

Poetry Series

**Chealsea Regis**  
**- poems -**

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## Chealsea Regis()

I am 21 years old, I've always had a passion for poetry and writing.

# Him

She stares in his eyes  
She longs for embrace  
Shes feeling his touch  
His breath on her face

He pushes her hair  
Away from her face  
Strokes her so gently  
Longing to taste

The love in their heart  
The passion inside  
The feeling of knowing  
She stays by his side

Chealsea Regis

# Love Hurts

He's pulling her close  
And whispering sweet  
' I'll love you forever'  
Her heart skips a beat

She looks in his eyes  
A deep blue sea  
Forever his  
She's longing to be

The memories fade  
And tears now stream  
The face of her lover  
A long lost dream

She's swallowing fear  
Trying her best  
Today is the day  
They lay him to rest

Chealsea Regis

# Suicide Note

The screaming pain  
The burning rush  
The voices shouting  
The instant hush

The throbbing vein  
The trickle red  
The disorientation  
As I fall into bed

I stare at the ceiling  
Engulfed in fear  
The fear of not knowing  
How long I'll be here

I cut for attention  
I cut to let go  
I am dying inside  
And I need you to know

I can no longer take this  
There's no reason why  
But this is my letter  
For after I die

Chealsea Regis

# Unloved

She sits on the floor  
And plays with her hair  
You tore her apart  
And she knows you don't care

She doesn't dare talk  
When you are around  
She'll only get laughed at  
No murmur no sound

She's curled in a ball  
When the alcohol hits  
Worried to move  
Worried to flinch

The comforting snore  
When your falling asleep  
Its her only escape  
Its then that she weeps

Chealsea Regis

# Untitled

The voices that whisper  
The fears that arise  
Shaking it out  
Praying to die

Rocking in corners  
Feeling the stares  
Screaming for someone  
To know you are there

Tied to a slab  
Movement is cut  
Wanting to fly  
Dosage is upped

Sitiing in silence  
Unable to feel  
The drugs are working  
Now everything is real

Chealsea Regis