

Poetry Series

**Courtney Caine**  
**- poems -**

**Publication Date:**  
2008

**Publisher:**  
Poemhunter.com - The World's Poetry Archive

## Courtney Caine()

am the normal depressed girl that where most of my poems come from all my poems are what am say that what makes them good.

# Aching

my soul aches my heart breaks to know  
that you never cared like i did  
all the words where lies from the past to  
come back and slap me in the face  
i didn't hear the lies  
i heard i what wanted to hear  
why couldn't i see u for who you really are  
why did u break my heart  
please tell me how am i going to live with out u  
i love u so much  
you promised you would never hurt me  
that my heart was safe in your hands  
but you broke me and now you laugh at me  
but i am still here laughing at you  
now you know the pain you put me through  
so in the end we are even  
so if you would let go of the past  
i would like it if we could be friend once again.

Courtney Caine

# Am Lost

the war is over  
i surrender  
i lost this war and my heart  
the tears fall to let me know  
its really over  
am never getting you back  
the love i had for you  
now stabs my heart  
and fills it with pain  
the tears fall like rain now  
and i cant take the pain now  
i look but i cant have  
u are my forbidden fruit  
i shelled my tears wishing for the pain to come to an end

Courtney Caine

# Breathe

breathe  
everything will be ok  
the sadness is gone  
happiness will come  
please just breathe  
please stay  
don't go  
i still need you  
but you have left me again  
you never stay long  
you come long enough  
to make me feel alive  
then leave  
leaving me so cold  
i try to breathe  
but i cant  
i need you to save me  
i need you so much  
i never knew till now  
but every part of me  
screams in fear of you  
I've let you in to deep  
am still as stupid as i was before  
you have taken everything from me  
you laugh at my pain  
you never cared  
but i know you love my tears  
you made me shed then enough  
all the wasted promises  
all my love i could have given  
its all gone  
you have taken it all in your greed  
but you don't care you never did  
you got what you wanted  
and left me alone  
i screamed and cried for you  
but you never came  
i bleed for you  
but you only laughed

what more could you want of me  
i don't have anymore to give  
look at me  
there is nothing left to save  
cause there nothing left  
worth saving  
everything in me has been tainted  
my love turned to hate  
my hate turned to rage  
what is left for me now  
there is nothing in the world  
for me i will wast away slowly  
begging for it to end  
but will never come  
this is my hell  
i have been sent there before my time  
with no one willing to save me  
so just breathe  
the sadness is gone  
the happiness will come in time  
just breathe

Courtney Caine

# Broken Doll

the broken doll  
sit alone in the dark  
no one to care no one to hold her  
the days to long  
the misery to strong  
i have cried all my tears  
there is nothing left  
its all over the time has come  
i must move on  
it time to start over  
time to grow  
the pain will come and go  
the bitterness  
the anger  
what is to be done  
nothing its a sickness with no cure  
i am fake i am afraid  
i lost dreams i never had  
its killing me  
but with the pain  
i grow stronger  
no one can hurt me now  
or so i though  
the heart will heal  
it falls again  
what will i do now  
i pray its different  
but its not  
i see it coming again  
the lies the no goodbyes  
let the pain pass  
the sorrow has come  
it will soon be over  
this feeling will pass  
the emptiness will come  
the feelings will fade  
or alone and sad now  
nothing to feel  
so nothing to hurt

will i ever heal  
will everything go away  
can i forget everything  
so i dont see what i have done  
day after day  
to see their faces  
full of hate  
causing me so much pain  
make it go away  
save me from so much  
you make the monsters go away  
the nightmares have stop  
you make me feel safe  
is that so much to ask for  
to make it all go away  
you said you love me once  
then save me  
make it all fade away  
it all came back  
am not strong enough  
to hold it back this time  
but with your help maybe  
i will heal  
and start over  
with you by my side

Courtney Caine



# Broken Heart

broken into more pieces than one  
what do i do  
they tell me don't give up  
but what do i do with a broken heart and a love for pain  
the voices in my head tell me to cut  
just one to take away all the pain  
but i said i wouldn't but i want to  
just to see it over with  
this life that i live is Pathetic  
i don't need this, my life was fine before  
but now it cuts to deep to think  
it hurts so much to take each breath that goes into my lungs  
make it stop, make it go away  
fix this broken life cause am not strong enough to  
make it ok make every thing better please  
cause i cant go on like this, i hate this pain  
but hate my self more for letting my  
heart take over again  
with each turn it takes  
a new pain comes to life  
am tired of this world  
that hold nothing but pain for me  
i lay in bed wishing for it all to go away  
but i cant the tears keep coming  
but what can i do my heart is suffering once again  
so i do the next best thing i get up  
walk over to my radio turn it up all the way  
walk over to my light switch turn off my light  
slide down my wall and cry what else can i do  
its time to grieve for the broken soul

