me  
When I cut into it

The center collapsed  
A soft implosion  
Like a memory folding in on itself  
To hide something sharp  
I tasted it  
It tasted like a question  
I've been circling for years  
The kind that grows teeth  
The longer you avoid answering it  
By the third bite  
I wasn't sure if I was eating the cake  
Or if the cake was eating the parts of me  
That still believed in straight lines  
Clear thoughts  
Stable ground  
By the last bite  
I understood nothing  
And somehow that felt  
Like the closest I'd ever come  
To understanding anything at all

## I?m Trying My Best

Some days  
I wake up already exhausted  
Like I spent the whole night  
Fighting battles  
I don't remember choosing  
My chest feels tight  
Before I even breathe  
I stare at the ceiling and wonder  
How many more mornings  
I can drag myself through  
I keep moving anyway  
Not because I'm brave  
Because stopping scares me more  
Because if I sit still too long  
The thoughts get loud  
And start chewing on the soft parts of me  
People say you're doing great  
And I nod like I believe them  
But inside I'm holding everything together  
With shaking hands and stubbornness  
I'm tired of pretending I'm fine  
I'm tired of pretending  
But pretending works  
I'm trying my best  
Even when my best looks like  
Getting out of bed at noon  
Or answering one message  
Or not crying in public  
Even when my best is just  
Not giving up today  
I don't need applause  
I don't need advice  
I just need a moment

Where the world stops demanding  
More than I have  
Until then  
I'll keep going  
Messy  
Uneven  
Honest  
Because even on the days  
I feel like I'm falling apart  
I'm still here  
And that has to count for something

## Mic Check One Two

Mic check one two  
The words fall out of me  
Like teeth loosened in a dream  
Soft  
Clattering  
Too quiet to be heard  
Yet too heavy to ignore  
The room doesn't answer  
It just waits  
Breathing in that slow, patient way  
That makes you wonder  
If the dark has lungs  
The mic hangs there  
Thin as a threat  
Black cord trailing down  
Like something that crawled  
Out of the floorboards  
And never learned how to leave  
One two  
The static rises  
A low animal growl  
Caught behind the mesh  
It vibrates against my fingers  
Hungry  
Like it recognizes the shape  
Of my fear  
Mic check  
My voice fractures  
Splitting into pieces  
I don't remember losing  
Each syllable drags a shadow behind it  
Longer than it should be  
Longer than the laws of light allow

One two  
The echo returns  
But it's not an echo anymore  
It's slower  
Heavier  
Like it's dragging its own body  
Through the dark  
To reach me  
Mic check  
I step closer  
And the air tightens  
Thick as old velvet  
Thick as breath held too long  
Something in the silence shifts  
A soft scrape  
Like a chair moving  
In a room I can't see  
One two  
My voice goes out  
But it doesn't come back  
It just disappears  
Swallowed whole  
Like the dark has decided  
It's tired of listening  
And wants to keep a piece of me  
For itself  
Mic check  
The lights flicker  
Not in warning  
But in recognition  
As if they've seen this before  
As if they know  
What steps out of a voice  
When it's been stretched too thin  
One two  
The sound that rises now

Isn't mine  
It's deeper  
Colder  
A slow exhale  
From somewhere behind the mic  
From somewhere I can't reach  
Without losing the rest of myself  
Mic check  
The shadow steps forward  
Peeling itself from the wall  
Like it's been waiting  
For the right frequency  
To wake up  
One two  
It speaks my name  
In a voice that fits me  
Better than my own  
A voice that sounds  
Like everything I buried  
Finally learning how to breathe  
And the mic  
Still hanging  
Still humming  
Leans toward it  
Not me  
As if it always knew  
Which one of us  
Was meant to take the stage

## The Battle Is Already Won

I didn't know healing could feel  
Like your own hands  
Finally learning how to touch you gently  
For so long  
I braced for impact  
Even in empty rooms  
But tonight  
I sit with myself  
The way you sit with someone you love  
Slowly  
Without rushing their breath  
Letting the silence soften  
Instead of sharpen  
I trace the places that once hurt  
They don't flinch anymore  
They lean in  
They trust me  
That feels like victory  
There were nights I folded into myself  
Like a letter no one would read  
I'm opening now  
Crease by crease  
The words are still tender  
Still mine  
I don't need applause for this  
Just the quiet truth  
That I stayed  
Even when leaving myself  
Would've been easier  
And in that staying  
In that small  
Trembling loyalty  
I realize something simple

Something soft as a hand on my back  
The battle is already won  
Because I'm finally on my own side.

## The Moving Truck And The Movers

The truck rumbled  
Ready  
Big?bellied  
And steady  
Waiting at the curb like a drumbeat's first thrum  
The movers came marching  
Their footsteps arching  
In a rhythm that said  
Here we go  
Here we come  
Lift it up  
Slide it in  
Box by box  
Spin by spin  
Their hands knew the dance of the day  
Thump of a dresser  
Grunt of a guesser  
Figuring out how the sofa should sway  
Wrap it tight  
Tape it twice  
Make the fragile things feel nice  
Hum a tune that keeps the tempo true  
Up the ramp  
Down the hall  
Catch a wobble  
Save a fall  
Every motion had a beat they knew  
And when the last box landed  
The truck door expanded  
Into a rolling metallic shhh?clack of goodbye  
The movers nodded once  
Like seasoned rhythm monks  
The truck pulled off with a low

Long sigh

A life on wheels

A road ahead

A beat that keeps on being led

Every ending has a rhythm

That carries what we're moving toward next

## Schizophrenia In The Static Between Thoughts

There is a quiet place  
Between one heartbeat and the next  
Where the air flickers  
Not loud  
Not violent  
Just a soft  
Electric trembling  
Like a radio tuned almost right  
In that thin  
Humming space  
Voices don't shout  
They drift  
They curl like smoke around the edges  
Of a half formed idea  
Whispering possibilities  
That never quite settle into truth  
Some days the static feels gentle  
A snowfall of sound  
Each flake a thought that could be mine  
Or could be borrowed  
From some unseen corner of the mind  
Other days it crackles  
Sharp  
Bright  
Insistent  
Splitting the world  
Into overlapping versions of itself  
Each one tugging at the sleeve  
Of my attention  
But even in the noise  
There is a strange kind of beauty  
A constellation of fractured stars  
A map drawn in trembling lines

A reminder that the mind  
Is not a single room  
But a whole house of shifting light  
And somewhere in that house  
In the static between thoughts  
I stand quietly  
Listening  
Breathing  
Trying to gather the scattered sparks  
Into something like a self  
That can hold its shape  
Long enough  
To feel real

## Raging At The Moon

I hurl my voice at the sky  
Because there's nowhere else left  
To put the fire in my chest  
It claws its way out of me  
A sound too sharp to be a cry  
Too human to be a howl  
Too full of everything  
I never said  
When I should have  
The moon hangs above me  
Bright  
Merciless  
A witness I never asked for  
It glows like it knows every secret  
I tried to swallow whole  
Every night I pretended I wasn't breaking  
Every time I smiled with teeth  
That tasted like blood  
I rage at it because it doesn't move  
Because it doesn't shake  
Because it doesn't collapse  
Under the weight of its own light  
Because it shines  
While I'm burning  
I spit out the truth  
The betrayals I forgave too quickly  
The love that left bruises on my hope  
The dreams I held so tightly  
They suffocated in my hands  
I tear open the quiet  
Just to hear something answer back  
But the moon stays still  
Silver

Unyielding  
As if daring me to keep going  
As if it knows I'm not done  
So I scream again  
Louder  
Rawer  
Until my voice fractures  
And my knees threaten to give  
Until the night itself feels like it's listening  
Until the rage burns clean  
And leaves only the ache beneath it  
When the silence finally returns  
It's thick and trembling  
Like the air after lightning  
I'm shaking  
Emptied  
Undone  
But somehow steadier  
Than when I began  
The moon never speaks  
Never softens  
Never dims  
Yet in its cold  
Relentless glow  
I feel something shift  
Not forgiveness  
Not peace  
But the first fragile moment  
Where I can breathe again

## Make It Right Life Is Too Short

Make it right  
Before the night  
Folds up its wings  
And  
Leaves your sight  
Life is quick  
A burning wick  
A drum that flips from soft to slick  
One moment calm  
The next a storm  
A pulse that shifts from cold to warm  
Make it right  
Don't wait  
Don't stall  
Don't build a mountain out of small  
Life is short  
A fast report  
A spark that snaps  
And  
Cuts its cord  
You think you've got  
Forever stored  
But time keeps moving  
Never bored  
Say the words  
You meant to say  
Before the chance just walks away  
Hold what's true  
Release the fight  
Don't let your shadows dim your light.  
Let go of pride,  
Step to the side  
Make room for love to be your guide

Make it right  
Today  
Tonight  
Before the moment leaves your sight  
Life is short  
Too short to hide  
Too short to keep your heart inside  
Too short to wait  
For perfect days  
Too short to stay stuck in old ways  
So breathe in deep  
Reset your stance  
Give every heartbeat one more chance  
Fix what you can  
Forgive a lot  
Don't let regret become your plot  
Reach out first  
Be brave  
Be kind  
Don't let old wounds control your mind  
Make it right  
Before the dawn  
Reminds you that the night is gone  
Life is short  
But hearts are wide  
They stretch and mend and open wide  
And every sunrise  
Writes a door  
A chance to try a little more  
Make it right  
Not someday soon  
Not when the stars align with the moon  
Make it now  
While breath is warm  
While love can still outrun the storm  
Life is short

But you are strong,  
And  
You can rewrite what went wrong  
Make it right  
Your one escort  
Is love  
And  
Life is just too short

## You Are My Why

You are the reason my heart leans forward  
The quiet pull that turns ordinary moments  
Into something warm enough to live in  
When I look at you, the world softens  
Edges blur  
Shadows lift  
And suddenly everything feels possible again  
You are the tenderness I never knew  
I was allowed to feel  
The kind of love that doesn't rush  
But settles into me slowly  
Like sunrise spilling across a quiet room  
You are the way my breath changes  
When your name crosses my mind  
The way my pulse remembers  
What it means to hope  
Every thought of you is a small spark  
A gentle fire that keeps me reaching  
For something brighter than I've ever known  
You are the warmth in my hands  
When I hold your memory  
The softness in my voice  
When I speak your truth  
You are the reason my dreams  
Have begun to bloom again  
The reason my fears feel smaller  
When you're near  
You are the promise I whisper  
Into the dark when I need courage  
The steady presence that reminds me  
Love can be both fierce and tender  
Both wild and safe  
You are the one I choose

In every quiet moment  
In every loud one too  
The one my heart returns to  
Without hesitation  
Without question  
Without end  
You are my reason to rise  
My reason to believe  
My reason to love with both hands open  
You are my why

## Rainy Sunday

Rain arrives before the clouds do  
Soft footsteps on the roof  
From someone you almost remember  
The sky folds itself like a bedsheet  
Tucks a corner into the horizon  
And suddenly the morning feels  
Like a room you've walked into twice  
Puddles bloom in the hallway  
Reflecting furniture that isn't there  
A chair made of yesterday's thoughts  
A lamp that glows with someone else's Memory  
Your coffee spirals upward in a thin Ribbon  
Curling around your wrist  
As if it's trying to tell you  
The ending of a story you haven't begun  
Outside  
The trees sway in unison  
Not with the wind  
But with the rhythm of a dream  
You forgot to finish last night  
A raindrop taps the window  
Splits into a tiny doorway  
And for a moment you see yourself  
Standing on the other side  
Wondering which version of you  
Woke up first  
On this rainy Sunday  
Time moves like a sleepwalker  
Slow  
Gentle  
Slightly misplaced  
And the world feels stitched together  
With threads of water

Threads of dream

Threads of something you can't name

But somehow understand

## When The Ark Came Home

The road was dust and drumbats  
A trembling earth beneath our feet  
As the Ark of the Holy One  
Returned like sunrise after exile  
David danced  
Not as a king  
But as a child  
Who remembered  
The first time God ever called his name  
The cymbals crashed like open skies  
The lyres shimmered like morning light  
And every heartbeat in the crowd  
Kept time with heaven's footsteps  
But holiness is never tame  
Uzzah reached  
And the world held its breath  
A single touch  
A single moment  
And the fear of God  
Fell heavy as thunder  
Still the procession moved  
Slow now  
Like a people learning again  
How close glory can come  
Without consuming them.  
And when the  
Ark entered the city  
David spun again  
Unashamed  
Unarmored  
Undone  
Because joy is its own kind of offering  
Michal watched from the window

Her heart a closed door  
Unable to understand  
A love that leaps  
Where dignity refuses to go.  
But the king kept dancing,  
Because  
The presence of God  
Is a song too wild  
To stand still for.

