

Poetry Series

Heather Coldwell

- poems -

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Heather Coldwell(29/03/1991)

I just have strong opinions and wanted to get them out in written form.
people i asked seemed to like them, so i put them on here.

Anorexia And Life.

You think your so good with your size zero frame.
Not eating at all and only having life to blame.
Well, hold on a second, this is what your making yourself,
You feel that being skinny and miserable is your only wealth.

You're going to be unhappy and in pain....because you've starved yourself again.
No-one in this world should be like you
I'm happy being a size 10-12, why can't you too?

Being that size is not what life's all about
You only going to worry, If you can get to the hospital in a hurry
Because before you know it...

Your dead.

Heather Coldwell

Betrayed By Him

Thank you for making this a living hell,
the one person i was supposed to trust, said he had nothing to tell.
but then i found out, that he had lied to me
and he then had the nerve to tell me he was sorry!
how dare he abuse my mind
i thought he was caring, sensitive and kind.
i guess he wasn't all he cracked up to be
so i said i'm leaving now...
and for that, i ain't sorry!

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Blindness

Why do you treat me like i'm something new?
...When i see the same things, just not as you do.

In my mind, things are tame
but i assure you, i can visualise them just the same.

I haven't in any way lost something of me
I'm still who i was meant to be

I do admit sometimes i feel sad
But i have life itself and for that, i am glad.

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Bullies: Read This.

Now what's your problem?

You have a lot of nerve.

Turning to me and announcing, that i have what you deserve.

Its obvious that you call me names, and you make feel how i feel.

Because you're jealous of me and that, i know is real.

Everyone should be different, don't you agree?

If so, why do you surifice to this inequality?

I'm happy being who i am and glad i'm not like you.

And for all the other victims out there, you all should be too.

This world did not ask us to be the same

Big, Small, Tiny, Tall

We were just asked to play this game

So for the bullies reading this, carry on being who you are.

I hope you enjoy your miserable fate.

While we'll all be sitting with the man of our dreams on a date.

Because we gave up being sad, and gained the confidence to be glad...to be glad
for what we had.

Heather Coldwell

Death

I knew you were going from the look in your eyes...
that, defiant look that settled your demise
i tried not to cry because i knew you loved a smile
but i couldn't keep it in, so i left for a while.

looking back, i wish i could have been stronger,
kept my back up...stayed happy for longer
if only i hadn't left you
if only i'd stayed and said what was true

...that i love you, and you'll be in my heart
that i'm sorry, so sudden, we had to part.
but i'll be strong, for however long
it takes for me to go...
...to die, to be with you...how long, i do not know?

i miss you.

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Different

Who is that, they say...

The one over there

The one with the manky clothes and the weird coloured hair

I'm me i say, happy and free

Enjoying life, making it as good as it can be

Well, we think your a disgrace

you give a really bad name to the entire human race.

I'm perfectly fine, if that's how you feel

At least i'm not pretending, at least i am real.

last thought;

I don't plaster on make-up to make myself feel better

i wear what i want when i want.

i say to them, 'go me, i'm happy, i'm healthy, i'm heather'

Heather Coldwell

Happy, Happy, Happy!

There's nothing wrong with me
...I'm happy

I live life to wake each day
...and be happy

i want to enjoy it in each and every way
...and be happy

I feel content to be here now
...i'm very happy

To be depressed i wouldn't know how
...because i'm happy

i walk each day with a smile on my face
...yep, because i'm happy

i don't like to cry or be sad
...because my life is happy

i think being miserable, is what makes people lives bad
...so, you guessed it, i'm happy
are you? =]

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To Be Me

You always say that i could do better
although i always try
you told me not in person but in a letter
which, like you knew, would make me cry

i've never tried to be something i'm not
i've done my own thing
but i love you, and thats what you forgot
but to you, anger is all i bring

i will try harder because thats what i do
even though i know i shouldn't
i'll never be good enough for you
maybe i always knew i wouldn't

it's like when i'm there, you don't notice me
and thats the sad fact
but without you, i know i couldn't be
and that i wish i lacked.

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