Courtney Caine

# Can'T Stand You

anger run through my veins  
I cant stand you  
I hate everything about you  
why cant you see that  
I cant stand that you care now  
Ive waited so long  
I was invisible for so long  
I wanted it so bad  
but i learned to live without it  
but now its here i cant stand it  
to have you care now when i needed it then  
I hate it  
I hate you  
want you dead  
does that make me a bad person  
to want that to happen  
to want you to leave and never come back  
its so much better when your gone  
we was happy  
and now its gone  
now its like hell  
we are always fighting  
screaming i was scared i wont lie  
but you never listen  
I hurt so much you can see it  
but u never see it  
you only see what you want  
i just want to forget about you  
pretend you was never real  
that all those time where just nightmares  
that i could just forget  
but there back and they wont go away  
i want to forget never to remember  
i want it to all go away  
i cant stand to think about it  
it kills me slowly makes me wish for death  
ill never tell but i feel it  
i feel everything that you have done  
makes me want to rip my skin off

makes me want to throw up  
and the hate only grows stronger  
you broke me  
nothing will ever be the same  
you took away everything  
you took my life but in return i took yours to.

Courtney Caine

# Chocking On Tears And Pain

chocking on the tears  
the pain to hard to swallow  
the cries to low to be heard  
the scars to deep to be seen  
looking into the eyes of sorrow  
and seeing that's where i belong  
the fear of loneliness haunts me  
being lost and on my own gives me  
pain that you would never wanted  
the words cut to deep they will never heal  
the love that once was cuts out the still beating heart  
leaving me soulless and dead  
but i want it like that  
the pain is gone now  
no more worries  
it is all over in a blink a eye  
the day goes by  
one night of rest  
seems like years  
the days grow longer  
the weeks never ending  
you want it to be over  
begging for the forgiveness  
that i will never get  
i have forsaken everything  
i want nothing but to be alone  
because to let you in again  
will lead to nothing but pain  
and i know am not strong  
enough to go through it again  
all i can ask is why do i suffer like this  
what have i done so wrong  
please tell me am tired of feeling this pain  
it never goes away  
i cant stand this pain any longer  
please cut out this heart  
that loves to hard and trust to easy  
please make all of it  
go away hold me as the nightmares take over

all they show me is the hurt the pain  
make it go away please don't let it hurt me anymore

Courtney Caine

# Come To Me

come to me let me keep you safe  
i will take away all the pain  
all the hurt i will be there for you  
when everything goes wrong  
i will stand by you when everything falls apart  
i will pick up the pieces when you break  
all i ask is that you do the same  
you have my heart please dont break its broken so easily

Courtney Caine

# Crushing Blow

the crushing blow has been made,  
my heart cut into,  
will it ever heal from this this pain,  
that makes me want to cut out my own heart out,  
to get away from the pain,  
but all that comes are tears,  
from the bottom of this dieing heart i wished for something good,  
but i always get something bad my future is unclear i can't see past the tears,  
it hurts all the way to the bone i wont let you see my pain cause if i don't think  
about it its not real,  
but my world is nothing but lies fix this broken girl that prays for the light in the  
darkness,  
or put her there so i never have to do this again i don't want to face this pain,  
not again cut out this heart to end pain to end the suffering thats caused by this  
romantic heart

Courtney Caine

# Dark Secret

the night grows longer  
the darkness craves you  
a mistress of the night  
the truth never in sight  
her lies coated in honey  
her lips are as red as wine  
she brings you in  
waiting wanting  
you are her prey  
and she will do anything to have you  
she whispers in your ear  
all the things you want to hear  
telling you tells  
of pleasure able nights  
awaiting  
come one now don't be so stupid  
your falling for her spell  
leaving everything be hide  
everything you had worked so hard for  
is not gone cause of her honey coated lies  
you cant pull away you want this  
you need this  
she leading you away from everything you know  
into the darkness we go  
she walks you follow  
like a little lost puppy  
she laughing now  
but you cant hear  
caught in your dream  
of pleasure  
here you are now  
in her house of sin  
you cant fight it you will never win  
she watches you now with those cat eyes  
its time to play let see if you come out alive

Courtney Caine



# Fallen Angel

I see how you are flirting  
with me yet have her on the side  
who the hell gave you the right  
to play with my heart  
question is why did i fall for it

all these tears i cried for you  
i wish i had save them  
(save them) so i could  
drown you in them

