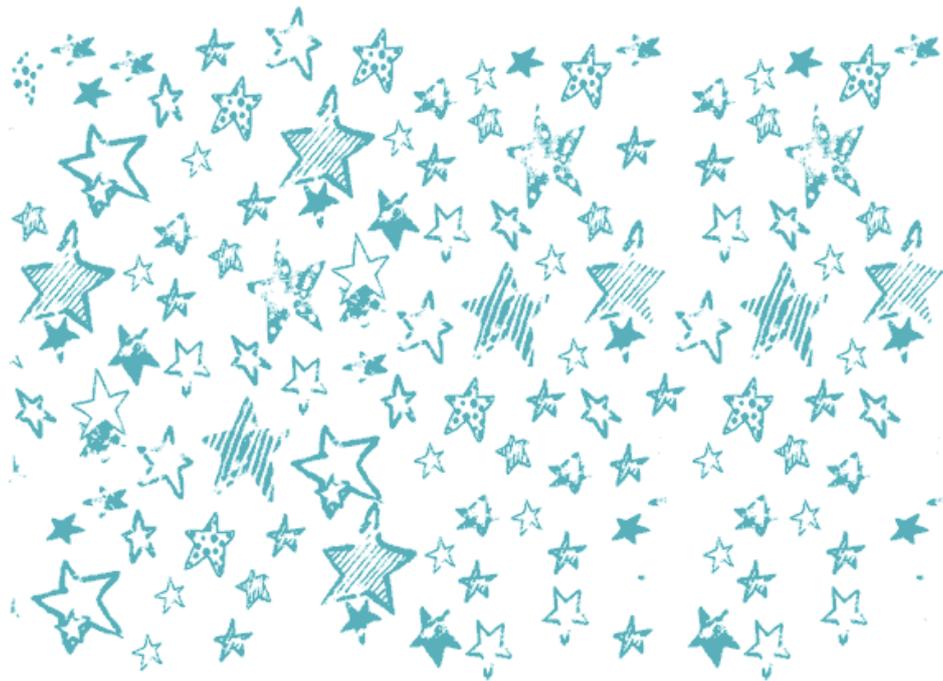


Anthology of Anthony Hanible



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

Yes I'm So Depressed Chapter 5 The Suicide Letter

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My Mighty 13

Tears Stories

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So In Love I Fell

Detained

Useless

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The Painting Called Mystery

Shoot The Messenger

Words Speaks For Itself

Don't Leave

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

I Can't Cage You Up With A Title

Happy Go

Set Free

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Bang Bang Boom

Love Love Love

Cement Blocks

I'm Dead

Lost Without Love

Door Mat

Serial Heart Killer

Please Make It Stop

Please Call The Crisis Center

Sleepy Sleep Sleeping

Dead Men Do Talk

Stormy Land

I'm Fragile

Suicide Meetings

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Under The Bus

O Cut Me O Bruise Me

Acceptance

Read Carefully

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Tears Of A Cold Heart

Burning In The Wind

A Dark Place

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FreeFall

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Scared To Say

Inner Peace

Ripping Skin Off The Bone

Pain Management

Butterfly Needle

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Lying About Your Thoughts

Platonic

Blood In My Eyes

I Take Medicine For That

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A Scream For Help

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The Bottom Of A Bottle

In A Box

Pretty Please

The Kindness Of Hearts

Melting

Thief

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A Heart Part 1 The Damaged One

A Heart Part 2 The Entanglement

From The Heart

Follow The Clock

You're Hurting Me

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Nothing

Hard To Look At

Too You

I Still Love You

Yes Depression Is Real

Hi Pad Hi Pen

Love And Pain

Relationship Problems

O Too The Tears

Let's Pray

A Glass Body

Burgundy Red

Green, Yellow And Red

Brain Shutdown

Yourday

Just Shoot Me Bang Bang

Take A Moment

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A Stormy Brain

But I Call it BS

Missing

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Shower Tears

If

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Be Mine

Looking For A True Friend

Late Night Cries

Sorry To Tell You

Jail

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Black Man

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Unfortunately

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My Heart

Love Me

I Shouldn't Be Crying

She Shot Me

Being In Love

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Beauty

Because I Love Her

Your Apology

She Has Me Flustered

I'm So Sorry I Loved Her So

When I Look At The Sky

Sun Going Down

Tug Of War Pt2

You Was Trying To Hurt Me With A Goodbye

Hi I'm a rug

A Lady

It's My Move

That Smile

Alone

Things That Should Be A Crime

Things That Should Be A Crime

Things That Should Be A Crime

Insomnia

Damn You Title

O Stiff One

Look At Me When I Say This

Facts

Facts Pt2

The Hiding

Human Ghost

Be Ready

Too Mister And Miss Downer

Scream

My Shower

Facts Pt3

I Don't Sleep In My Bed

Please Don't

That One Last Cry

Too The Knife I Pulled Out Of My Back

I Love You

It's The Truth

Dozen Of Roses

Where My Heart Refused To Whisper

There's a Bullet in My Brain

A Funeral For Our Bed

Walls Around My Heart

Leave It In 2025

Depressing Screaming

A Cry

Living In A Coffin

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Love Helps

Mommy Mommy Mommy

The Psych Ward

Death Cake

I'm Trying My Best

Mic Check One Two

The Battle Is Already Won

The Moving Truck And The Movers

Schizophrenia In The Static Between Thoughts

Raging At The Moon

Make It Right Life Is Too Short

You Are My Why

Rainy Sunday

When The Ark Came Home

So Cold

When God Calls Me Out Of The Dark

Hydroxyzine

Where Every Breath Belongs

Don?t Wait Till I?m Gone To Show Your Support

Let Me Encourage You

Blue Rose

Home O Home

Must I Fall To My Knees

My Hands Are Up Don?t Shoot

I Don?t Want To Fight

Bleeding Out

Missing The Missing

You Can Argue By Yourself

After Life Life After

More Than a Friend My Foundation

The Soft Arrival Of Your Love

Rooftop

Being Cold As Ice

Chase The Running Water

One Soul

Angels And Butterflies

Going Crazy The Crisis Center

Wife Meet Husband, Husband Meet Wife

Thank You Jesus

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

Free Love

Crying Dove

Don?t Act All Innocent

I Am Waiting For You

Phases Of The Moon

Liar Liar Pants On Fire

Thank You For Leaving A Comment

Candle Lit Fire Burning

A Box Of Chocolate

Dying In Your Arms

Fixing Broken Pieces

Just Don't Say You Love Me

What Shall I Do If I Lose You

Yes You Do Matter

Battling Sleep At Midnight

Hard To Do Easy To Say

Mind Games

Poetry

I'm Sorry It's Time

I'm Sorry I Had To Take My Medicine

If I Cry

A Poet In A Psychological State

Are You Listening

Mommy And Daddy Is Fighting Again

A Poet Superhero

Hugs And Kisses

The Kidnapping Of My Heart

I Have Been Up For Days Weeks Months

Life As We Know It

Ahhh! Is The New Woo Sah

Running Mind

The Baker Of The Doughnut Donut Shop

1800 Help

Packing My Bags

O Love Save Me

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
Alot 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 overdosier
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

Ringling 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