## So Cold

Wind slices clean through the street  
A straight razor dragged across the night  
No warmth  
No mercy  
Just that thin  
Vicious whistle  
That knows exactly where to cut  
My boots hit the pavement in a hard rhythm  
Step  
Strike  
Echo  
Repeat  
A beat carved out of grit and stubbornness  
Even the air feels weaponized  
Each breath a shard I swallow  
Because stopping would hurt worse  
Your silence hangs in the dark  
Like a trap I keep walking into  
No sound  
No tremor  
Just that cold  
Surgical absence  
That knows how to find the softest part of me  
And press down until something cracks  
I used to carry heat like armor  
Laughing fire  
Reckless fire  
The kind that made winter blink first  
Now it's a rumor in my chest  
A ghost pacing behind rib  
That don't open for anyone anymore  
The world around me stiffens  
Hardens

Sharpens  
Streetlights like needles  
Shadows like blades  
The whole night a toolbox  
Full of things designed to break me down  
But I keep moving  
Not out of hope  
That's long gone  
Frozen solid  
But out of spite  
Out of rhythm  
Out of the simple refusal  
To let the cold decide my shape  
Every step is a strike  
Every breath is a dare  
Every heartbeat is a hammer  
Pounding against the ice  
Trying to claim me  
And still  
The night presses in  
Tight  
Relentless  
A frostbit fist around everything I am  
Everything feels  
So cold

## When God Calls Me Out Of The Dark

God gathers me from the edges  
Where my spirit frays  
His voice a low thunder  
Calling me back into myself  
He lays calm across my chest  
Like cool water over embers  
And the wildness inside me  
Finally exhales  
Through valleys where shadows  
Learn my name  
God walks as a burning hush  
A presence that turns fear  
Into smoke  
His goodness trails me  
Like a soft footed guardian  
His mercy folds itself  
Into every step I take  
And I move forward  
Heart steady  
Toward the house of God  
Where my soul  
Is never a stranger

## Hydroxyzine

Hydroxyzine

The quiet negotiator between my thoughts  
Slipping into the conference room of my mind  
Where every fear sits with its arms crossed  
It doesn't silence them  
it dims the overhead lights  
Asks the loudest ones to speak slower  
As if clarity were a form of mercy  
I feel it rearranging the furniture  
In the back of my skull  
Moving the panic chair two inches left  
Tilting the mirror so I stop catching  
My own reflection at the wrong angle  
There's a moment  
Right after it dissolves  
When my mind becomes a hallway  
Lined with doors I've locked for years  
And each one rattles softly  
Not to escape  
But to remind me they're still there

Hydroxyzine

You don't cure the storm  
You just convince the thunder  
To talk about its childhood  
You slow the spinning gears  
Let me watch the machinery  
Without getting caught in it  
Let me name the shadows  
Without becoming one  
And in that strange  
Suspended quiet  
I realize the truth I keep forgetting  
My mind is not my enemy

Just a frightened animal  
That finally stops pacing  
When the world grows gentle

## Where Every Breath Belongs

Whether I rise like a storm  
Or  
Collapse beneath the weight of my own bones  
I am the Lord's.  
Whether my voice thunders with faith  
Or  
Cracks under the pressure of doubt  
I am the Lord's.  
He owns the breath in my lungs  
The pulse in my wrist  
The trembling in my chest  
When the night tries to swallow me whole  
If I live  
Let my living roar His name  
Through every wound I've carried  
And  
Every victory I've clawed my way toward  
If I die  
Let my dying fall like a final offering  
A surrender into the hands  
That have held me  
When nothing else could  
Every heartbeat  
The fierce ones  
The fractured ones  
The ones that feel like war drums  
And the ones that barely whisper  
All of them belong to Him  
I am the Lord's.  
In life  
In death  
In every breath in between

## Don't Wait Till I'm Gone To Show Your Support

Don't wait till I'm gone to show your support  
Don't wait for the quiet to write your report  
Don't save your love for a speech at my grave  
Give me your presence now  
While I'm trying to stay brave  
Don't wait for the moment when I can't respond  
When my voice is a memory and my body is gone  
Don't wait for the guilt to come knocking at night  
Wishing you'd stood with me when I needed your light  
I'm here in the struggle  
I'm here in the storm  
I'm here trying daily just to feel warm  
I'm here in the questions  
The doubt  
And the fear  
Don't wait for the loss to finally draw near  
Don't wait till the tears fall to honor my name  
Don't wait till regret starts burning with blame  
Don't wait for the funeral to say I was strong  
Tell me today  
While I'm still holding on  
Give me your courage  
Your voice  
Your embrace  
Give me your truth  
While I'm still in this place  
Give me your laughter  
Your time  
Your belief  
Support in the living is what brings me relief  
Don't wait till I'm ashes to say I meant something  
Don't wait till the silence to start your becoming  
If you love me

Then show it  
While I'm still alive  
Help me feel seen  
Help my spirit survive  
Don't wait for the world to say  
Now it's too late  
Don't wait for the moment when sorrow dictates  
Stand with me loudly  
Stand with me now  
Support is a verb  
Not a vow  
So speak while I'm breathing  
Reach out while I'm here  
Let your kindness be present  
Not saved for a year  
Let your love be a practice  
Not a final resort  
Don't wait till I'm gone to show your support  
I need it now

## Let Me Encourage You

Let me encourage you  
The way the moon encourages the tide  
Without shouting  
Simply by being present  
Pulling gently on what's already within you  
Let me encourage you  
Like a lantern buried in fog  
Its glow small but stubborn  
Teaching the mist  
That it cannot swallow every light  
Let me encourage you  
The way seeds encourage the earth  
By breaking open first  
By trusting the dark  
To become a birthplace instead of a grave  
Let me encourage you  
Like a bridge made of quiet faith  
Holding your weight  
Even when you doubt  
Your own footsteps  
Let me encourage you  
The way dawn encourages shadows  
Not by fighting them  
But by offering a horizon  
Wide enough to hold both light and ache  
Let me encourage you  
As the river encourages a stone  
Shaping it slowly  
Softening its edges  
Without ever demanding it change all at once  
Let me encourage you  
Because even the sky  
Vast as it is

Still needs the sun  
To remind it how to shine  
I hope you are listening  
And  
Not just staring at me in the mirror

## Blue Rose

A blue rose blooms where the heart trembles  
A soft defiance against the ache of being unseen  
It carries the weight of every almost  
Every whispered hope that never found a home  
Its petals hold the warmth of hands that never touched  
The echo of names we never learned to say aloud  
Its color is the quiet grief of wanting more  
And the courage of loving anyway  
To look at it is to feel the truth  
That even the rarest ache can flower  
That even the loneliest soul can glow  
And that beauty sometimes grows  
From the very places we thought were broken

## Home O Home

Home O home  
A whisper in my chest  
A warm returning  
I never outgrow  
Your light leans toward me  
A hush of gold unfolding  
Soft as a vow unspoken  
Home O home  
You rise like a quiet psalm  
Gathering my wandering breath  
Back into its first music  
And in the dream blue hours  
You open like a drifting sky  
Letting me float weightless  
Through the place that feels like forever

## Must I Fall To My Knees

Must I fall to my knees  
Just to be noticed  
Just to feel someone pause  
Long enough to understand me  
I'm not trying to make a scene  
I'm only trying to be held  
Without having to break first  
Some days it feels like  
My quiet isn't loud enough  
My honesty isn't bright enough  
My heart isn't heavy enough  
To make anyone stay still  
But I don't want love  
That waits for me to collapse  
I want the kind that meets me  
While I'm still standing  
Still breathing  
Still trying  
If I kneel  
Let it be from trust  
Not desperation  
A soft surrender  
Not a plea for proof

## My Hands Are Up Don't Shoot

My hands are up  
And it's not theory for me  
It's the way my mother's voice  
Still trembles in my memory  
When she said  
Baby come home safe  
It's the way my uncle taught me  
To keep my wallet on the dashboard  
Before I even learned to drive  
I stand here with my palms open  
Showing the world everything  
I've already lost  
And everything I'm still trying to protect  
The dreams I haven't finished  
The people who would break  
If I didn't make it back  
The laughter I promised my niece  
the next time I saw her  
My hands are up  
But my heart is the one exposed  
Beating out every story  
I never got to tell  
Every prayer I whispered  
On nights when the world felt  
Too loud  
Too sharp  
Too ready  
To mistake me for danger  
Don't shoot  
Not because I'm perfect  
But because I'm human  
Because I've cried in the dark  
Over things I never admitted

Because I've held friends  
Who didn't get the chance  
To grow old  
Because I've been trying  
To love this world  
Even when it forgets  
To love me back  
My hands are up  
And I'm asking you to see  
The boy I used to be  
The man I'm still becoming  
The soul that refuses  
To stop reaching for light  
Even when the night  
Keeps reaching for me  
Don't shoot  
I'm still here  
And I'm still trying  
To make it home

## I Don't Want To Fight

I don't want to fight  
Not with you  
Not with the ghosts that rise in me  
When the room goes quiet  
I'm tired of armor that never fit  
Tired of swinging at shadows  
That only needed a little light  
I want my hands to unclench  
To remember they were made  
For holding  
Not defending  
I want my voice to soften  
Without feeling like surrender  
To speak truth without drawing blood  
I don't want to fight  
I want the kind of peace  
That doesn't ask me to disappear  
The kind that lets both of us breathe  
Without bracing for impact  
If there's a door out of this war  
I'm standing at it now  
Open palms  
Open heart  
Hoping you'll meet me  
On the other side

## Bleeding Out

I'm bleeding out  
And the wound is a doorway  
A thin  
Furious crack  
Where everything I've held back  
Finally claws its way through  
It isn't blood that spills  
But the molten ache of years  
The prayers I swallowed whole  
The names I carried like stones  
In the lining of my chest  
I'm bleeding out  
In the raw hush before dawn  
Where the air tastes metallic  
With all the truths I never said  
And the dark leans in  
Like it's hungry for confession  
Every drop that falls  
Is a memory sharpened to a blade  
A tenderness turned feral  
A hope that refused to die  
Even when I begged it to  
And still  
Through the rupture  
Through the trembling ruin of me  
Something fierce keeps rising  
A light with teeth  
A fire that refuses to be quiet  
So if you see me dimming  
Don't mistake it for defeat  
This is the breaking open  
The holy violence of becoming  
The moment the soul tears its old skin

And steps out burning  
And if I'm bleeding out tonight  
It's only because the truth  
Finally demanded a body  
And I was the only one  
Who could bear it

## Missing The Missing

Somewhere inside me  
A lantern swings in an unbuilt house  
Its light searching for walls  
That were never raised  
I walk through corridors of air  
Palming doorknobs made of memory  
Opening into rooms  
Where only dust has a name  
The absence grows antlers at dusk  
Steps softly through my chest  
Leaving tracks in the snow  
Of my unspoken longing  
I follow them anyway  
As if they lead to a shrine  
I once believed in  
There is a well in my ribs  
Filled with water that remembers  
A thirst I've never quenched  
When I lean over it  
The reflection is always someone  
I almost became  
A constellation missing  
Its brightest star  
Some losses are loud  
But this one is a symbol  
A feather on an untouched altar  
A key to a vanished door  
A seed that never broke open  
Yet still insists on being carried  
I am missing the missing  
The sacred hollow  
The uncarved space  
The silent emblem of everything

That never arrived  
But somehow  
Still leaves a mark

## You Can Argue By Yourself

I'm not walking away in anger  
I'm just choosing the kind of quiet  
My heart can breathe inside  
You can argue by yourself tonight  
Not as punishment  
Not as a lesson  
Just because I'm tired of watching  
My tenderness turn into armor  
I hope the room feels softer  
When you hear your own voice echo  
Maybe you'll notice  
How heavy it sounds  
When no one is holding it with you  
I'm not closing the door  
I'm just sitting somewhere  
The light feels kind again  
If you want to meet me there  
Come gently

## After Life Life After

After the ending  
When the world dimmed  
And every door felt final  
I found myself wishing  
For one more breath of light  
Not a return  
Not a resurrection  
Just a soft reopening  
Of whatever waits beyond  
The last spoken word  
After life  
I wished for the echo  
Of the life I almost lived  
The one I touched in dreams  
The one I kept promising myself  
I'd reach someday  
I wished for the warmth  
I never held long enough  
For the forgiveness  
I meant to give  
For the love  
I thought I had more time to grow  
And in that wishing  
Something stirred  
A small  
Stubborn shimmer  
Like a lantern remembering  
How to glow  
It wasn't a miracle  
It wasn't a sign  
It was simply the truth  
That longing itself  
Can open a path

So I stepped into the life after  
Guided by the wishes  
I once whispered into the dark  
Wishes that rose like dawn  
Wishes that refused to die  
Wishes that carried me  
Back into becoming  
After life  
Life after  
The place where every wish  
You thought was lost  
Waits with its hand out  
Ready to lead you home

## More Than a Friend My Foundation

You weren't just someone I laughed with  
You were the ground beneath my chaos  
The voice that steadied me  
When the world tilted too far to one side  
People talk about  
Best friends  
Like it's a small thing  
But you were the blueprint  
The anchor  
The quiet strength I leaned on  
Without even noticing  
Until the day you were gone  
Now every memory feels like a brick  
You laid in me  
Your loyalty  
Your honesty  
Your way of showing up  
Even when life was heavy  
You built something in my spirit  
That doesn't fall apart  
I still hear you  
In the choices I make  
In the courage I borrow  
In the way I try to be better  
Because you believed I could be  
You were more than a friend  
You were my foundation  
And even though you're not here  
In the way I want  
I'm still standing  
Because of the pieces of you  
That live in me

## The Soft Arrival Of Your Love

Your love enters like a hush of dawn  
Not a sound  
But a shifting of light  
The sky learning a new shade  
Because your presence asked it to  
You are the warm tide  
That reaches the shore without force  
Touching everything gently  
Yet changing the coastline all the same  
When you come near  
The air gathers itself into stillness  
As if the world recognizes  
A sacred thing approaching  
Even my heartbeat bows  
Quietly rearranging its rhythm  
To match the calm of your nearness  
Your touch is a lantern in a long corridor  
Not blazing  
Not urgent  
Just enough glow  
To remind me I am no longer walking alone  
And in the spaces between your words  
I hear the soft turning of seasons  
Winter loosening its grip  
Spring preparing its first breath  
All because your love  
Has chosen to bloom here  
If love is a constellation  
Then let ours be the one  
That travelers use to find their way  
Steady  
Patient  
A gentle brightness that never demands