I fall for you, you tell  
me how much you love me  
then turn around and tell her  
you love her why couldn't you  
tell me this why did you  
lead me on why did you use me

all these tears i cried for you  
i wish i had save them all  
so i could drown you in them

make me fall for you  
these angel's wings have been  
ripped away and given the wings of a hell angel  
the wings of the fallen they bleed from  
the misery you have caused me

all these tears i cried for you  
i wish i had save them  
(save them) so i could  
drown you in them

my red streaked face from  
the blood tears i have cried  
my heart that was once  
pure has turned to the darkness  
the vengeance that i reach  
for is no where to be seen

all these tears i cried for you  
i wish i had save them  
(save them) so i could  
drown you in them

so i reach for it myself  
i find it near the place  
where you lay lifeless  
in the cold hard ground

all these tears i cried for you  
i wish i had save them  
(save them) so i could  
drown you in them

who will save me from  
this hell help me find  
the light once again

all these tears i cried for you  
i wish i had save them  
(save them) so i could  
drown you in them

help me find away  
to keep living help  
find the light in my heart  
the darkness draws me  
near pulling me into  
the dept pulling  
me to hell  
where the fallen go

Courtney Caine

# Forsaken

you are alone in the darkness  
you have been forsaken  
they laugh at you  
they see you cry but they will not help  
you pray to your god  
hoping and preying  
that your god will help  
you but you have sold  
your soul long ago  
ooooh don't tell me you don't remember  
haha you silly little girl  
you prey to your god  
but he will never answer  
because you are the forsaken  
the forsaken are mine and he knows it  
you are mine now  
you will never be free  
cause i will never let you go  
you will suffer for always  
i will see to it  
now my little one do you see  
you should stop your preying  
cause he will never answer you  
your god will not save u cause now you are mine

Courtney Caine

## Forsaken 2

don't listen to the voice  
but its all i hear  
the screams the pain  
the cuts bleed the tears fall  
to tired to go on u lay  
there not willing to move  
the pain swallows u whole  
the world turns black  
ur trust broken  
the pain is back the one u though  
was gone u was wrong like always  
u show the world just what a stupid little girl you are  
do u see it you had it coming  
they made you the fool  
now they laugh and its all you hear  
as you fall to the ground  
wreaked with pain  
you cry out  
but theres no one here to help you now  
you little weak fool look what you have done  
you have broken once and  
as you lay there in pain  
the world will pass you by  
all the while there laughing  
at you they have seen your weakness run, run as far as you can  
nothing will save you.  
you ave sold your soul forever will you suffer  
look at them the happiness in there eyes  
and look at there happiness was not made for  
you don't forget that you sold your soul  
for what love you sad thing  
how could you have ever been so stupid  
they played you good didn't they  
but it doesn't matter its over you are now  
mine  
as u lay there cry  
for something that will never happen  
you are very entertaining let see what  
bring me my little slave to tears

you will see how stupid you have been

Courtney Caine

# Hello

Hello in there can you hear me can you hear my screams can you hear my cries do you see my pain do you see my they scare you scream at me make them live like monsters under my bed am to scared to look knowing they will get me so i hide under my covers like the weakling I am from my enemies that wish my death what do i do I can't fight back their to strong.I walk these halls waiting watching they'er there I know it I can feel it the hate they have for me I scream why do you hate me what have I done you don't know me I don't understand the insanity grows in my mind my screams for help are not answered am drowning that it yeah thats it drowning, drowning in the hate that so many have for me. why is this happing all i want is to be do you want to change me am i that e just leave me i can be that i have to live for is my friends they are the only ones that them I will live and only for love goes to you and only life is getting so hard to live with the pain that i feel daily are starting to kill me.Its getting hard for me to find the will to wake up every only happiness that I have are when my friends are happy I live to make them smile when i see them smile i can finally allow my self to be happy but i fear I can no longer make them happy they lie to me and i know it the days are getting longer for me I think am dieing yet I can't feel so i wouldn't know I bleed I can feel it but when i look i see no blood.I feel nothing sometimes i hurt my self to see if a still theres pain from something long i feel is pain but when the pains not there i feel nothing making me wish for the pain to come back so i can feel again.I don't understand anymore and am to tried to I cut myself i don't feel the pain I don't feel anything all i can do is watch with a sick smile as the blood runs down my arm the pain thats suppost to be there was not so i stopped no longer interested my thoughts turn to death. my love for death makes so many fear me give me a reason to live and maybe my love for death will lessen.

