

Oh to go to sleep and to never wake up again.

Oh to go to sleep and to never wake up again.
To sleep forever is what my body needs.
An escape from this harmful reality.
A different world where I can start anew.

Oh to go to sleep and never wake up again.
All my sorrows would be gone.
A sensation of calmness would take over my body.

Oh to go to sleep and to never wake up again
Seems beneficial, but a life unlived is a life I fear.
I have hopes and dreams.
And if I sleep and never awaken, then what good are my aspirations?
Maybe I don't want to sleep and never wake up again,
Maybe I just want a long period of time that allows me to live freely.
Maybe I just want a breath of fresh air away from my cruel mind.

Bare tree

A leaf falls from a tree.

And I am reminded of the time we walked in the woods.

A crinkle of leaves, and I'm back to the moment when you pulled them out of my hair.

I never thought I was going to be alone, but I am a bare tree.

My leaves are all gone.

I am dying without your warmth.

Without your comfort,

Without your presence.

New leaves will come, but they are never the same as you.

The way you made me feel so beautiful and full.

They fill me, but not as much as you once did.

I am not lazy.

They tell me that I am lazy.
That I am acting like this because I simply don't want to do the work.
But when I wake up in the morning, I struggle to get up.
I lie in bed wondering what would happen if I went back to sleep.
I am not lazy, I swear.

I am just tired.
Tired of constantly being at war with my mind.
An endless battle of trying to be happy.
Trying to kill off the numbness.
I am tired of waking up everyday, praying that it will be better than yesterday
My body is weak. Sore. Sick.
It caught a virus that takes control of every inch of me.
It paralyzes my thoughts, feelings, and actions.
I am stuck in place.
Unable to move forward.

I am not lazy.
It's just that the urges tell me that it is easier to die than be alive.
I am not looking for the easy way out, but my mind needs a moment to breathe.

You tell me that I am making this worse than it is.
That I have no right to feel the way I do.
But how come you won't let me change it?
You make it seem like I want to be like this, broken. Lost.
But we both know I do not want to be this way.
I wish to be freed away from these chains of negativity.
I wish to be soaring with everyone else but you, my mind, restrains me on the ground.

I swear I am not lazy,
I am just tired of living a life so isolated.
I promise you I am trying.

You may call me lazy,
But I think that I am productive enough to put up with you.

My Mind

My mind is in chaos.
If you took a step inside,
You'd feel trapped by all the clutter.
The useless junk sitting in the corner accumulates .

The only place to walk is on the dark path.
A path that leads you through all my misery.
You'll experience the pain that I have felt.
The abandonment that I have endured.

You'll hear my thoughts.
These thoughts will haunt your ears.
A never ending cycle of never being enough,
Never being able to fit in.

You'll feel numb.
Unable to explain your emotions.
You'll try to figure out what the root of this madness is,
But then be drowned in rage.
Unable to figure out what is wrong.

Your anxiety will become heightened when you realize that you can't figure out how to escape.
You'll pray for a time where you can just be alone and able to breathe.
You will desire a breath of fresh air, where you're not being suffocated by racing thoughts.

If you took a step into my mind,
You'd long for a hug,
A friendly touch.

If you took a step into my mind
you would wish to leave the second your feet hit the ground.
If you took a step into my mind,
Maybe you'd understand why I never feel like I'm enough.

Your false love

My mother used to warn me about the fall,
She told me to never get too close to the cliff,
Because if I fell, it would be rare that I would soar.
I never understood the reason why.
You see I am drawn to nature and adventure
Well I was.
As a kid we all believed in happily ever afters,
Fairy Tales.
But the movies hid things from our eyes,
They cut out the scenes where Prince Charming isn't really all that he seems.
Charming at first, but possessive underneath.
I should have listened to my mother.

But you see it was all new
There he was telling me we could fly.
So I went ahead.
The cliff gave me signs,
I chose to ignore them
I figured he just cared so much about me that's why I couldn't wear that shirt.
And he just doesn't want anything bad to happen that's why I couldn't hangout with my friends

But when I was on the edge of that cliff,
I knew my mistake
I knew what would happen, if I jumped
But there he was floating in the air,
I thought he loved me, that's why he stayed in the air
But when I jumped, I fell
I was falling, not soaring,
And he was pushing me closer.
Closer to ground I got ,
Where I landed a little too hard.

Laying there on the ground,
Paralyzed.
He smiled.
And then I knew,
It wasn't love, it was manipulation
He stood above me and watched me suffer,

And kept treating me like I was the dirt in the ground.

And when he left me there shattered,
broken into millions of pieces,
I did not move.
I allowed myself to feel the mess that he made.
I was all alone,
while he went back up to the cliff and found someone new.
I wonder if I was just a test run.
Maybe he realized I was not enough.
Although I hate to admit,
I had given him the world,
when all I received was a speck of dust.