Only guides

For in the quiet arrival of your love

I have learned this truth

Some miracles do not shout

They unfold

## Rooftop

Night unbuttons me  
Daylight names what rises out  
Between them I stand  
Half shadow  
Half shine  
A hinge the horizon keeps turning  
And still the sky waits  
Holding its breath  
As if my cracking might redraw its constellations  
Even the wind pauses  
Listening for the truth beneath my ribs  
And in that thin  
Trembling silence  
The world leans closer  
As though I were a doorway  
It has been trying to remember  
A threshold carved from breath and bone  
Where two kingdoms trade their crowns

## Being Cold As Ice

I've learned to breathe in winter  
To let the frost settle where warmth once lived  
There's a discipline to it  
A stillness  
A silence  
A way of not flinching  
When the world forgets to be gentle  
My heart didn't start this way  
It thawed  
It burned  
It tried  
But fire gets tired  
When it's the only thing glowing  
In a room full of shadows  
So now I move like a glacier  
Slow  
Deliberate  
Unbothered  
By the storms that used to shake me  
I don't shatter anymore  
I crystallize  
If you touch me  
You'll feel the truth of it  
Not cruelty  
Not malice  
Just the clean  
Bright honesty  
Of someone who finally learned  
To stop melting for people  
Who never stayed long enough  
To feel the warmth  
Call it distance  
Call it armor

Call it survival

Either way

I've grown comfortable

Being cold as ice

## Chase The Running Water

Chase the running water  
Love  
The way it slips ahead of you  
Laughing over stones  
Never once asking permission to shine  
Follow it the way you follow a heartbeat  
You've come to trust  
Soft at first  
Then certain  
Then necessary  
Let it pull you past the places  
You swore you'd never return to  
Past the quiet hurts  
Past the names you no longer answer to  
And when the river bends  
Bend with it  
When it deepens  
Let yourself deepen too  
Because somewhere downstream  
Where the light breaks open  
And the world grows gentle again  
I'll be waiting  
Hands in the water  
Calling your name  
Like a promise I never learned to break

## One Soul

You only get one soul  
A lantern lit in the palm of God  
Before the rivers were carved  
Before the stars learned their names  
It is the hush inside your heartbeat  
The ember He pressed into your chest  
So you would never forget  
You were born from light  
You can wander deserts of your own making  
Lose yourself in the noise of lesser fires  
Trade your holiness for hollow crowns  
Yet the soul keeps glowing  
Patient as dawn  
Faithful as breath returning  
For it remembers Eden  
It remembers the Voice  
That called it out of nothing  
And wrapped it in eternity  
Tend it like a secret garden  
Water it with prayer  
Let it kneel  
Let it rise  
Let it burn with the quiet certainty  
That heaven is its homeland  
Because you only get  
One soul  
One fragile  
Blazing miracle  
One eternal thread  
God wove through your mortal days  
To lead you back to Him

## Angels And Butterflies

They meet in the quiet places  
Where the world forgets to breathe  
Angels drifting like pale constellations  
Butterflies rising like small  
Living prayers  
One carries the memory of heaven  
The other carries the memory of earth  
And between them  
A thin  
Trembling thread of light  
Stitches the two realms together  
When an angel passes  
The air folds into a hush  
When a butterfly lifts  
The hush becomes a blessing  
And I stand in that seam  
Where wings of spirit  
And wings of color  
Touch for a moment  
Feeling the soft exchange  
Of everything gentle  
That keeps the world from breaking

## Going Crazy The Crisis Center

The hallway tilts  
Before you even cross it  
As if the building itself  
Is deciding whether  
To swallow you whole  
The lights buzz  
Not softly now  
But like insects trapped  
Inside a dying star  
Every flicker feels personal  
As if the electricity  
Has learned your name  
Your thoughts fracture  
Into sharp  
Metallic shards  
Spinning in circles  
You can't step out of  
They scrape the inside  
Of your skull  
Like something trying  
To carve its way free  
You sit in the waiting room  
But the room feels alive  
Breathing slow  
Watching you back  
The chairs stare  
With hollow patience  
As if they've held  
A thousand unravelings  
And know yours  
Will not be the last  
A voice calls your name  
But it sounds distant

Warped  
As though spoken  
Through a cracked mirror  
Still  
You rise  
Your legs remember  
What your mind has forgotten  
How to move  
Even when everything else  
Is slipping  
Inside the office  
The air is thick  
Heavy with the ghosts  
Of other nights like this  
But there is a steadiness too  
A quiet gravity  
That pulls you back  
From the edges  
You can't name aloud  
Maybe  
Going crazy  
Isn't the fall they warn about  
Maybe it's the moment  
The mask finally fractures  
And the truth beneath  
Stops hiding  
And the crisis center  
This dim  
Humming sanctuary  
Is the place that holds you  
While the darkness  
Rearranges itself  
Into something  
You can survive

## Wife Meet Husband, Husband Meet Wife

Wife meet husband  
The one your heart  
Seemed to dream of  
Long before your eyes  
Ever found his face  
Husband meet wife  
The woman whose name  
Your spirit whispered  
In quiet moments  
You didn't know were prayers  
Wife meet husband  
And feel the world hush  
As if love itself  
Is holding its breath  
Watching two destinies  
Finally touch  
Husband meet wife  
And let your chest open  
Like a door that's been waiting  
For the right knock  
Gentle  
Certain  
Familiar  
Wife meet husband  
Husband meet wife  
And let this be the moment  
Where two hearts  
Step toward each other  
Without hesitation  
Without fear  
As if they've always known  
The way  
Let this be the beginning

Of every soft morning  
Every shared secret  
Every quiet miracle  
That love knows how to make

## Thank You Jesus

Thank You Jesus  
For the dawn You lift from darkness  
For the breath You braid with mercy  
For the quiet way Your love  
Keeps finding me  
Even in the corners I hide  
Thank You  
For the roads I feared to walk  
Yet You walked them first  
Softening the stones  
Stilling the storms  
Leaving light like breadcrumbs  
For my trembling steps  
Thank You  
For the grace that gathers me  
For the peace that settles  
Like warm rain on restless skin  
For the hope that rises  
Even when my spirit  
Has forgotten how to stand  
Thank You Jesus  
For the battles I never saw  
The rescues I never named  
The nights You held me  
While I slept through my own sorrow  
And thank You  
For loving me  
Not as a distant King  
But as a gentle Savior  
Who kneels beside my weakness  
Touches my wounds with fire and  
tenderness  
And calls me beloved

Before I ever learn to believe it

## Would You Be My Valentine

Would you be my Valentine  
Not in the soft scripted way  
But in the way a heartbeat stumbles  
When it finally admits the truth  
I'm asking you with the full weight  
Of every quiet longing  
I've tried to swallow  
With the fire that rises in me  
Whenever your name crosses my mind  
Would you stand in this heat with me  
Where the air feels charged  
Where the world narrows  
To the space between your breath and mine  
I don't want the polite version of love  
I want the kind that shakes the ribs  
That pulls two souls forward  
Like gravity has chosen them  
And refuses to let go  
Would you be my Valentine  
Not because the day demands it  
But because something in you  
Feels the same fierce pull  
That sharp undeniable yes  
That lives beneath the skin  
If you say it  
If you even *think* it  
I'll feel it like a spark  
Catching everything inside me

## Sexual Healing

I fall into you  
Like someone falling through a doorway  
They've been pounding on for years  
Breathless  
Shaking  
Half?broken from the waiting  
Your touch hits me  
Like a wave that's been holding itself back  
Crashing through every quiet place in me  
Until I can't tell  
If I'm drowning  
Or finally breathing  
Your mouth moves across my skin  
Like a prayer whispered too loudly  
A plea disguised as a kiss  
A soft scream of  
Don't stop  
Don't stop  
Heal *me*  
I'm drunk on you  
Your warmth  
Your gravity  
The way your presence  
Pulls every shattered piece of me  
Into its orbit  
As if you were born  
To gather what I've lost  
You touch me  
And the whole world inside me  
Arches toward you  
Crying out in a language  
Made of heat and trembling  
A language that says

Fix me  
Hold me  
Put me back together  
With your fire  
Your breath becomes a storm  
Rushing through my ribs  
Your hands a pair of lightning strikes  
Finding every place  
I've been hiding my hurt  
And I swear  
When you pull me closer  
When your warmth spills over me  
Like sunrise breaking open the night  
Something in me screams  
Not from pain  
But from the shock  
Of finally being seen  
Call it passion  
Call it surrender  
Call it the wild  
Desperate truth  
Of two souls  
Colliding so hard  
They shake the dust  
Off each other's wounds  
All I know is this  
When I'm in your arms  
When your touch becomes a plea  
And my breath becomes a prayer  
I feel myself crying out  
Soft  
Shaking  
Love drunk  
Heal *me*  
Heal me  
Heal me

And somehow  
You do

## The Battle Between Love And Hate

Love rises like a quiet dawn

Soft hands open

Unafraid

Hate storms in with sharpened breath

A shadow where warmth once stayed

They clash inside the trembling heart

One building

One tearing apart

Yet even in the fiercest fight

Love keeps a single

Steady light

## An Online Poet Me

I write in the blue hush  
Of a screen that hums like prayer  
Sending small lanterns of language  
Into the endless dark  
Each line is a signal  
A pulse of who I am  
Moving through circuits  
That have never seen my face  
Some nights the words rise  
Like incense from my chest  
Seeking a stranger  
Whose spirit mirrors mine  
Other nights I am only a flicker  
A trembling username  
Trying to stay human  
In a world made of light and dark  
Still  
I return  
Heart open  
Soul unhidden  
Hoping someone out there  
Feels the warmth  
Of the poem I release

## Patch It Up

Patch it up  
The wound that keeps remembering  
The bruise that blooms like a small  
Dark planet  
Under your skin  
Patch it up  
With the trembling things  
A strip of borrowed mercy  
A sweetness meant for later  
The quiet courage of your own two hands  
Patch it up  
Though the tear is older than your name  
Though it hums its ancient ache  
Like a hymn you never learned  
But somehow still know  
Patch it up  
Not to erase the story  
But to soften its edges  
To tell the hurt  
That someone stayed long enough  
To cover it  
Patch it up  
Where the light leaks through  
Where the body keeps its secrets  
Where healing is less miracle  
And more small  
Stubborn ritual  
Patch it up  
And when the ache returns  
Offer it sweetness  
Offer it warmth  
Offer it the smallest tenderness  
You can carry without breaking

## **I'm Glad It's Trash Day**

I'm glad it's trash day  
The bin is full  
Of what I once guarded  
Like a pulse  
The truck arrives  
No pause  
No mercy  
Just metal taking metal  
I stand in the cold  
With the last scrap of you  
Weightless in my hand  
Heavy everywhere else  
I'm glad it's trash day  
At least something  
Still knows  
How to leave

## Don't Kill Me Before I Die

Don't kill me before I die  
Don't carve your absence into me  
And call it love  
I've already lost enough  
Names I used to answer to  
Rooms I used to stand in  
Versions of myself  
That didn't know how to run  
I'm still trying to live  
In the body I was given  
In the story I'm still writing  
With hands that shake  
But won't let go  
If you see me fading  
Don't push  
If you see me breaking  
Don't press harder  
If you see me quiet  
Don't mistake it for surrender  
I'm gathering myself  
I'm stitching back the parts  
That life tried to scatter  
I'm learning how to breathe  
Without asking permission  
So don't kill me before I die  
Don't take the last light  
I'm fighting to keep  
Let me walk to my own ending  
On my own feet  
In my own time  
With my own name still burning

## Emergency Exit

There is a red-lit seam  
Where your old life thins  
Where the self you've been wearing  
Begins to loosen like a dying star  
You touch the bar  
And feel the quiet ending  
The soft collapse  
Of a name you no longer need  
Step through.  
Let that version fall behind you  
Some deaths are simply  
The body agreeing  
To stop pretending

## The House That Rises When We Breathe

We do not gather lumber  
We gather omens  
The hush before dawn  
The way your shadow leans toward mine  
As if remembering something  
From another lifetime  
The ground does not wait for us  
It opens  
Recognizing the weight of our intention  
Softening like a palm  
Ready to hold a flame  
Our foundation is a quiet spell  
Your voice threading through my ribs  
My heartbeat answering  
Two currents braiding themselves  
Into a single  
Slow thunder  
We lift the frame  
From the unseen world  
Pillars shaped from patience  
Crossbeams carved from the silence  
We have learned to trust  
The walls are not walls  
They are veils of light  
Woven from glances  
From the warmth that gathers  
In the space between our names  
And the roof  
The roof is a myth we coax downward  
A sky that bends its knees  
Letting its constellations  
Rest on our shoulders  
Like a blessing

When we step inside  
The house exhales  
As if it has been waiting centuries  
To become real  
Nothing here is built  
Everything here is summoned  
A shelter made of devotion  
A dwelling shaped by breath  
A place where love  
Finally remembers  
Its own architecture

## Free Love

Free Love

The warmth that gathers  
When two souls recognize each other  
Without needing a single word

Free Love

Is the soft bloom of trust  
Opening like a rose in slow motion  
Petal by patient petal  
Revealing a center that was waiting  
For gentle hands

Free Love

Is the way your heart leans  
Toward someone's light  
As if it has always known  
The path back to them

Free love

Is a cup of warmth passed  
From one set of trembling hands to another  
A quiet offering that says  
Here

Take what / have

*/ want you to feel safe*

Free Love

Is the shared breath  
That turns two strangers  
Into a single

Glowing moment

Free Love

Is the tenderness  
That doesn't ask for proof  
The devotion that doesn't demand a promise  
The closeness that arrives  
Like a soft tide

Stays because it feels like home  
In that home  
Made of open doors  
Unlocked hearts  
Light that never dims  
Love becomes a sanctuary  
A warm  
Breathing place  
Where two souls can rest  
And rise  
And return  
Again and again  
Without ever losing their freedom