Courtney Caine

# Her Fate

she hides away in the darkness  
of her own heart her life growing  
shorter every second

why wont you see what you  
have done cant you see you killing her

the world around her caves in  
the pain she feels every breath she takes grows  
weaker her pulse start to slow her vision start  
to fad

why wont you see what you have done  
cant you see your killing her

waking up in a place she once called home  
blood spilling like waterfalls from her  
black and blue heart

why cant you see what you have done  
cant you see your killing her

her chest stops moving  
her heart stops beating  
her world stop believing  
he stop loving she stop living

why couldn't you see all this time  
you was killing her  
all she asked for is your love  
but you gave her hate  
so can you see now  
you killed her

Courtney Caine

# I Hate You

I hate you so much that it makes me want to puke,  
I hate you cause I care when i wasn't supposed to,  
I hate you cause you hurt me and you don't even know it,  
I hate you cause you can make me cry when no one else can,  
I hate you cause you where my maybe,  
I hate you cause you made me feel when i promised i wouldn't,  
I hate you cause i can feel my heart breaking again,  
But most of all I hate you cause you made me love you.

Courtney Caine



# I Love You

i need you  
you are my everything  
the one that makes everything bad go away  
the one who makes me  
smile  
laugh  
and feel free  
the feeling of pain when you leave  
never goes away  
i always wish i can keep you here forever  
but i know i cant  
and it hurts  
i never knew i needed you so bad  
but i do  
you make everything right in my day  
you pick up all my pieces when i break  
you tell me everything is going to be ok  
and i believe you  
when am sad you make me happy  
when i need love your arms are always open  
you took my heart and i hope you never let go  
but i hope you don't hurt me either  
but pain comes with love  
you are the reason i wake up every morning  
your the reason my heart beats  
you are the biggest part of me  
and i hope you never leave  
cause i love you

Courtney Caine

# I Still Love You

time has com to a stand still  
watching as the skin breaks  
as the blade slides through  
nothing i can do now its been done  
i cant undo whats been done  
i watch as everything start to slowly  
goes dark nothing i have done  
prepared me for this  
its nothing like they say it is  
i feel nothing most would  
they say you feel pain in death  
i feel nothing  
life lost its meaning when you left me  
when everything came down to loneliness  
everything starts to slow down  
as the blood follows from the deep cut  
thats all it was going to be a little cut  
but this is my breaking point without you am nothing  
so i cut deeper  
i didn't mean to but i was just tired of holding back  
it wasn't like i was going to lose anything  
i had already lost everything that had meaning to me  
i always said the wrong things at the wrong time  
i think thats why i lost you  
i lay in tears as the pain follows through my body  
i lost what gave me the will to live  
you made everything better  
you made me feel whole  
you made me feel safe  
you made me feel loved  
but most of all you made me feel that it was ok to be who i was  
the world was beautiful with you beside me  
now its dark and cold  
i don't want to live this life  
am better off dead then to keep feeling this pain  
as the pain keeps following  
the tears keep coming  
to deep in my pain I let life pass me by  
by never moving just frozen

never seeing the happiness that could have been  
but i was blinded by the pain of losing you to see anything but the pain  
everything i felt left when you walked away  
one more cut and its all over i will never have to feel this way again  
in the end all i could think about is you and how i loved everything about you  
but you lead me to my downfall to my end  
i was willing to love you but never lose you  
so with you gone  
so goes my life  
as i lay bleeding out  
all i can say is i still love you

Courtney Caine

# I Will Never Win

tell me your secrets  
but i wont share mine  
you gave me your word  
but all i have is mine  
the good times come  
but the bad times are back  
i want to talk  
but i have nothing to say  
i hear your word  
but am lost in this haze  
tears from these heavy eyes  
sorrow is all around  
am drowning in all the sadness  
nothing can be found  
to ease my sorrow  
my heart starts and stops  
Ive always been alone and now that am not  
Ive never felt so alone  
here i am in your arms  
but you feel so far away  
the world is moving around me  
but i am frozen in place  
i watch as the world spins  
as the day turns to night  
and the night turns to day  
it was all getting better  
then i seen it coming our way  
the hurt the pain  
in the end it is a was  
the killing blow  
let me have it am ready  
i wont cry no more  
never will i cry for you  
am done with it  
my heart breaks with each lie  
i chock a little on each word you say  
what have i done to let you  
so deep so far  
this should have never happened

this shouldn't hurt like it does  
should have never loved you  
your fear is for use to grow apart  
my fear is telling you we are  
my heart stops for u  
but its dies to  
then i breathe  
let it out take it in  
everything closing in  
everything falling apart  
the fights kill me  
but you never care  
as long as you got your way  
as long as i stayed out of the way  
you let them lie  
you let me cry  
i never thought i would see the day  
when you would take up for them  
and turn away from me  
it was so plain for me to see i couldn't help but laugh  
in a way it was funny in a way it was cruel  
but what can i do am no one  
it was me against them  
but ive come to see  
when things turn out like this  
i will never win

