

Poetry Series

Amber Zenisek
- poems -

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I have red hair blue eyes. I am 5'1 105 lbs. My boyfriend is Sam Brumbaugh.

A Life Of Hell, Unspoken Words (Bipolar)

Staring into the mirror, Focus blurred, Coming undone
Faces staring back at me, Screaming, Streaming
Rain falling, Trails in front of me, Totally insain
Bottle of pills, Self medicating, Face changing
Feeling of solitude, Becoming numb, Drainage
Misusing, Still abusing, Pacing, Thoughts racing
Hearing voices in my head, Telling me what to do
Feeling insain, Can't sleep
I need help, Mentally ill, Sickened
Empty inside, Bleeding, My head exploding
Fucked up, Looking through sad eyes
Always hopeless, Just wanting to belong
Casting away, Fear subsiding, Disappearing
The way I choose to be gets darker everyday
Scared of myself, Waiting to be free
Life is impossible, Thoughts of suicide...Won't understand
Can't erase them, Dissapointment
I am falling and crawling, Won't be okay
Insecure thoughts, Feeling ugly, The hole I dug for myself
I believe my own lies, Hateful, Deception
Hidden from the world, Crushing, Snorting, Burning
Pouring out my insides, No trust left, Forsaken me
I am the problem, I am the problems
Blood on the walls, Death calls
Self cutting, Slicing deeper, Bleeding, Bleeding
Horrible life of abuse, Fighting, Screaming, Beating
I am twisted, Crashing and burning, No strength
Changing every second, Can't take control
Cutting deeper, Waiting for you to save me
All fucked up, Sick of life, My pain will never end
Comiserating, As I waste away, Killing my insides
Too many excuses
All I lived for was to be loved, Now I'm coming undone
Feeling worthless, Getting more hopeless, and restless
The lies, My sickness, Weakened, Self hatred
Running away from my past, Erasing memories
Distain, Wasting my time, In my mind it lyes
Never perfect, Disarray, I don't care!
Never to be loved

My pain kills, This is how it feels
Depression, Nobody cares, Blown away
Sick of this, Your oblivious, Never caring
Seeing death, Foresaking, My only cure, This I am sure
Mentally sick, Trying to stay awake
I hate myself, Dilirious
I am not like you, I will never be like you
Taken for granted, Unspoken, and broken
Becoming unbearable, Wanting to die
Nightmares taking over my thoughts
Never to be free.....Only I can see...Whats to become of me

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Deception Of An Evil Mind

Never want to breakdown.
Why the world has stopped to look at me?
Lose who we are inside a mind of nightmares.
The spirits have come to take me away.
The hallucinations torturing me.
The lights keep me safe from the demons.
Racing thoughts controlling me.
I was born like this, it will decide my fate.
It tells me I don't need medication, but I do.
Falling faster down into the black hole.
Holding me down, destroying my dreams.
I will self-destruct in the end.
There is nowhere else to go.
My life has been a living hell.
The past hurts too much to look back on.
I blame others, for the pain I feel.
I am embarrassed for people to know who I really am.
I will never turn out like you, I always told myself.
But look who I've become.
Why I blame others? I don't know.
All I know is I'm not right, and I will never be alright.
Trapped inside a mind of hate, and sick thoughts.
When I say I don't remember, then I don't!
Please believe me, I am lost inside.
I have let you down, I am nothing but disappointment.
Please understand who I have become.
Hurt and destroyed from childhood.
Why do I let them get to me?
Why do I let them win?
I was born like this.

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Devistation Touched Dead (Fostercare My Thoughts About Being Taken Away)

my soul commerce me,
chamber of death,
is all I see,
wish it would disapear,
and never return,
suffering death,
condeming me, feeding off me,
all this hate in me,
please condem me!

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Goodbye

My last words shall be known on this very piece of paper.
Noone will ever see the pain in my head.
Bent, and broken down...I'm falling apart.
Inconiderate about how I feel.
This world has no concideration for anybody else.
Noone even thinks of me as a person.
I'm just living in a dream that will soon be a nightmare.
Never to be loved, or lifted up.
Always think I'm lieing about everything I say.
Never able to listen, or understand.
There won't be no 'self pity'.
Living in everlasting darkness.
In the end everyone will understand, cause I will make them.
Letting others walk on me.
I ain't got nothing left in this life.
I warned everyone about how I was feeling.
Noone took time to even listen.
If I could only pull myself up.
It's too fucking late!
Tearful eyes making me so sad.
Going down into the zone.
I threatened suicide, and I meant it.
And noone can say I'm weak.
or just saying it for attention.
Because it will be your reality.
I want everyone to feel the same pain I've felt, since they can't understand me.
You cry for a change, and get called stupid for it.

- 1) self destruction-is not a weakness.
- 2) pain-comes from the innerself.
- 3) suffering-is caused by torture.
- 4) knowledge-is knowing about oneself and others.
- 5) self esteem-is made from being uplifted.
- 6) heart-is brought from having emotions.
- 7) sickness-caused by being scarred from the inside out.
- 8) family-made from many people who care.
- 9) mental-triggered from the brain, not by ones choice.
- 10) utopia-living in utter peacefulness.

I have went to my utopia, thats a way to concider it.

The Hole Inside Me (Hurt)

Crumbling into a hole
The picture is fading
Memories distant
Clouds falling over me
Commend me to this life
The life I refuse to live
Keep me hanging on
By a string

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The Inner-Self

The temptation of suicide is becoming of ones-self.
In a world of torture and frustration.
The inner demons subside from my own true hell.
Everyone has foresaken the feelings of a tormented being.
The reflection from the mirror has come to destroy the ignorant one.
Trapped in a everlasting earthquake of humanity.
As I walk down the path of tragedy and deception.
Winding down to nothing but the hate burning me up inside.
Corrupted thoughts running through my head.
A single sign of weakness causes the breakdown.
The disease forces you to believe you are right.
The truth is they all just want you to disapear.

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The Lonliest Tree

I am the lonely tree at the top of the mountain.
...standing all by itself.
It's leaves falling down, onto the trees below.
They are tears crying out in shame.
No one will come near it, it has no friends.
They hate it, they despise it.
But they never get to see the true meaning inside.
It screams out in agony.
You don't know the horrible story of my life.
I'm not really alive, in death my time will arrive.
Beaten and Broken down.
Memories tormenting me.
The hurt they've done to me.
The branches breaking off,
are all the people who have betrayed me.
The hateful spirits put me out of my misery,
Burning up my soul of sorrow.
I am the lonely tree at the top of the mountain.
Standing all by myself.

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