## Crying Dove

A white tremor hovers  
Where the world's thin places open  
Its body is only suggestion  
But its crying is real  
A soft collapse in the air  
A silver ache leaking through the seams  
Each tear is a small undoing  
A quiet unthreading of the sky  
As if sorrow were rewriting light  
And when dawn reaches for it  
The dove breaks into brightness  
Not healed  
But glowing with the truth  
That some cries  
Are older than wings

## Don?t Act All Innocent

Your guilty flickers  
Like a crooked rune  
A mark the air refuses  
To swallow  
Your shadow moves first  
That's the omen  
Even your breath  
Leaves a symbol behind  
A thin frost line  
Naming what you won't  
So don't act all innocent  
The signs betrayed you  
Long before you spoke

## I Am Waiting For You

I am waiting for you  
In the soft hush where midnight learns to breathe  
Where the air remembers your name  
Even when my lips stay still  
I am waiting for you  
The way dawn waits on the edge of the sky  
Holding its light carefully  
Saving its first warmth  
For the one it loves  
I am waiting for you  
In every quiet corner of my heart  
Where hope curls like a small flame  
And refuses to go out  
I am waiting for you  
Not with impatience  
But with the steady faith  
That love always finds  
Its way home

## Phases Of The Moon

First sliver  
A blade hung high  
Cutting the night  
Into keep  
And release  
Waxing  
A white wound  
Opening wider  
Spilling its light  
Over everything  
I tried to leave intact  
Full  
The moon a hard eye  
Unblinking  
Catching the truth  
I kept trying  
To outrun  
Waning  
The sky thins  
And I thin with it  
Shedding names  
Rooms  
Skins  
Like old light  
Dark  
The moon disappears  
And something in me  
Goes with it  
Not loss  
But a clearing  
A place for the next  
Bright edge  
To begin

## Liar Liar Pants On Fire

Your lies  
Rise thin  
Heat ghosts  
Over stone  
A spark  
You hid  
Licks upward  
Slow  
Hungry  
Threads glow  
Smoke curls  
Truth burns  
Through cloth  
Liar  
Liar  
The chant  
Becomes a flame  
And the flame  
Knows your name

## Thank You For Leaving A Comment

Thank you for leaving a comment  
A digital breadcrumb tossed into my forest  
Letting me know at least one human being  
Tripped over my post and survived  
Thank you for typing with the courage  
Of someone who has absolutely nothing to lose  
You could've scrolled  
You could've blinked aggressively and moved on  
But no  
You chose to press *enter*  
Like a hero with Wi-Fi  
Your words arrived like a tiny clown car  
Pulling up to my brain  
Honking  
Spilling out three sentences of chaos  
And then driving away without paying for parking  
Thank you for the depth of your insight  
Whether it was a heartfelt paragraph  
Or just lol  
Both shook me spiritually  
But in different tax brackets  
Thank you for proving I am not shouting  
Into an empty canyon  
Where only my own voice answers back  
Like a depressed ghost  
Your comment was a knock  
A tap  
A hey bestie from the void  
And honestly  
It meant something  
Not everything  
Let's not get dramatic  
But something

Thank You

## Candle Lit Fire Burning

Right upon the moment  
The wick catches  
The room inhales  
A single flame rises  
Thin  
Deliberate  
Like a truth deciding  
Whether to speak  
Wax softens  
Shadows kneel  
The air glows the color  
Of a whispered vow  
You stand inside the hush  
Watching the fire  
Learn your name  
Its small bright mouth  
Opening and closing  
As if tasting your story  
And in that trembling light  
Something old in you  
Burns clean again  
Not destroyed  
But clarified  
Like gold held  
To the edge of heat  
The candle keeps burning  
So do you

## A Box Of Chocolate

You give me a box of chocolate  
The way some people offer their hearts  
Shyly  
As if sweetness is a secret  
Meant only for the one who knows how to open it  
I lift the lid  
And the room warms  
As though your tenderness has a scent  
As though every piece inside  
Remembers the shape of your hands  
Each chocolate is a small love letter  
Dark for the nights you held me close  
Milk for the mornings you softened my name  
Caramel for the way your voice melts  
When you're trying not to say  
You miss me  
I taste them slowly  
Letting each sweetness linger  
Letting it teach me something  
About the way you love  
Patient  
Generous  
Full of hidden centers  
That only reveal themselves  
To someone willing to savor you  
And maybe that's why I keep the box  
Even when it's empty  
Because loving you feels like this  
A sweetness I open again and again  
A tenderness I never finish  
A gift that tastes like forever

## Dying In Your Arms

I am dying in your arms  
Not the kind that ends a life  
But the kind that begins one  
The kind where every breath  
Falls into your breath  
And something in me  
Finally lets go of its fear  
Your hands are a quiet heaven  
Your chest is a doorway  
I walk through without looking back  
When you hold me  
The world softens its edges  
Time forgets its hunger  
And even my shadows  
Learn how to kneel  
I die in the way a storm dies  
When it reaches the shore  
All roar collapsing  
Into a single trembling hush  
I die in the way a name dies  
When it becomes a vow  
Spoken against a lover's skin  
If this is dying  
Let me fall again and again  
Into your warmth  
Into your heartbeat  
Into the place where I end  
And we begin

## Fixing Broken Pieces

I gather what's left of me  
The way dawn gathers frost  
Slow  
Careful  
Almost afraid to breathe  
Each shard remembers something  
A voice I trusted  
A promise that cracked  
A softness I dropped on the way to surviving  
I turn them in my hands  
Until the edges stop drawing blood  
Until the shape of me  
Starts to look less like a warning  
And more like a beginning  
Nothing fits the way it used to  
But maybe that's the point  
To build a self that can hold tight  
Without shattering  
To rise from the floor  
Not perfect  
Just whole enough to keep going

## Just Don't Say You Love Me

Do not lift that word  
Like a lantern toward me  
I have walked through its glow before  
And found only frost on the floor  
If you must speak  
Let it be in the smaller language  
The one made of breath  
Of shifting weight  
Of truths that don't pretend to warm  
I know the sound of promises  
That evaporate at dawn  
I've held the ashes  
Of every almost  
You ever offered  
So keep that word  
Sleeping in your mouth tonight  
Let silence be the only honest thing  
Between us  
And if you feel anything at all  
Let it stay unnamed  
A quiet trembling thing  
That doesn't need  
To lie  
To live

## What Shall I Do If I Lose You

What shall I do if I lose you  
When your name is the only place  
My heart knows how to rest  
What becomes of my mornings  
If they wake without your warmth  
If the sun rises but nothing feels bright  
Where will I place my hands  
When they remember only  
The shape of you  
How will I breathe  
When every breath I take  
Was taught to me by loving you  
I fear the silence most  
The way it might swallow me whole  
The way it might echo your absence  
Until I forget the sound of my own voice  
But even in that fear  
I hold you gently  
Not tightly  
Because love is not a cage  
And losing you would break me  
But keeping you by force  
Would break us both  
So I love you freely  
Even with trembling hands  
Even with the knowledge  
That hearts can wander  
And if I lose you  
I will not know what to do  
I only know  
I will learn to live again  
Slowly  
Painfully

Like a flower blooming  
After a long winter storm

## Yes You Do Matter

You matter  
The way a single spark matters  
To a world that has forgotten fire  
Ancient forces lean toward you  
Recognizing the quiet flare  
Of a soul that refuses to dim  
You matter  
Like a star that keeps burning  
Even after the night has tried  
To swallow its name  
The heavens rearrange themselves  
Around your staying  
You matter  
In the old  
Sacred arithmetic  
The universe still remembers  
One breath shifts the wind  
One heartbeat stirs the threads  
Of what is yet to come  
Your existence tilts the balance  
You matter  
Because something primordial  
Wrote you into the story  
Long before you arrived  
And the script cannot hold  
Without your line of light  
You matter  
Not as a whisper  
Not as a hope  
But as a force woven  
Into the bones of creation  
Even the gods would feel the absence  
If you vanished from the weave

Yes you do matter  
In the myth  
In the dark  
In the turning of the world  
That listens for your next step

## Battling Sleep At Midnight

Midnight arrives like an informant  
Silent  
Hooded  
Slipping into the room without permission  
Sleep is the double agent  
Hovering at my shoulder  
Offering peace with one hand  
And betrayal with the other  
My thoughts move in covert patterns  
Shadows crossing shadows  
Each one a classified file  
I'm too tired to open  
Yet too wary to ignore  
The air is cold with surveillance  
The hum of the night  
A wiretap pressed against my pulse  
Even the darkness feels interrogative  
Leaning close  
Waiting for me to slip  
I lie still  
A lone operative guarding the last outpost  
Of consciousness  
Fighting the slow seduction  
Of oblivion's pull  
When sleep finally takes me  
It is not mercy  
It is a black bag over the mind  
A quiet extraction  
Into the deep  
Unmarked hours  
No Sleep

## Hard To Do Easy To Say

Some things fall out of the mouth  
Like loose change  
Light  
Careless  
Never counted  
But the hands know better  
The body knows the weight  
Of what it means  
To stay  
To show up  
To carry  
You say the right words  
Like they cost nothing  
Maybe to you  
They don't  
But I've learned  
The difference between sound  
And truth  
How one is effortless  
And the other  
Asks for skin  
So keep your promises  
If you can lift them  
Keep your love  
If it's only air  
I'm done mistaking  
What's easy to say  
For what's hard  
To do

## Mind Games

The mind is a quiet battlefield  
No smoke  
No sirens  
Just the soft click of thoughts  
Loading themselves in the dark  
I move through my own head  
Like a house with too many doors  
Each one opening to a room  
I swear I've never seen  
And yet somehow remember  
Some thoughts whisper  
Some thoughts lie  
Some thoughts wear my face  
And dare me to call them impostors  
I play along  
Shuffle the deck  
Cut the cards  
Pretend the rules were ever mine  
But the mind cheats beautifully  
It hides the queen behind the king  
Switches the mirror when I blink  
Asks me to choose a truth  
From a handful of illusions  
That all feel like home  
And still I sit at the table  
Steady  
Unblinking  
Letting the mind deal again  
Because the only way to win  
Is to keep playing  
Until the game learns  
I'm not afraid of it anymore

## Poetry

Poetry is the thin blue flame  
That rises from the ruins of your name  
A quiet star sharpening itself  
Against the dark  
It is the hush before a revelation  
The breath that frost carves  
Into the mirror of your becoming  
The place where your old selves  
Fall like ash through water  
Poetry is the wound that glitters  
The vow you make to no one  
The secret architecture of longing  
That keeps remaking your bones  
It is the cold  
Bright altar  
Where language kneels  
And finally tells the truth  
The truth you feared  
The truth you needed  
The truth that lifts its face  
And recognizes you

## I'm Sorry It's Time

I'm sorry it's time  
The clock has been whispering  
For weeks  
But I kept turning it face down  
Pretending silence  
Meant mercy  
I'm sorry it's time  
And the air feels thinner  
Around the truth  
Even the light knows  
It falls differently now  
Careful not to touch  
What's already ending  
I'm sorry I held on  
Long after the rope  
Burned my hands  
I thought if I stayed still enough  
The moment would pass me by  
Like weather  
But it didn't  
It waited  
I'm sorry it's time  
And all the words I practiced  
Sound smaller  
Than the ache they carry  
There's no elegant way  
To close a door  
That once opened so wide  
I'm sorry it's time  
Not because I doubt it  
But because I know  
What leaving costs  
The quiet rearranging

Of a life  
The soft collapse  
Of a hope  
I'm sorry it's time  
And I'm walking forward anyway  
Hands empty  
Heart steady  
Trying to believe  
That endings  
Are just another way  
To begin

## I?m Sorry I Had To Take My Medicine

I'm sorry I had to take my medicine  
The world was starting to tilt again  
Edges softening  
Rooms breathing too loudly  
My own name slipping from my hands  
I didn't want to disappear mid sentence  
Or drift like smoke  
Through the doorway of myself  
So I stopped  
Swallowed the quiet thing  
That keeps me here  
That anchors the light  
Before it flickers out  
I'm still with you  
Just needed a moment  
To stay whole

## If I Cry

If I cry  
It won't be loud  
It will be the kind of weather  
Only one person notices  
A shift in the air  
A small surrender of light  
If I cry  
It will be because something inside me  
Finally stopped pretending  
It was stone  
Even mountains erode  
When no one is watching  
If I cry  
Don't mistake it for breaking  
It's just the truth  
Warming its hands  
Against the cold I've carried  
Too long  
If I cry  
Let it be a quiet permission  
A door opening inward  
A soft place returning  
A moment where I remember  
I am still here  
And still capable  
Of feeling everything

## A Poet In A Psychological State

The room is quiet  
But his thoughts keep flickering  
Small blue sparks skipping across the Dark  
Like static trying to form a sentence  
He writes with a hand that isn't steady  
But is honest  
Dragging language out of the fog  
As if each word were a pulse  
He's trying to keep alive  
The walls breathe  
The air hums  
Reality feels like a coat  
He's wearing inside out  
Still he keeps going  
Chiseling meaning from the noise  
Letting metaphors hold him upright  
When the ground feels unreliable  
He isn't broken  
He's just tuned to a frequency  
Most people never hear  
A thin silver wavelength  
Where fear and clarity  
Sound almost the same  
And in that trembling space  
He finds a line  
Sharp  
Cold  
Necessary  
That reminds him  
He's still here  
Still making something  
Out of the storm inside

## Are You Listening

Are you listening  
Or does my voice vanish  
The moment it touches you  
A match struck in wind  
A signal swallowed by its own light  
I speak in the clean geometry of truth  
Sharp lines  
No tremor  
Each word a blade balanced  
On the quiet between us  
Your silence grows antlers  
It stands in the doorway  
Watching me with the patience  
Of something that has already decided  
Not to move  
So I carve my meaning deeper  
Past the soft layers  
Down to the mineral core  
Where language becomes bone  
Are you listening  
Or am I chanting into frost  
Etching your name into the cold  
Until even the ice begins  
To forget its shape  
Because the air is thinning  
Because the echo is learning  
To speak without you  
And I am done offering warmth  
To someone who mistakes it  
For weather