Courtney Caine

# Let Me Go

i dont want this anymore  
my heart keeps breaking  
and u keep hurting  
and u cant even see  
the tears come so easy now  
am breaking down little by little  
my heart hurts the most  
cause i know what i must do  
your breaking my heart  
and am tired of the pain  
please stop  
i cant take much more  
i want to slit my wrist  
make everything go away  
you cause me so much pain  
but i love you  
how does it work out like that  
how can i put up  
with all the pain and make it out alive  
all i can say is  
Good job  
You have done what u set out to do  
You have kill my heart  
Broken everything I am  
Left me broken and alone  
Crying wishing to die  
Just end it all  
Don't make me hurt anymore  
Please let me die  
Let me be in peace  
i just want to fall asleep and never wake up  
i want to hide away and never have to face life again  
i want to be free  
of everything u want me to be  
but never can be  
everything inside of me tells me to give up  
i try to fight it  
but its starting to win  
thats why i beg you now

let me go  
let me die  
let me find peace  
day in and day out  
am filled with pain  
i want it all to go away  
it always follows me  
never leaves me  
please make it leave  
make the pain go away  
cause your the only one that can

Courtney Caine

# My Heart Breaks For The Broken Soul

my heart breaks for the broken soul  
all the words don't help you now  
they lose their meaning when you say them too much  
each time I mean them but they're lost  
I put everyone before myself  
each day I help someone  
each day I think of myself  
how can I help someone  
when I can't help myself  
Am lost and I know it  
but it doesn't matter  
they will always come first  
but then the day comes  
where I can't help  
can't think of anything to say  
I can't help them  
and it slowly kills me  
I want nothing more than to help  
those who I love  
with each breath I break  
with each word they say I panic  
there's nothing you can say now  
nothing I can do to stop them  
each day it eats at me  
I can't stop it  
with each bite it takes  
the bitterness grows  
with each word  
I go a little more insane  
but you hide it so well  
behind that mask I made long ago  
with the fake smile  
that everyone believes  
they don't see the madness growing  
I didn't see this coming  
I have been fighting your demons for so long  
I never thought that they would win  
the best part no one sees it  
they still think I'm the nice caring person



I have them thinking  
they would never believe the thoughts going through my head  
everything is falling apart  
am going insane  
nothing can help me now  
the sick though that follow through my mind  
the need to have what what want the most  
but the need is the very thing to give me life  
in that second a murder was born  
time goes by and everything gets worse  
I try to stop myself  
I know I would never kill  
but that one need keeps coming back  
nothing I do or say stops the need  
I want it you need it so bad I scare myself  
nothing is going to be the same  
i start thinking about all the time i was sane  
rocking myself trying to make everything better  
i need everything to be so much better  
cant leave my room  
to scared of whats outside what i will do  
no one see this my prefect mask  
hides it all no one will see it  
put the smile up  
let them believe what they want  
they fool them self  
i see it now the truth  
i didn't see it before  
but now your eyes are open wide  
i look at them and think  
how cant they be so stupid  
how can they not see what i see  
why cant they see the truth  
why must i always be alone  
i feel a tear slid down my cheek  
i reach up and feel the wetness  
left by the tear  
what is this  
i don't understand  
this can not be tears  
what do i have to cry for  
but i know where they come from

the broken lil girl wants out  
she scared of the dark that i have kept her in for so long  
its time to let her go  
it time for i to grow into a new person  
it time to move on  
let her live she is ready for the life i never let her have  
its time let everything go  
the hurt the pain that i have held in for so long  
it a new day  
it a new start  
they are gone they cant hurt me anymore  
some one is ready to save me  
just take my hand  
they have been waiting for you for so long  
this is my time  
take the chance everything will be better  
listen to there words  
trust me i will always be here for you  
i take there hand and thats when i know  
everything will be ok again.

Courtney Caine

# My World

My beliefs are different from others  
My world moves in another way  
It has be long forgotten  
So I live alone  
Am a queen of a lost world all its own  
My world needs a king  
And am looking  
Only one fits the role and I adore him  
He holds something in me that I once had thought had died  
My heart start to beat  
When I hear his voice  
My eyes look on in wonder as I see his face  
I need him to be my king  
For I am so alone  
I look back to the past  
I miss the days of the old where no one thought of cheating  
In the fear of their god  
I have no god  
But I want a world like that  
Where one does not think of cheating  
Where ones heart only belongs to their other half  
Yes i Believe in true love  
As well as in soul mates  
Call me a fool but i will believe in what i will  
Its a sad fact isn't it  
The sad fact is that we wonder this earth  
Not knowing Who are soul mate is  
Most will never fine such joy  
To be loved in such way  
I have always wanted such a love to be my own  
But I know I will never get such a thing  
I had once seen my soul mate I don't know what it was about him but once i saw  
him i knew he was mine and I was his  
But I lost him never to see him again  
The saddest part was knowing my soul mate was here  
Walking around  
Breathing  
But I will never see him again  
I will never hold him