## Mommy And Daddy Is Fighting Again

Mommy and Daddy is fighting again  
Their voices rising like storms in a small room  
Lightning made of words I don't understand  
Thunder shaking the pictures on the wall  
I sit on the stairs  
Counting the spaces  
Between the shouts  
Like counting breaths  
Like maybe if I hold still enough  
The house will remember how to be quiet  
I wish I could hand them a blanket  
Big enough to cover the whole argument  
Tuck it in at the corners  
Tell it to hush and go to sleep  
But I'm just here  
Listening to love sound like breaking glass  
Waiting for the moment  
When the door clicks  
The storm softens  
And someone remembers  
To come find me

## A Poet Superhero

I rise at dawn with a mission  
Etched in the margins of my mind  
A vow written in fire  
To guard the world with language  
And leave no heart undefended  
My pen is a blade of brilliance  
Forged in the furnace of truth  
When darkness gathers in the alleys  
I carve open the night  
And let the light pour through  
I stride across rooftops of doubt  
Cape snapping like a banner of victory  
Every footstep a declaration  
That despair will not rule this city  
While I still breathe  
I battle villains made of silence  
The ones who steal voices  
The ones who shatter hope  
And I defeat them with a single stanza  
That refuses to bow  
When storms rise  
I rise higher  
When fear roars  
I roar louder  
When the world trembles  
I plant my words like pillars  
And hold the sky steady  
I am the Poet Superhero  
Breaker of shadows  
Keeper of courage  
Champion of the unseen  
And every time I save a soul  
With nothing but a line of truth

I remember my greatest power  
Not flight  
Not strength  
Not speed  
But the simple  
Unstoppable fact  
That words can win

## Hug?s And Kisses

Hug's and kisses  
Fall between us  
Like soft petals  
Drifting from a tree  
That only blooms  
When you're near  
Your arms wrap around me  
And the world quiets  
As if every noise  
Bows its head  
To let our hearts  
Speak first  
Your kiss lands  
Like a promise  
Gentle  
Warm  
A spark that travels  
From my mouth  
To my chest  
To every place  
That remembers you  
Hug's and kisses  
Become our language  
The way we say  
I'm here  
The way we say  
Don't go  
The way we say  
This is love  
In its simplest form  
And when you hold me  
A little longer  
Kiss me

A little slower  
I feel something  
Quiet and certain  
That every hug  
Is a homecoming  
And every kiss  
Is a key  
To the door  
Of us

## The Kidnapping Of My Heart

My heart was a sealed vessel  
Anchored in the silt of its own history  
Unmoving  
Unlit  
Then you appeared  
Not as a person  
But as a phenomenon  
A shift in the wind's grammar  
A tremor in the architecture of silence  
The vessel stirred  
Its ropes frayed  
Its anchor forgot the seabed  
You did not touch it  
You did not call it  
You simply existed  
With the inevitability of a rising moon  
And the tide obeyed you  
My heart lifted  
A lantern pulled upward  
By a force older than desire  
Older than names  
It rose into your orbit  
A small celestial fugitive  
Caught in the gravity  
Of an unfamiliar star  
Now I walk the world  
With a constellation missing  
A vacancy that glows  
Like a wound made of light  
Call it kidnapping  
If you need a mortal word  
But my heart was taken  
The way water is taken by the sky

Not stolen

But summoned

## I Have Been Up For Days Weeks Months

I have been up  
For days  
Weeks  
Months  
Time thinning like breath on glass  
The hours slipping loose  
From their names  
Sleep circles me  
Like a wary animal  
Close enough to hear its breathing  
Too far to touch  
My thoughts flicker  
Small frantic wings  
Against a window  
That will not open  
I keep moving anyway  
Through the soft ache  
Behind my eyes  
Through the hum  
That settles in my bones  
When the world goes quiet  
Somewhere in the distance  
A version of me is resting  
Dreaming  
Whole  
But this version  
The one still standing  
Learns to live  
In the long  
Trembling stretch  
Between one heartbeat  
And the next  
And still

I rise

I rise

I rise

Not because I am unbroken

But because morning

Keeps finding me

Awake

## Life As We Know It

Life as we know it  
Was first written in the language of stone  
A single line cut into the earth  
By a hand older than dawn  
It speaks in symbols  
In circles and fractures  
In the slow patient grammar  
Of mountains learning to rise  
Life as we know it  
Is the mark of a blade  
Drawn across the surface of time  
A sacred incision declaring  
That existence has begun  
It is the pillar that refuses to fall  
The tablet no storm can erase  
The rune that glows faintly  
Even when the sun abandons the sky  
Life as we know it  
Is the echo of a hammer  
Striking the heart of the world  
Each blow a commandment  
Each spark a prophecy  
It is the law of becoming  
Etched in deep  
Unyielding lines  
That all things break  
All things mend  
All things return  
To the shape they were meant to hold  
And in the end  
Life as we know it  
Is the final inscription  
A quiet enduring truth

Carved into the dark  
That we were here  
That we mattered  
That even the stone remembers

## Ahhh! Is The New Woo Sah

Ahhh

The sound that rises

Before the world can swallow you whole

A tiny escape hatch

Built from breath and stubbornness

Ahhh

The new woo sah

Not whispered like a monk's secret

But dragged out of the chest

Like furniture across a tired floor

It's the anthem of the overworked

The prayer of the almost-breaking

The spell you cast

When you need the universe

To unclench its jaw

Ahhh

The moment the storm inside you

Finally fogs the mirror

Finally cools the wires

Finally says

You're still here

keep going

Ahhh

The new woo sah

The soft rebellion

The breath that saves you

One small surrender at a time

## Running Mind

The mind runs  
Without breath  
Without pulse  
A geometry of motion  
Cutting through the dark  
It does not remember  
It catalogs  
It does not fear  
It calculates the shape  
Of the void ahead  
Thoughts flicker like metal  
Striking metal  
Brief sparks swallowed  
By an endless corridor  
Of unlit distance  
Memory becomes  
A frozen archive  
Shelves of silent data  
Stacked in perfect rows  
Untouched by grief or longing  
When it moves  
The world bends  
Snow drifts sideways  
Time thins  
Sound fractures  
Into clean sharp angles  
I follow only as a shadow follows  
A soft distortion  
Dragged behind a machine  
That no longer knows  
It once had a name  
And still it runs  
Not toward anything

Not away  
But because motion  
Is the closest thing  
It has to being alive

## The Baker Of The Doughnut Donut Shop

Before the sun remembers how to rise  
Before the birds rehearse their morning Song  
The baker wakes  
He moves through the quiet like a soft Footed  
Spell  
Hands dusted in flour  
Heart dusted in hope  
In the Doughnut Donut Shop  
The air is always dreaming  
Sugar drifts like tiny snowflakes  
And cinnamon curls in the corners  
Like a cat settling in for warmth  
He kneads the dough the way some People pray  
Slow  
Steady  
With a secret wish tucked into every fold  
And the dough listens  
It always listens  
Some mornings he shapes bravery  
Round and golden  
Some mornings he shapes kindness  
Glazed with gentle shine  
Some mornings he shapes joy  
Sprinkled like confetti  
Waiting for a celebration  
People think he's just a baker  
But you know better  
You've seen the way a child walks in shy  
And walks out glowing  
You've seen how a single warm doughnut  
Can soften a whole day  
He doesn't say much  
Magic rarely does

But when he hands you a pastry  
Still warm from the oven  
You feel it  
That quiet promise  
That the world can be sweet  
That mornings can be mended  
That small things matter  
And when the bell over the door jingles  
And the shop fills with laughter  
He smiles the soft smile  
Of someone who knows  
He's not just baking dough  
He's baking courage  
He's baking comfort  
He's baking tiny miracles  
One circle at a time

## 1800 Help

The phone sits heavy  
Like a truth I haven't said aloud  
Its numbers glowing  
Soft as a lighthouse  
For ships that forgot  
How to turn home  
I trace the keypad  
The way some people trace scars  
Slow  
Remembering  
Trying to decide  
Which stories are worth reopening  
On the other end  
I imagine a voice  
Made of warm light  
Someone who doesn't know my name  
But somehow knows  
The shape of my silence  
I don't dial  
Not yet  
I just hold the phone  
Like a lifeline braided  
From breath and possibility  
A reminder that reaching out  
Is still a door  
I haven't closed  
And maybe one day  
I'll press the numbers  
Not because I'm breaking  
But because even the strongest walls  
Need a place  
To lean

## Packing My Bags

I start with the hours  
Those frost bitten fragments  
Lifting them carefully  
As if time itself might shatter  
Against my palms  
The shirts come next  
Bleached of memory  
Their fabric stiff as winter flags  
That no longer swear allegiance  
To anything warm  
Into the smallest pocket  
I place the relics  
A name drained of pulse  
A key without a door  
The thin metallic taste  
Of a promise gone cold  
The zipper closes  
A single icy seam  
Like drawing a blade  
Across the last soft edge  
Of who I was  
The room does not protest  
It stands in its own stillness  
Walls pale as abandoned altars  
Bearing witness to the quiet  
Extinction of a former self  
Outside the morning waits  
Colorless  
Indifferent  
A blank frozen sigil  
Offering nothing  
But the possibility of shape  
I lift the bags

They are light  
In the way snow is light  
Cold  
Silent  
And carrying the weight  
Of everything it covers

## O Love Save Me

O Love save me  
For the night is long  
And my heart is a door  
Left open in the storm  
Save me  
From the weight of my own thoughts  
From the echoes that return  
With no mercy  
From the shadows that knows  
My name too well  
O Love save me  
Not with grand miracles  
But with the quiet things  
A steady breath  
A gentle touch  
The warmth of someone  
Who refuses to let go  
Save me  
From the places I wander  
When I feel unheld  
From the cold rooms  
I build inside myself  
From the silence  
That grows teeth  
O Love save me  
Because I am trying  
Because I am tired  
Because even the strongest hearts  
Need somewhere soft  
To fall  
And if you can't save me  
Then stay with me  
While I learn

How to save myself

## A Pool Of My Tears

I knelt where the night  
Forgot my name  
And the floor beneath me  
Softened into water  
A single tear fell  
Quiet as a confession  
And the room rippled  
As if the world itself  
Had been waiting to break  
Soon there was a pool  
Clear enough to see  
Every version of myself  
I tried to abandon  
Faces drifting like pale moons  
Beneath the surface  
I cupped the water  
But it slipped through my fingers  
Faithful only to gravity  
Never to my grasp  
Still I stayed  
Watching the pool widen  
Watching it learn the shape  
Of my silence  
And in its trembling mirror  
I finally understood  
Some sorrows don't drown you  
They gather at your feet  
Asking only to be seen  
Before they let you go

## Morning Noon And Night

Morning is the pale herald  
A thin boned figure carrying a bowl of water  
It pours light over the threshold  
As if washing the world clean of its old names  
Every drop is a quiet command  
Rise  
Shed  
Begin again  
Noon is the iron sigil  
A blazing coin hammered into the sky  
It brands the day with its judgment  
Pressing truth into the skin  
Until all disguises melt  
Under its emblem nothing hides  
Even the shadows kneel  
Night is the veiled keeper  
A vast animal made of velvet and breath  
It circles the house three times  
Before settling at my feet  
Guarding the secrets I cannot speak aloud  
Its darkness is not absence  
But ink  
The place where new stories draft themselves  
Before daring to be born  
Morning baptizes  
Noon consecrates  
Night anoints  
And I move through their rituals  
Like a pilgrim with three masters  
Learning that a life is not lived in hours  
But in the symbols that claim us

## Blind Love

Blind love is the kind that finds you  
Even when you're hiding  
Hands outstretched in the dark  
Searching for the shape of a heart  
It has never seen  
It walks toward the sound  
Of your breathing  
Trusting the tremble in the air  
The warmth of a presence  
It cannot name  
It does not ask for proof  
It does not ask for light  
It believes in the pulse beneath your ribs  
In the way your silence  
Leans toward its own  
Blind love is brave like that  
Stepping into the unknown  
Tripping over fear  
Still reaching for you  
As if you were the only truth  
It ever learned to recognize  
And maybe that's why it hurts  
Why it heals  
Why it stays  
Because even without sight  
It sees you  
Perfectly

## One Book Same Page Different Day

One book  
Spine softened by the weight  
Of everything I've carried  
Same page  
The one I keep returning to  
Even when I swear I'm ready  
For the next chapter  
Different day  
And the light hits the words  
In a way I've never seen before  
A margin I didn't notice  
A sentence that suddenly feels  
Like it was waiting for me  
To grow into it  
I trace the lines again  
Not out of habit  
But recognition  
Some stories don't move forward  
So much as deepen  
Some truths don't change  
I do  
One book  
Still open  
Same page  
Still breathing  
Different day  
And somehow  
The meaning shifts  
Just enough  
To let me shift with it

## My Apprehension

It begins like a rite  
A faint tightening of breath  
A hush settling over the bones  
As if the body remembers  
An old instruction  
The air arranges itself  
Light withdraws to the corners  
A stillness gathers deliberate  
The way a temple gathers silence  
Before an unseen God enters  
My apprehension steps forward  
With ceremonial patience  
A figure robed in frost  
Its presence marked  
By the slow extinguishing  
Of warmth  
It traces a circle around me  
Not to trap  
But to consecrate  
A boundary drawn  
In cold intention  
I feel it anoint my sternum  
With its glacial touch  
A blessing or a warning  
I cannot tell  
Only that it knows me  
And has known me  
Longer than breath  
Some nights it chants  
Through the marrow  
A low vibration  
That turns the dark  
Into a chamber of initiation