I will never know his touch  
Never feel his lips on mine  
Nor will he feel mine  
Such a sad thing to know  
Such a sad thing to have to live with  
My fear of growing old alone  
Feels like it coming true  
With the years passing  
I grow older not a child any more but a women  
I found my love again  
But he was in the arms of another  
My heart breaks  
As i look away tears coming to my eyes  
I ran I couldn't take it  
I ran to my safe place where no one can hurt me  
Sitting there in the dark thinking  
And coming to see thing  
It was sad to know that he would grow old in her arm not in mine  
They would grow old together in happiness  
As you grow old alone  
You start to turn bitter  
Your heart bleeds dry  
By the wound in your chest  
That the aching made  
What once had been love turn to hate  
You have been alone  
While he has been happy  
You grow to hate him  
For years you was broken  
But with the years came the truth  
You would rather be alone then him unhappy  
It doesn't matter that he was loved by another  
He was happy  
It may not have been the love you could have gave him  
But he was loved  
Then the sadness comes  
You could never give him the love you had for him  
Tears run down your face  
As you think of what could have been  
But will never happen  
But he is happy and thats all thats matter



# Pain

The fear alone of living in this world would drive most crazy but most don't look beyond the picture they look but they don't see. my biggest regret is being born into this hellish world that dose nothing but break you with its pain and betrayal. I cry my blood stained tears in hope of finding peace.

Courtney Caine

# Please Make Me Understand

love heals all wounds  
you say that but its love that breaks u  
its the pain I cant get over  
its the hard truth that cant be over looked  
I cry you scream nothing works  
the fear most of all  
the world is falling apart  
there is nothing to say  
to do or to save  
what is broken  
you once had fixed me  
but now am dieing  
i have to chose  
but i know every time  
it will be you  
you hold my heart  
but he holds my lust  
i gave you my heart  
he gave me his soul  
what do i do  
there is no one to help me  
am alone in this  
so very alone  
i love you  
i know  
but i could never leave you  
so does that tell me my answer  
am i your's for always  
it would seem so  
but i dont know  
look at me and tell me you  
would give anything for me  
tell me you love me  
tell me how much  
tell me what i mean to you  
tell me you cant live with out me  
tell me everything  
cause am so confused  
you left me today with out a goodbye

i feel this is all a lie  
god please tell me  
i love you i know i do  
i cant leave you  
but i cant think of him with anyone else  
and when i try to picture you with someone  
i see no one  
what is wrong with me  
fix this please  
with you by my side i think it will work  
but you have to work with me  
you cant leave me like you  
have with out the goodbye i feel  
worthless am not even good enough  
to say good bye to  
please tell me why  
i just dont understand any more

Courtney Caine



# Story

no one knows who i am they see a happy face someone who has no problems someone who laugh at everything why can't people see beyond the mask that is so easily broken yet so hard to can't you see the girl who would do anything to make you happy so she can find a little bit of can't you see the broken hearted little girl that needs help to come out of hiding cause she to scared to be seen for who she really can't you see that she needs bruised heart wont cuts on her wrist tell you something wrong but you wont help cause your scared of what might wont anyone care for her what has she done to be hated she craws on her knees begging for someone to give her something to live for but you have forsaken push her down farther then she can can't get up to scared to try she gives up no longer scared of death but welcomes him into her home willing to obey her master she cuts a little to high and to solve all her problems and ready to give him her blood felled with pain and lays in the floor in a pool of her own blood no longer seeing beyond the hurt and the pain a small smile be again to form on her was being released from from a world that she didn't belong in.a peace settled over her one that she had never felt before her mom and dad walk into her room to see what had become of there daughter the mother screamed and starts crying her father takes her into his are praying that he wasn't to late to save what he had forsaken he ran into the hospital screaming please help her tried all they could but the forsaken girl could not be her funeral the ghost of the forsaken girl looks around and seen so many people crying and anger builds within her why could these people not cry for her when she was alive did it take her death to make them see what they had looked over at her mother and father they were both had never seen her father cry before so why was he crying now that was her only though she had as she walk over to them and she hears the word that she had never heard before.....

am sorry my daughter i will miss you my little one..

as they let down the coffin the lasted words she hear was i love you my daughter.

and all she could think was why did it take my death for you to know me.....