Tonight it stands before me  
Waiting for the moment  
I lower my head  
And acknowledge  
What has already begun  
The quiet ceremony  
Of fear becoming form

## Nine Days Awake And Counting

The hours stack like brittle glass  
Each one trembling  
Under its own weight  
The world flickers  
At the edges  
A film reel slipping  
Off its track  
Shadows move first  
Then light  
Then whatever I am  
In between  
My thoughts wander  
Without asking permission  
Drifting through old rooms  
I swore I'd locked  
Touching memories  
I meant to bury  
Under cleaner snow  
The mirror doesn't argue anymore  
It just watches  
Patient  
As if waiting for me  
To remember  
Which version of myself  
I left behind  
On day three  
Or five  
Or seven  
Still  
I keep going  
A quiet pulse  
In a body made of static  
Counting the days

Like beads on a rosary  
Hoping that somewhere  
Between now  
And whatever comes next  
Sleep will find me  
And call me  
By my real name

## Homeless Heartless

Home is where the heart is  
So I have nowhere left to stand  
No doorway knows my name  
No room remembers my breath  
I walk the world unclaimed  
A wanderer carved from frost  
Carrying only the echo  
Of a pulse I misplaced  
Home is where the heart is  
But mine slipped from my ribs  
Like a bird fleeing winter  
Leaving me  
Roofless  
Rootless  
A body without a compass  
Still I search the dark  
Not for shelter  
Not for warmth  
But for the faintest thrum  
That might lead me back  
To something like living  
Home is where the heart is  
And I am learning slowly  
To build one  
From the ashes  
Of what I lost

## Tears

My tears don't fall  
They open  
A wound splitting wider  
Each time the heart remembers  
What it tried to forget  
They're not soft  
They hit like impact  
Like the echo of a gunshot  
Still ringing in the ribs  
A shockwave that never learned  
How to fade  
Some tears cut  
A thin bright line  
Like a blade drawn across  
The quiet parts of me  
The parts I pretend  
Aren't tender  
And some tears  
Are the slow bleeding ones  
The kind you press your hand over  
Knowing it won't stop  
Knowing the body leaks  
What the soul can't hold  
These tears don't close  
They pulse  
They throb  
They remind me  
That healing is not a door  
I can simply shut  
But still  
I let my tears open  
I mean fall  
Because even a wound

That won't seal  
Is proof I'm still alive enough  
To feel the breaking

## Until Death Right

I

The air around me has stopped Pretending  
To be warm  
Even my shadow keeps its distance  
Thin as a crack in ice

II

I loved once  
A quiet ruinous thing  
That left frostbite where a pulse should Be  
I don't mourn it  
I just carry the scar like a blade

III

Forward is the only direction  
That doesn't freeze me solid  
So I walk  
Through the wind that names me Stranger  
Through the dark that wants my Surrender

IV

Until death right  
I owe nothing to the endings  
That circle like wolves  
They can wait  
They can starve

V

If the world watches  
Let it witness a body refusing collapse  
If the night reaches  
Let it touch only the cold I've already Shed

VI

I am not finished  
I am not thawing  
I am the quiet endurance  
That winter respects

Until death right

I keep moving

Ice bright

Unclaimed

## 123 ABC

1

2

3

The count you whisper  
To steady the tremor  
That doesn't listen

A

B

C

The letters you line up  
Like tiny anchors  
Hoping one of them  
Will hold  
Numbers try to cage the chaos.  
Letters try to name the fear  
But between them  
In that thin  
Humming space  
An unease flickers  
Quick as a pulse  
Sharp as a thought you can't finish  
Still you keep counting  
Still you keep spelling  
Because sometimes  
The smallest symbols  
Are the only things  
That feel solid enough  
To touch

## O My We Finally Kissed

O My  
The night leaned in with us  
Soft around the edges  
As if it wanted to keep our secret  
A little longer  
Your lips met mine  
Like a promise finally spoken  
Slow and certain  
The kind of warmth  
That blooms through the ribs  
Before you can stop it  
I felt you breathe  
That tiny hitch  
That quiet yes  
And something in me  
Unfolded so gently  
I almost didn't notice  
I was smiling  
The world didn't disappear  
It just stepped back  
Letting us glow  
In our small bright corner  
Of the moment  
O My  
We finally kissed  
And everything in me  
Is still holding  
The sweetness of it

## Love Sick

I swear I die a little  
Every time you cross my mind  
Not the cold kind  
Not the ending  
But the kind that melts something  
I thought would never soften  
You undo me slowly  
Like breath leaving a window  
Like a candle giving itself away  
Just to keep the room warm  
I fall apart in the gentlest ways  
When I think of you  
A quiet collapse  
A sweet surrender  
A small death that feels  
Almost like living more deeply  
Than I ever meant to  
If this is love sickness  
Then let me keep dying for it  
Warmly  
Willingly  
A little more each time  
Your name touches the air

## Hi Anthony

Hi Anthony  
The name rises in my throat  
Like a lantern lifting itself  
Through a room I haven't walked in for Years  
I say it again  
Quieter  
As if I'm brushing dust  
Off the edge of my own shadow  
Hi Anthony  
And something inside me stirs  
Some half forgotten version of myself  
Turning its head  
As though it finally heard its summons  
I speak to myself the way rain speaks to  
Windows  
Soft  
Persistent  
Trying to remember the shape of the World  
Before it fell  
There are days I feel like a corridor  
With all the doors slightly open  
And every time I say my name  
Another light flickers on  
In a room I thought I'd locked  
Hi Anthony  
The syllables tremble like a bridge  
Between the man I carry  
And the man who carries me  
I say it again  
Letting the sound lengthen  
Letting it bloom in the hollow places  
That never learned how to hold warmth  
Maybe this is how

I return to myself  
Not with certainty  
Not with triumph  
But with a small  
Steady invocation  
A name spoken into the dark  
Until the dark remembers me  
Hi Anthony  
Come closer  
I'm trying to meet myself  
Without looking away

## Therapy Part 1: Standing In The Corner

I stand in the corner  
Like a shadow that forgot  
How to rejoin the room  
The walls breathe slow  
As if they're waiting  
For me to say something  
I don't have language for  
My hands stay still  
Not folded  
Not clenched  
Just suspended  
Like they're afraid  
To choose a shape  
Everyone else sits  
In their soft chairs  
Their voices drifting  
Like warm air  
But I stay here  
Half ghost  
Half witness  
Trying to remember  
How to step forward  
Without shattering  
The quiet I've built  
Around myself  
Maybe this is therapy  
Not the talking  
Not the healing  
But the moment  
You finally admit  
You've been living  
In the corner  
For far too long

You're ready for part 2

## Therapy Part 2: The First Hard Question

The therapist asks it  
So gently  
I almost miss  
How sharp it is  
A simple sentence  
Softly placed  
Between us  
Yet it lands  
Like a blade  
Laid on the table  
For me to name  
My breath stutters  
The room  
The chair beneath me  
Feels suddenly  
Too small  
For the truth  
I've been carrying  
I look at the floor  
As if the answer  
Might be hiding  
In the grain of the wood  
As if the question  
Hasn't been echoing  
Inside my ribs  
For years  
How did it feel  
Standing in the corner?  
The words crack open  
Something old  
Something cold  
Something I've kept  
Pressed flat

Between the pages  
Of my life  
I don't answer  
Not yet  
But the silence shifts  
A tremor  
A thaw  
The first sign  
That the truth  
Is waking up  
And the therapist waits  
Steady  
Unflinching  
As if they know  
The hardest questions  
Aren't meant  
To be answered quickly  
Only honestly  
Then you'll be ready for  
Part 3

## Therapy Part 3 Toward a Breakthrough

The question opens something  
Not wide  
Not clean  
But enough for a thin breath of light  
To slip through the seam  
I sit with it  
Feeling the shift  
The slow reluctant give  
Of a door that's been locked  
For years  
The therapist waits  
Still as a held note  
Letting the silence  
Do its quiet work  
Inside me  
A memory rises  
Blurred at the edges  
Cold around the center  
But unmistakably mine  
My throat tightens  
My pulse stumbles  
But this time  
I don't retreat  
I let the ache surface  
I let the truth  
Inch forward  
Fragile as a flame  
In a draft  
The first words  
Scrape their way out  
Not polished  
Not complete  
But real

I think  
I think I've been hiding  
For longer than I want to admit  
The room doesn't collapse  
The world doesn't end  
Only the smallest part of me  
Finally exhales  
And in that breath  
In that trembling release  
I hear myself  
Fully  
Honestly  
For the first time in years  
My name is Anthony  
And  
I'm ready for part 4  
New Beginnings

## Therapy Part 4 New Beginnings

The room feels wider today  
Too wide  
As if the space itself  
Expects something from me  
I'm not sure I can give  
The therapist watches  
Quiet  
Steady  
But even their patience  
Feels like a threshold  
I'm afraid to cross  
New beginnings sound gentle  
In theory  
Soft light  
Fresh air  
A clean page  
But up close  
They tremble  
They ask for movement  
They ask for risk  
They ask for me  
My breath catches  
On the edge of the moment  
Caught between the safety  
Of what I've always known  
And the terrifying possibility  
Of something else  
I speak  
And the words feel thin  
Fragile  
Like stepping onto ice  
I'm not convinced  
Will hold

I want to try  
I say  
Though my voice shakes  
As if the sentence  
Is heavier  
Than it should be  
The therapist nods  
Not encouraging  
Not soothing  
Just present  
As if they understand  
That beginnings  
Are made of fear  
As much as hope  
And maybe that's enough  
Maybe trembling  
Is still movement  
Maybe fear  
Is part of the doorway  
I'm learning  
To walk through

## Therapy Part 5 Comfort Things

I arrive carrying  
The small reliquaries  
Of my survival  
Objects so ordinary  
They almost disappear  
Yet somehow they hold  
The pieces of me  
I'm still afraid to touch  
The therapist sees them  
But doesn't name them  
They let me place each one  
Between us  
Like quiet constellations  
Mapping the shape  
Of my trembling  
A hoodie softened  
By years of retreat  
A chipped mug  
That remembers every winter  
A keychain  
That once belonged  
To a braver version of me  
These are my anchors  
My soft spoken guardians  
The things that keep me  
From drifting too far  
Into the cold rooms  
Of my own memory  
I wrap my hands  
Around the mug  
Feeling its warmth  
Steady the places  
My voice cannot reach

These help  
I whisper  
And the words feel  
Both fragile and holy  
A confession offered  
To the quiet  
The therapist nods  
As if they understand  
That healing is stitched  
From small rituals  
From the gentle weight  
Of familiar things  
That remind me  
I am still here  
Still choosing to stay  
And for once  
I do not shrink  
From the truth  
Of what I need

## Therapy Part 6 Learning Safety Words

Safety arrives  
Not as a feeling  
But as a vocabulary  
A set of quiet words  
I am only now  
Learning how to pronounce  
The therapist speaks them  
Gently  
As if offering me  
Small stones  
To place in my pockets  
When the wind rises  
Here  
Now  
Enough  
Words that feel  
Too soft to trust  
Yet somehow  
They hold their shape  
In my shaking hands  
Inside me  
Old languages resist  
The dialect of bracing  
The grammar of silence  
The fluent fear  
I learned too young  
But these new words  
Glow faintly  
Like lanterns  
Hung along a path  
I never knew  
Was mine to walk  
I think I'm okay

I say  
And the sentence feels  
Like a fragile bridge  
Stretching across  
A long dark ravine  
The therapist nods  
As if to say  
That every language  
Begins with trembling  
That even the smallest word  
Can be a doorway  
If spoken honestly  
And in that moment  
I feel it  
A new lexicon  
Forming in my chest  
A quiet alphabet  
Of safety  
Learning how  
To speak me back  
Into myself

## Therapy Part 7 WOW I?m Not Going Back

It rises in me  
Like a creature made of light  
And old hunger  
A sudden violent brightness  
Tearing through the dim corridors  
I've lived in for years  
The therapist speaks  
A single soft sentence  
But it hits the center of me  
Like a hammer striking  
A long sealed vault  
Something inside  
Shudders awake  
Not gentle  
Not kind  
A slow?moving giant  
Unfolding its limbs  
After decades of sleep  
The moment widens  
Not like a door  
But like a crack  
Splitting through stone  
Letting in a light  
I'm not sure  
I'm ready to see  
And from that fracture  
A word rises  
Raw  
Trembling  
Bright with terror  
And recognition  
Wow  
Not wonder

Not awe  
But the shock  
Of realizing  
I have stepped beyond  
The borders of the person  
I used to be  
The therapist smiles  
But the air shifts  
As if the shadows  
Have pulled back  
To witness  
What I've become  
Because wow  
Isn't just a reaction  
It's a rupture  
A spell breaking  
A line carved  
Into the earth  
Between who I was  
And who I refuse  
To be again  
I'm not going back  
Not to the smallness  
Not to the cold  
Not to the version of me  
That mistook fear  
For safety  
Through the crack  
In my old armor  
Light pours in  
Thin  
Trembling  
But behind it  
Something larger moves  
Something fierce  
Something mine

And it whispers  
Through the trembling air  
Through the trembling me  
I'm not going back

## Therapy Part 8 Couples Quiz

The therapist places a paper  
Between us  
Not a test  
Not really  
But it feels like one  
A Couples Quiz  
They say  
As if naming it  
Makes it harmless  
As if questions  
Can't cut  
The page glows faintly  
Ink shifting  
Like something alive  
Each question feels  
Less like a prompt  
And more like a mirror  
I'm afraid to look into  
What do you fear losing?  
The words pulse  
A heartbeat I recognize  
Too well  
What do you cling to?  
A shadow stirs  
Behind my ribs  
What do you love  
That terrifies you?  
The room tilts  
Not violently  
But enough  
To remind me  
That truth has teeth  
The therapist waits