Courtney Caine

# Stuck

stuck in something i don't want,  
the pain of slowly dying makes the tears fall faster  
the words will never come out no matter how hard i try  
am stuck with you while you slowly kill me with your lies  
but this is my fault, i never could say no  
i never could stop but now i want free  
but to scared to be alone  
how can i ask for you to make things better  
when am not sure if there is anything to save  
the words of love are getting harder to say each day  
this is my pain and it will never go away  
i don't have the Nerve to tell you how i feel  
i can never say what i really want to say  
can i tell you am lost and know ill be safe when i tell you the truth  
why can't i breathe why do i lose my voice when it comes to you  
i look and i see but i can never over come you  
i need you here but i know that can never happen  
i have learn to hate you  
but i have learn to love you  
am so scared of being alone that i can't tell you the truth  
what is wrong with me why can't i let you go  
tell you whats wrong with me and hope it makes everything better  
am alone in this you have no clue how i feel what this is doing to us  
but you will never know cause i will never tell  
maybe one day i will let my voice be heard  
but today isn't the day  
today i will just wait and see what happens  
today i will see if i can go on

Courtney Caine

# The Broken Soul

the broken soul cries for help  
but does anyone hear  
cause if they do  
why wont they help  
is this what we we're made for  
to live through life feeling nothing but pain  
why wont u help, fix this broken soul  
don't leave me alone in the dark  
its cold and am lost  
come find me  
don't leave me here in the dark  
save me.

Courtney Caine

## The Broken Soul 2

hello broken soul  
am here to help  
but u wont let me  
i hear your cries  
i see the pain  
just give me your hand  
i will pull u from that lake of misery  
but u have to let me  
don't be scared just believe that u  
can heal cause if u  
don't want it then its not going to happen  
this world is cruel and unforgiving  
it will not stop for u it will past u by no matter  
how bad u feel, u just want it to stop it doesn't care about your pain  
not even your cries it doesn't look back to make sure your ok  
no that what the ones who love u do we will hold u when u need it  
we will tell u everything will be ok when u see nothing but darkness  
just give us the chance to show u that hope is still there  
u just have to reach for it and we will give u are hand.

Courtney Caine

# The Pain You Give Me

my heart is breaking  
i never though you  
would do it the tears fall  
so easy now  
why didn't i listen  
you said you would  
i didn't believe you  
and thats my fault  
if this is our finally goodbye  
know that am sorry  
i never meant to hurt you  
pleases forgive me  
don't blame god  
this is all my fault  
and i know it is  
i should never have told you those thing  
now i wish i had never said anything  
the tears haven't stop  
they keep falling  
i try to stop  
but knowing that you could gone  
kills me  
please know that i would never hurt you  
but it would seem i did  
this wasn't suppost to happen  
i would gladly trade you places  
i would gladly be the one dieing not you  
please tell me you will be ok  
that this is nothing  
but i cant ask you now can i  
let me sleep this is all just a nightmare wake me up  
or kill me please i don't want to be a part of this anymore

Courtney Caine

# Untitled

look can I see them  
the dreams that fade away from my sight  
the fears have come back  
am tired of going on  
i want everything to stop  
the pain to much  
I forget how to breath  
as everything builds up  
running as fast as i can  
but never able to out run it  
i pray for night to come  
so everything disappears  
hope for the stars to show them self to me  
praying for that wish on that start will come true  
wishing that everything in my head would go away  
wishing that all the voices would leave me alone  
wishing that everything i have seen would leave so you could stop crying  
morning comes but i don't want to wake up  
i don't want to wake up and live another day  
day in and day out  
the pain gets worse then the day before  
everything starts to come together  
and all i want to do is find a dark room  
to hide from it all  
never to see and feel that again  
they broke me  
all i wanted was to be held  
to be fixed  
to be loved  
and they hurt me  
broke me  
now that i have seen it  
i know i should have never trusted them  
but i did and i cant help that now  
but i have to go on  
i cant look back  
can't let it break me again  
can't let it bring me to tears again  
start over make everything knew

but i cant everything went wrong  
theres no going back no fixing  
i lay there broken  
unfix able  
you let them in to deep  
so deep it hurts to breath  
you keep saying  
just keep breath keep going  
you can make it  
it not as bad as you think  
just get up  
you can do this  
don't let them  
see they hurt you  
don't u dare shade another tear for them  
they are not worth it  
your stronger then this  
show them how strong you are  
show them you don't need them  
that you can make it on your own

Courtney Caine

## Untitled 2

the tears come but they wont fall  
leaves me wondering what wrong with me  
I don't know all I want to do is cry  
I would never let anyone see my tears  
that want to fall I will not show the world  
it won but the tear get harder to hold back  
it starts to hurt it rips me apart why wont the pain stop  
am ready to to make a new start but the past still haunts me.  
but I cant take it. the pain is hard the tear come and keep  
coming I cant stop then I bite my lip to keep the tears in  
I wish they would just stop but they wont my heart pounds  
my breath quicken the pain come stronger i pray that it will all go away  
but it wont it will always be there its always there to haunt me.