Hands folded  
As if they know  
This quiz isn't about  
Compatibility  
Or romance  
Or scorekeeping  
It's about the two halves of me  
That have been circling each other  
For years  
The one who wants to stay  
And the one who wants to run  
I pick up the pen  
It feels heavier  
Than it should  
Like a key  
Or a weapon  
Or a promise  
I write slowly  
Carefully  
As if each answer  
Is a spell  
That might summon  
Something I can't put back  
And when I finish  
I feel it  
A tremor  
A shift  
A quiet vow  
Rising in the space  
Between who I was  
And who I'm becoming  
This quiz wasn't for couples  
It was for the parts of me  
That finally agreed  
To meet

## Therapy Part 9 Reconstruction

Reconstruction begins  
In the hush  
After everything breaks  
Not with triumph  
But with the slow  
Deliberate breath  
Of someone realizing  
The world didn't end  
Even though it felt like it should have  
The therapist waits  
Hands still  
As if they understand  
That rebuilding is a ritual  
Performed in silence  
I look around  
At the inner landscape  
The toppled beams  
The cracked foundations  
The pieces of myself  
Scattered like relics  
After a long  
Private storm  
Reconstruction starts  
With choosing  
What deserves to rise again  
A truth here  
A boundary there  
A fragment of courage  
I didn't know survived the collapse  
I lift each piece  
As if it's sacred  
Because it is  
Because it's mine

Because it's what remains  
After the old structures  
Finally gave way  
The therapist nods  
Not at the progress  
But at the willingness  
To touch the ruins  
Without flinching  
Reconstruction is not hope  
It is intention  
It is the quiet decision  
To build a life  
That fits the person  
I am becoming  
And as I place  
The first stone  
Of the new foundation  
I feel a subtle shift  
A settling  
A recognition  
A promise forming  
In the dust lit air  
I am rebuilding  
Slowly  
Deliberately  
Unapologetically

## Therapy Part 10 Ghosts of the Past

They come like weather  
Not announced  
But arriving in the corners  
In the hush between breaths  
Ghosts are not only memory  
They are the rooms I never finished  
The doors I locked and kept locked  
The names I stopped saying aloud  
Sometimes they whisper like wind  
Soft and familiar  
Tracing the seams of old wounds  
With fingers that remember how to hurt  
Sometimes they stand at the foot of my Bed  
Solid as accusation  
Wearing the faces of people I used to be  
Demanding rent for the space they still  
Occupy  
The therapist watches steady  
A lantern held against the dark  
As I learn to name each visitor  
To say its shape  
Its hour  
Its hunger  
Naming does not banish them  
It gives them a place at the table  
A chair with a rule  
Speak once then listen  
Some obey  
Some do not  
I build small rituals  
A bowl for the echoes  
A bell for the sudden storms  
A window I open when the air grows Thick

The ghosts teach me what I feared to  
Remember  
How I survived  
How I hid  
What I loved and lost  
They are not only thieves; they are Teachers  
If I can stand long enough to learn  
At times the house feels crowded  
And I am tired of hospitality  
So I choose  
Keep the lessons  
Lock the doors that harm  
Leave the rest to the slow work of Weathering  
When the last echo softens  
I do not pretend the past is gone  
I set a place for it on the shelf  
Visible  
Contained  
And I turn toward the room I am making Now

## Therapy Part 11 Just Take Your Medicine

The therapist says it softly  
As if the words themselves  
Might bruise me  
Just take your medicine  
But the sentence lands  
Like a commandment  
Like a stone dropped  
Into a deep well  
I've spent years avoiding  
The room tilts  
Not violently  
Just enough  
To remind me  
That obedience and survival  
Once meant the same thing  
I hold the pill in my palm  
It glows faintly  
A small obedient moon  
Waiting to be swallowed  
But it's never just a pill  
It's a doorway  
A reckoning  
A return to the body  
I keep trying to outrun  
The ghosts of the past  
Gather at the edges  
Watching  
Whispering their old scripts  
You don't need this  
You're fine  
You can handle it alone  
But their voices  
No longer fit me

They rattle like keys  
To doors I've already locked  
The therapist waits  
Not pushing  
Not pleading  
Just holding the space  
Where choice becomes truth  
I lift the pill  
My hand trembles  
Not from fear of the medicine  
But from the knowledge  
That healing requires  
A kind of surrender  
I've never practiced well  
Just take your medicine  
The words echo  
Not as an order  
But as an invitation  
To stay  
To soften  
To survive myself  
I swallow  
The room steadies  
The ghosts retreat  
And for a moment  
A brief trembling moment  
I feel the quiet click  
Of something aligning  
Inside my chest  
Not peace  
Not yet  
But a beginning  
I'm finally willing  
To claim

## Therapy Part 12: You Need a Psychologist

The words land  
With the weight of a verdict  
Not shouted  
Not cruel  
Just spoken  
With the calm precision  
Of someone naming  
A storm already overhead  
You need a psychologist  
The sentence hangs in the air  
A doorway I didn't ask for  
A threshold I've been circling  
For years without stepping through  
It isn't an accusation  
It's a mirror  
And mirrors are the most dangerous  
Truth tellers of all  
The room shifts  
Walls breathing  
Shadows leaning in  
As if the past itself  
Has paused to listen  
I feel the old defenses rise  
The familiar armor  
The practiced lines  
I'm fine  
I can handle it  
It's not that bad  
But the words don't fit anymore  
They fall off me  
Like clothes I've outgrown  
In the dark  
The therapist watches

Not pushing  
Not rescuing  
Just holding the silence  
Where realization blooms  
Like a bruise  
Turning into a flower  
A psychologist  
A guide  
A witness  
Someone trained  
To walk the labyrinth  
I keep getting lost in  
The idea terrifies me  
Not because of what they'll find  
But because of what I might finally  
Have to face  
Still  
Something inside me shifts  
A hinge creaking open  
A door I've kept locked  
Out of habit  
Not necessity  
You need a psychologist  
Not as a sentence of failure  
But as a map  
A direction  
A hand pointing toward  
The version of me  
That refuses to stay buried  
And in that moment  
I feel it  
The smallest flicker  
Of willingness  
Fragile but real  
Like a match struck  
In a long dark room



## Love No Magic Tricks

No smoke  
No mirrors  
Just the quiet truth of you  
Standing in the doorway  
Like a question I already answered  
With my whole chest  
No sleight of hand  
No vanishing act  
No pulling promises from a hat  
Only to watch them flutter away  
I want the kind of love  
That doesn't need applause  
To feel real  
Let it be bare faced  
Let it be unpolished  
Let it be two hands reaching  
Because they want to  
Not because the script demands it  
If you stay  
Stay without illusion  
If you go  
Go without disappearing in smoke  
I'm done with the kind of love  
That dazzles only in the dark  
Give me the light  
The whole untricked thing  
Where nothing is hidden  
And everything is true

## Don't Let It Make You Cry

Don't let it make you cry  
Not the memory  
Not the echo of a name  
That still knows how to find you  
In the dark  
Don't let it make you cry  
When the past leans in  
Like it still owns a key  
To the house you've rebuilt  
From quieter things  
Don't let it make you cry  
Just because the truth  
Arrives uninvited  
Soft footed  
Cold handed  
Carrying the shape  
Of what you once wanted  
Let it pass through you  
Like weather  
Like a storm that knows  
You're no longer the place  
It can break  
Stand there  
Breathe once  
Let the world keep moving  
And if your eyes burn anyway  
If the ache insists  
Let the tears fall  
Only as proof  
That you're still here  
Still changing  
Still stronger  
Than whatever tried

To unmake you

## The Top Of The Mountain The Bottom Of The Valley

At the top of the mountain  
You are the moment before the leap  
A symbol suspended  
A breath held by the sky  
The wind circles you like a question  
That has waited centuries to be asked  
Your body becomes a threshold  
A hinge between what you were  
And what you are willing to fall toward  
At the bottom of the valley  
The earth opens like a mouth of memory  
Soil gathers itself into a cradle  
A dark grammar of endings  
That are not endings  
Every handful of dirt is a metaphor  
For the selves you've outgrown  
The ones that cling like old prayers  
To the edges of your ribs  
Jumping becomes a ritual  
Not descent  
But surrender  
A shedding of altitude  
A translation of height into depth  
You fall like a symbol dropped  
Into the language of the underworld  
And the valley receives you  
As if you were a seed  
Finally remembering its purpose  
Burying becomes a second ritual  
A way of writing yourself  
Into the ground's quiet scripture  
You cover what must be covered  
Not to hide it

But to let it transform  
In the dark's slow alchemy  
Every burial is a doorway  
Every leap is a vow  
And so you live between them  
The mountain's sharp breath  
The valley's deep pulse  
A figure made of falling and rising  
Of burying and becoming  
Forever rewriting yourself  
In the symbols of height and hollow

## Life On The Brain Not Death

I choose the bright pulse  
The quiet gold threaded through the dark  
A vow the body keeps  
Even when the mind forgets its own Name  
I walk inside a trembling dawn  
Where light gathers itself  
Like a creature learning to stand  
And every breath is a small  
Defiant lantern  
Yes  
The shadows lean close  
But I am not their cathedral  
I am the corridor of returning  
The echo that refuses to vanish  
The hand that rises from the river  
Holding nothing but the will to rise again  
Life hums beneath everything  
A low ancient music  
That will not stop calling me forward  
Even when the night tries to close its fist  
I follow that sound  
I let it crown me  
I let it keep me here

## Holding My Breath Like A Loaded Gun

I hold my breath  
As if it were an eclipse  
A dark coin pressed  
Against the mouth of the world  
Turning everything silver and silent  
Inside me  
The air becomes an omen  
It sharpens  
Hardens  
Takes the shape of a weapon  
I never forged  
Yet somehow inherited  
My lungs turn to winter vaults  
Sealed with frostbitten vows  
Even my shadow refuses to move  
As though any motion  
Might awaken the sleeping metal  
Of my own becoming  
I stand in that hush  
Where myth begins  
Where a single breath  
Can tilt the axis of a life  
Where the body is both altar  
And threat  
Both prayer  
And trigger  
And in this suspended moment  
I understand  
I am not holding my breath  
To stay alive  
I am holding it  
To keep the future  
From detonating too soon



## Therapy Part 13 Killing My Evil Twin

I enter the room  
And the air splits  
A thin trembling seam  
Between who I was  
And who I refuse to be  
My twin is already there  
Assembled from old sins  
And half rotted instincts  
A cathedral of bad habits  
Wearing my face  
Like a stolen replic  
He sits in my chair  
As if it were a throne  
Built from every time  
I bowed to fear  
The therapist is silent  
A witness carved from dusk  
Letting the ritual unfold  
The way storms unfold  
Inevitable  
Ancient  
Earned  
My twin rises  
His shadow rises with him  
A second spine  
Made of all the nights  
I swallowed myself  
To stay alive  
He is the archivist  
Of my worst versions  
He is the curator  
Of my old wounds  
He is the priest

Of my self betrayal  
And I  
I am the heretic  
Come to burn the temple  
We circle each other  
Like two moons  
Caught in the same orbit  
Each waiting for the other  
To fall out of the sky  
The killing is not a strike  
It is a choice  
A slow deliberate  
Unthreading  
I peel his fingers  
From my throat  
I take back the names  
I let him carve into me  
I reclaim the bones  
He taught to bend  
With every breath I claim  
He flickers  
A candle realizing  
The room no longer needs  
Its light  
He dissolves  
Like salt in warm water  
Like a prophecy  
That finally outlived  
Its purpose  
The therapist watches  
As the last of him  
Drifts away  
A final exhale  
From a ghost  
I no longer house  
Their nod is small

But it lands  
Like a bell struck clean  
You didn't kill him  
The room whispers  
You simply stepped  
Into the version of yourself  
He could never follow  
And in that quiet  
In that sacred afterglow  
Of self?rebirth  
You know  
You are ready  
For Therapy Part 14.