Courtney Caine



## Untitled 3

I hide in the corner scared and alone I hear the cries but won't answer them I see the end but won't go I had the chance to end it all but won't go near it. I try to fight my demons but they win. I let the pain show but no one sees I give up on hope and start to hide who I really am of fighting, tired of being so I want to die but won't give up. I smile to let you know everything you believe the lie you don't see that I am dying on the inside Am trying to fix what was broken but the tap won't stick the wound to bloody no one sees that am falling. No one cares I just want someone to love me for me I don't want to change I want to be myself but I can't it's forbidden to me for once in my life I want someone to hug me cause they love me not because they have to and not because I hugged them first who am I? I don't know that why I asked you hoping that you would know so I could find out who I am is. let me be who I am when you say no it kills me slowly with what you do to me and you don't even see slowly giving up I want nothing more than to lay in my bed and never wake up am I going to do. I can't get help I won't ask for it..I can't help how I feel. try to be happy but I can't. yes someone wants to help but am too scared to open up this is all I know loneliness I broke a long time ago but no one knows no one cares I want to cry but I can't I don't know how I just want to rest in peace

Courtney Caine

# Wash It Away

I try to wash away the pain with pills'  
I try to make the pain go away, but still,  
Everyday no matter how hard I try,  
Happiness for me is hard to find,  
Losing all hope of finding love,  
Begging for help from above,  
Instead of getting better, things get worse,  
To me, living feels like a curse,  
Feeling of death comes to mind,  
The light in the dark I can not find,  
All I need is someone to listen,  
All I need is someone to care,  
Because at this moment living,  
Is a burdon I can not bare,  
My fingers shake,  
I've had more than I can take,  
My heart breaks,  
With every breath I take,  
To live in this place,  
With all the troubles I have to face,  
I just want to scream, but I hold it all in,  
Afraid of letting everyone her my awful sin,  
Happiness is a word unknown to me,  
Happiness is a word not created for me,  
Maybe it is not meant for me to be,  
All together, free and happy,  
I fake a smile so people won't know,  
The pain I feel is hard to show,  
To everyone else I am happy,  
For them it's hard to see,  
I hide the darkness with a fake light,  
That's my only weapon in this fight,  
A tear falls down my cheek,  
And soon I become weak,  
I fear I am not strong enough to hold on,  
I fear no one will miss me when I'm gone,  
My heart aches from loneliness and betrayal,  
No matter how hard I try I will fail,  
My heart breaks from lies and loneliness,

I feel like I'm all alone in a foggy mist,  
What used to be clear, now is blurry,  
Why must I fear, why must I hurry,  
It's so hard to see anymore,  
The things I used to adore,  
I make you laugh so I can hide,  
So you can't see how I hurt inside,  
I smile, to hide the pain,  
My life, I live in vain,  
I've had enough, all I want is to be loved,  
I try to let it out, but no one pays attention,  
I think to myself what have I done,  
I'm killing myself slowly and no one minds,  
To even realize, what's going on in my mind,  
To even realize, how I am feeling deep inside,  
Feelings of death and sorrow,  
Dreading tomorrow,  
every day, I fade away,  
Even more, than before,  
Till soon I am invisible,  
My life that used to be fun,  
Has now become, miserable,  
Everyday, when I awaken,  
I feel, I have already forsaken,  
Every night when I go to sleep,  
I feel life's defeat,  
day by day, life drift's away,  
pill after pill, I become ill'  
freedom to me one day will come,  
until then life will go on,  
everyday my cry's are silenced,  
everyday avoiding violence,  
the pain i feel isn't physical,  
the pain i feel is internal,  
the pain i feel is mental,  
the pain i feel is untouchable,  
self abuse is the worst type,  
for a person to take their own life,  
i am the victim, yet am the cause,  
i am the reason, one day my life will end,  
i am to blame, for all the pain,  
you yell, i cry,

you yell at me, but why,  
what have i done, to you,  
that makes you hate me so much,  
what am i suppose to do,  
when all i want is someone to love me,  
someone to hug me, someone to hold me,  
someone who's gonna be, everything i need,  
i need someone to show me the way,  
i need someone to tell me every things gonna be okay.

Courtney Caine

# Wounded

the pain follows from the open wound  
it bleeds never stopping you have wounded this weak heart  
and i don't even know it.I'm tired of trying to make you happy  
you say i don't want to hear it but maybe you should  
doesn't my tears say it all or do you not care  
you don't do you  
you would rather see me dead on the inside  
then to see me being me and happy  
you don't fool me anymore i see the monster  
you have become trying to fool so many  
my heart breaks for you cause you will never  
see the real me the daughter you will never know and am tired of trying to show  
you  
trying to tell you i just wast my breath  
on you so i wont bother with you anymore

Courtney Caine