## Therapy Part 14 Referral For More Help

They place the paper  
Between your hands  
The way a priest places  
A candle  
Into someone who has survived  
Their own darkness  
A thin sheet  
But it glows  
Ink humming with the names  
Of those who will meet you  
In deeper chambers  
Of your becoming  
It is not a verdict  
It is not a failure  
It is the moment the path  
Admits it must widen  
To hold the weight  
Of your unfolding  
The therapist watches you  
With the quiet reverence  
Of someone witnessing  
A door appear  
Where there was only wall  
The week before  
You sit in the chair  
That once held your ghosts  
Your twin  
Your trembling  
Now it holds only you  
And the truth  
That you have reached  
The edge of this room's language  
Healing has grown

Too large  
For these four walls  
The air feels different  
As if it knows  
You are about to step  
Into a deeper version  
Of your own name  
You look down  
At the referral  
A map disguised  
As a mundane document  
A compass disguised  
As a list of numbers  
A blessing disguised  
As bureaucracy  
You feel the shift  
The soft  
Seismic truth  
That some wounds  
Require new witnesses  
New rituals  
New rooms  
That can hold  
The next storm  
You are ready to weather  
This is not the end  
Of your healing  
It is the moment  
Your healing asks  
For reinforcements  
You rise  
The therapist nods  
A gesture shaped like  
Permission  
Like passage  
Like prophecy

The door opens  
Without resistance  
It knows  
You are meant  
To walk through it  
And you do  
Because you are ready  
For Therapy Part 15

## Therapy Part 15 Entering The Deeper Room

You cross the threshold  
And the world tilts  
Not violently  
But with the slow  
Deliberate grace  
Of a curtain being drawn back  
From a stage  
You didn't know existed  
This room is not a room  
It is an underlayer  
A submerged chamber  
Beneath the chambers  
You've already survived  
The air moves differently here  
Thick with the hum  
Of old  
Unspoken things  
The kind that never learned  
How to surface  
Without trembling  
There are no chairs  
No desk  
No familiar architecture  
To cling to  
Only space  
Vast  
Listening  
A cathedral built  
From the echoes  
You've been carrying  
Since childhood  
Light doesn't fall here  
It gathers

It pools at your feet  
Like a quiet offering  
As if the room itself  
Is asking you  
To step into your own illumination  
A new therapist enters  
Not a figure  
But a presence  
A silhouette carved  
From patience and dusk  
Their voice feels  
Like a hand cupped  
Around a flame  
They do not ask  
What hurts  
They ask  
What still hides  
And something in you  
Some ancient  
Untranslated part  
Stirs  
A tremor  
A soft cracking  
The first shift  
Of a buried truth  
Turning toward daylight  
This is the deeper work  
The work you were sent here for  
The excavation  
Of the rooms inside you  
That even your shadows  
Were afraid to enter  
You breathe  
And the room breathes with you  
A slow  
Tidal rhythm

That feels like being welcomed  
Into your own depths  
You are not falling  
You are descending  
With intention  
With clarity  
With the quiet courage  
Of someone who knows  
That the only way out  
Is further in  
And in that descent  
In that sacred unraveling  
You understand  
You have entered  
The true beginning  
Of your healing  
You are ready  
For Therapy Part 16

## Therapy Part 16 The Bill

They bring it up  
Casually  
Too casually  
As if asking for payment  
In the middle of your unraveling  
Is just another part  
Of the healing ritual  
You're still sitting there  
Your pulse not yet settled  
From whatever truth  
You just dragged into the light  
When the therapist shifts  
Their tone  
Their posture  
Their entire presence  
And suddenly the room  
Is no longer a sanctuary  
It's a counter  
A transaction  
We'll need to take care of the balance  
Before you leave  
The words land  
With the dull weight  
Of a stone dropped  
Into a still lake  
No malice  
No softness  
Just policy  
You blink  
Because the moment feels wrong  
Like someone turning on the lights  
In the middle of a confession  
You reach for your wallet

With hands that were just  
Holding your own grief  
It feels indecent  
This shift from soul work  
To bookkeeping  
They list the charges  
As if reciting a litany  
Today's session  
The last session  
The part insurance didn't cover  
The part no one warned you about  
The total sits between you  
Like a third presence  
Not symbolic  
Not metaphorical  
Just expensive  
You pay  
Because what else can you do  
Because healing costs  
Even when you're already  
Paying in other ways  
The receipt prints  
With a mechanical sigh  
A thin strip of paper  
That pretends to summarize  
What this work has taken from you  
And given back  
You fold it  
You stand  
You leave the room  
Feeling lighter in your pockets  
And heavier everywhere else  
But even this  
Even the awkward  
Unpoetic moment  
Of being asked for money

While your heart is still open  
Becomes part of the story  
You're building  
A reminder  
That healing is not holy  
It is human  
It is flawed  
It is costly  
In every sense of the word  
And still  
You return  
Only outside  
Hoping to be let in  
For free  
Remembering that nothing is free

## Therapy Part 17 Finally Discharged

The words fall into the room  
With a strange  
Weightless finality  
Not heavy  
Not light  
Just true in a way  
That makes your chest tighten  
Before you can stop it  
You're discharged  
You don't cry  
But something inside you shifts  
A quiet cracking  
Like ice breaking under its own thaw  
You've imagined this moment before  
But never like this  
Not as an ending  
Not as escape  
But as a door  
That opens inward  
And outward  
At the same time  
The therapist's face is calm  
Almost too calm  
As if they don't see  
The storm gathering behind your ribs  
As if they don't hear  
The small  
Stunned voice inside you  
Whispering  
So that's it  
There's no one left  
Who can help me  
You stand because you have to

Your body moves  
Even though your heart  
Hasn't caught up  
The chair releases you  
With a soft sigh  
As if relieved  
To no longer hold  
The weight of your unraveling  
The room feels different now  
Emptier  
Colder  
Like a place that has already  
Forgotten your name  
The walls that once held  
Your trembling confessions  
Now look blank  
Indifferent  
As if they were never meant  
To keep you  
There is no next appointment  
No safety net  
No gentle promise  
That someone will meet you  
In the dark again  
Just a nod  
Small  
Distant  
A gesture that feels  
More like a closing  
Than a blessing  
You walk to the door  
With the hollow steadiness  
Of someone carrying  
Their own echo  
Your hand touches the handle  
And for a moment

You feel the truth  
Settle into your bones  
No one can walk  
The rest of this path  
For you  
No one can save you  
From the parts of yourself  
You must face alone  
You open the door anyway  
Because even without help  
Even without a guide  
You are still moving  
Still breathing  
Still becoming  
The door closes behind you  
With a soft  
Final click  
Not cruel  
Not kind  
Just real  
You are discharged  
You are alone  
And somehow  
You are still going

## Is This Real

The world around me feels staged  
A paper thin set built from borrowed Feelings  
Every smile a prop  
Every touch a rehearsed gesture  
Meant to look like tenderness  
From far away  
I move through it anyway  
A ghost wearing a heartbeat  
Collecting counterfeits  
Plastic promises  
Hollow warmth  
Kisses that taste like someone  
Trying to remember what love  
Is supposed to feel like  
Even the sky feels artificial  
A painted dome  
Cracking at the edges  
Where the truth leaks through  
Like light  
I keep searching  
Not for perfection  
Not for magic  
Just for something that doesn't dissolve  
When I hold it too tightly  
Some nights  
I swear I can feel real love  
Circling me like a shy animal  
Close enough to warm the air  
Too wild to step into my hands  
And I wonder  
How many more false suns  
Will I stand beneath  
How many almost loves

Will I bury in my chest  
Before the real one arrives  
And recognizes me  
Before I run out of time  
The world leans in  
Soft but unflinching  
And whispers through the cracks  
If you're asking  
Then yes  
You're still alive enough  
To find the love  
That won't disappear  
When you touch it

## Marriage Is A Cake You Bake Together

Marriage begins the way a cake does  
With two sets of hands  
Reaching for the same bowl  
Bringing what they have  
Hoping it's enough  
You measure out patience  
You pour in honesty  
You crack open old fears  
And whisk them smooth  
So they don't ruin the batter later  
Some days you forget an ingredient  
Some days you spill too much of one  
But marriage is forgiving  
You can always stir again  
Start again  
Sweeten again  
Heat comes next  
The kind that tests you  
The kind that rises slowly  
The kind that asks  
Whether you'll stay close  
Or pull away  
But if you hold steady  
If you trust the process  
Something begins to lift  
And when it finally sets  
When the two of you open the oven  
And see what you've made  
Not perfect  
But yours  
You understand the truth  
Marriage isn't the cake  
It's the choosing

The mixing

The tending

The rising

The everyday act

Of making sweetness

On purpose

## Forbidden Love

It wasn't a love  
It was a fever  
A bright  
Delirious animal  
That crawled out of the dark  
And whispered your name  
Like it had been starving for it  
It bent the air around you  
Warped the hours  
Turned every rule into smoke  
The world said no  
But the world was small  
And your hearts were enormous  
Two celestial mistakes  
Orbiting too close  
To avoid collision  
It felt illegal  
In the way storms are illegal  
Too wild  
Too luminous  
Too full of the kind of truth  
That makes ordinary people  
Look away  
You touched  
And the universe flinched  
You looked at each other  
And gravity forgot its job  
Every moment was a doorway  
You weren't supposed to open  
So of course you opened it  
Again  
Again  
Again

Until the hinges glowed  
Forbidden love is a spell  
Cast by accident  
Broken on purpose  
And still somehow  
Alive  
It doesn't end  
It just hides  
In the pulse  
In the breath  
In the impossible place  
Where two souls meet  
Even when the world  
Says they shouldn't

## My Bestie My Headphones

You crown my ears  
Like a small  
Private halo  
A ritual circle  
That no one else can cross  
The moment you click shut  
The world dissolves  
Streets blur into watercolor  
Voices fall like broken feathers  
Time folds its wings  
You are my twin moons  
Glowing on either side of my skull  
Pulling the tides of my thoughts  
Into calmer constellations  
Every bass line is a heartbeat  
You lend me  
Every melody a doorway  
You open in the dark  
You turn chaos into smoke  
Noise into ash  
And me into something  
Sharper  
Quieter  
More whole  
You're not just headphones  
You're the spell I wear  
The shield I summon  
The secret language  
Only I can hear  
My bestie  
My orbit  
My little myth of escape  
My headphones

## The Silence Only We Know

There is a silence  
That blooms between us  
Like a secret garden  
Only our shadows remember  
It is the hush  
Of two heartbeats  
Learning the shape  
Of each other's longing  
The quiet where your breath  
Leans into mine  
As if it has always  
Belonged there  
In this silence  
Your gaze becomes a lantern  
Soft  
Golden  
Dangerously tender  
And it lights every place in me  
That once pretended  
It did not need warmth  
The world falls away  
The noise dissolves  
Even time forgets to move  
And in that stillness  
I feel you  
Not your hands  
Not your voice  
But the deeper you  
The one who speaks  
In tides and tremors  
In the language of souls  
That recognize each other  
Before names are spoken

Our silence is not empty  
It is full  
Full of the things  
We are brave enough to feel  
But too enchanted to say  
It is the moment  
Before a kiss  
That changes everything  
The breath held  
Between two destinies  
Deciding to intertwine  
This is the silence  
Only we know  
A sanctuary  
A spell  
A soft collision  
Of your forever  
And mine

## Auntie M.

The world feels thinner without you  
Like someone quietly pulled a thread  
From the center of the family  
And the whole cloth loosened  
You were the first doorway  
Into the stories of who we were  
Before any of us arrived  
You carried the memories  
That didn't fit in photo albums  
The whispered ones  
The funny ones  
The ones that made us proud  
And the ones that made us human  
Now the house sounds different  
Quieter  
Even the air feels cautious  
As if it's waiting for your laugh  
To roll through the rooms  
And remind us that everything  
Even the hard things  
Could be softened by your voice  
I keep thinking of your hands  
How they moved when you talked  
How they folded towels  
How they stirred pots  
How they rested on your lap  
Like they had already lived  
A thousand small lifetimes  
Grief keeps surprising me  
It doesn't knock  
It just shows up  
In a recipe you taught  
In a song you hummed

In the chair you always claimed  
Like it was made for you  
And you alone  
Sometimes I catch myself  
Wanting to call you  
To tell you something small  
And unimportant  
Because that's what love really is  
Isn't it  
The tiny things we shared  
Without thinking twice  
I didn't realize  
How much of my world  
Was shaped by your presence  
Until the shape changed  
But love doesn't leave  
Just because the body does  
You're still here  
In the way we speak  
In the way we love  
In the way we remember  
What truly matters  
You taught us that  
You taught me that  
Rest now  
Auntie  
Your stories are safe  
Your love is safe  
We'll carry them forward  
Not perfectly  
Not the way you did  
But with the same heart  
You gave us  
And when the family gathers  
When the laughter rises  
When the memories spill out

You'll be there too  
Quiet but present  
Woven into everything  
We still are

## To The One Who Birth Me

On this Mother's Day  
I return to the beginning  
To the place where your heartbeat  
Was the first music I ever knew  
You carried me  
Before the world carried my name  
Held me steady  
Before I learned to stand  
And poured strength into me  
Even on the days  
You had none left for yourself  
You stitched love into my childhood  
Patched the places life tried to tear  
And taught me that surviving  
Can still look like grace  
Everything I am  
Has your fingerprints on it  
Your courage  
Your patience  
Your stubborn hope  
So today  
I honor you  
Not just for giving me life  
But for shaping it  
Protecting it  
Lifting it  
Loving it  
Happy Mother's Day  
To the one who birth me  
Raised me  
And believed in me  
Long before I believed in myself  
I Love You Mommy

## Agree To Disagree

We stood on opposite shores  
Of the same dark river  
Each certain the current  
Ran our way  
You held your truth  
Like a lantern  
I held mine  
Like a blade  
And still  
Neither of us cut the night  
Neither of us lit the path  
So we set our weapons down  
Let the river keep its secrets  
And chose the quieter victory  
Not winning  
Not losing  
Just walking away  
With our dignity intact  
Two stubborn hearts  
Finally learning  
To agree to disagree

## Less Of Me Each Morning

I lie awake again  
Caught in the thin place  
Between breath and forgetting  
Where the dark listens  
And the ceiling waits  
For me to blink first  
Sleep doesn't arrive  
It claims me  
A quiet hand over my eyes  
A slow command  
To go under  
Whether I'm ready or not  
And every time I surface  
I return smaller  
Edges smudged  
Voice dimmed  
A little more ghost  
Than the night before  
Morning lifts me  
But something stays behind  
In the undertow  
By noon I'm a flicker  
A half lit version  
Of whatever I was yesterday  
Night finds me unraveling  
Still awake  
Still thinning out  
Still waiting for the moment  
Sleep decides  
To put me down  
And when it does  
I fall  
Soft

Silent

Vanishing through myself

One dream at a time

## What Refuses To Mend

It lives in the hush where the winters Begin  
A seam in the world that won't pull in  
Not wound  
Not warning  
Just a line that keeps forming  
A frost mark etched  
Where the warmth stopped swarming  
You touch it and silence replies with its Twin  
You name it and nothing is summoned Within  
Some breaks don't heal  
They harden instead  
A law in the cold  
A pact with the dead  
Some things refuse  
The mercy of end  
Some things stay broken  
Because they won't bend