

## Poetry Series

# Amelie Anonymous

- poems -

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**Amelie Anonymous**

Cast the first stone, he who is without sin.

## **Abandonment**

A tear fell from my eye  
As a tale of abandonment I read  
My head full of questions  
Of words that were never said

A friend I hold so dear  
Feels she has been left alone  
I cried for the caring  
That I guess I haven't shown

I wished that the distance  
Would not tear us apart  
And that choosing to protect myself  
Would heal a broken heart

It just hurt me so deeply  
To hear of all the pain  
To know that she was hurting  
And I could not help again

But my distance was felt  
More than I realised  
And now I am so sorry  
I have not heard her cries

So I plea for her to see  
How much I do still care  
And that even with all this distance  
I do still want to be there

And I'm sorry for the words I've never said  
And for what I have just read

And that although this distance has grown vast  
These words will not be my last

I am still here and will always be  
I'm just doing what is right for me

And I hope that you can too  
And do all the things that are right for you

I hope you can put on a smile  
A smile that you really meant  
And never have to again  
Write such a sad tale of abandonment

Amelie Anonymous

## **Abuse me**

You abuse me and I let you  
I let you push me to the ground  
You abuse me cos you can  
You like to throw me around

I don't deserve anymore  
Than everything you give  
I'm lucky you made the choice  
Today to let me live

You watch me lying on the ground  
Never do I make a sound

I surrender everything to you  
I welcome everything you do

Cos bruised battered and broken  
Is all I'll ever be  
I look into the mirror  
And it's all I ever see

Amelie Anonymous

## **Am I who you want me to be?**

Who do you want me to be  
What do you want me to say  
Do you think if I hide my pain  
Maybe it will just go away

I'm afraid to show you who I am  
In case of what you might see  
I mask myself in disguise  
To hide away the real me

Do you judge who I really am  
Based on what you see of the outside  
If I now pulled down the covers  
Would you be angry I lied

Am I so wrong for hurting  
Is it bad to be in such pain  
To not remember feeling real happiness  
But wanting it so bad again

Am I who you want me to be  
Have I said what you want me to say  
I'm letting you see the real me  
In a hope that maybe you'll stay

Amelie Anonymous

## **Am I?**

Am I f\*\*\*ed up because I cut my wrists  
That I feel pleasure in pain  
Am I so f\*\*\*ed up that maybe  
I'm about to go insane

Are the scars on my arm  
Written as my name  
Do you label who I am  
Because of how I deal with pain

Must I be moody and uncontrollable  
Does what I say make no sense  
Will you even listen to anything  
I have to say in my defense

Or will it not be reasonable  
Because I have cuts on my arm  
Is it only f\*\*\*ed up people  
That ever turn to self harm

Amelie Anonymous

## **Another goodbye**

I f\*\*\*ing hate this  
I just want to die  
This is the end  
This is my goodbye

I've cut slits down my wrists  
And I'm watching them bleed  
And escape from this life  
Is all I need

My head is getting dizzy  
Tears filling my eyes  
I've left a note beside me  
To say my last goodbyes

There just was not enough  
To keep me in the world  
I've ended the life  
Of this messed up little girl

Amelie Anonymous

## **As only me**

I hide within  
A soul with sin  
A wish to die  
A last goodbye

You cant hear me breathe  
My body heaves  
The last breath I take  
This was no mistake

I lie peacefully  
As nothing but me  
My wrists bleed  
It's all I need

I silently wish  
To only die  
I do silently  
My last goodbye

Amelie Anonymous

## **As the time passes by**

I sit and watch the day pass by  
Just wishing you were by my side  
Envisioning you lying there  
Running your fingers through my hair

I feel the breeze upon my neck  
Imagining it is your breath  
I dream of a lifetime with you  
Where it is only us two

I watch the clock ticking slow  
Holding tight onto my pillow  
As the time passes idly by  
Wishing you were by my side

I dream of the day that you are there  
That I can take your hand  
Know that you are mine  
Proudly call you my man

I sit and watch the day pass by  
Envisioning you there  
Feeling your breath upon my neck  
And your hands running through my hair

Amelie Anonymous

## **Bed hair.....**

If I came to see you  
Would you wait for me there?  
Would you smile at the look  
Of my sleepy bed hair

Would you run to my arms  
And hold me in yours  
Pick me up off the ground  
Let my bags fall to the floor

Would you wipe the tears from my face  
And look into my eyes  
And tell me never again  
Will I cry

Would you make me laugh  
Would you make me smile  
Would you hold me close  
Just for a little while

Cos I want to come see you  
For you to wait for me there  
To smile at the look  
Of my sleepy bed hair

Amelie Anonymous

## **Borderline**

On the edge of suicide  
Borderline insane  
So sick of being here  
Living this messed up little game

Standing on the edge  
Hoping I will fall  
Just one step forward  
And I will lose it all

End my life of nothingness  
Escape from all the pain  
I'm on the edge of suicide  
Borderline insane

Amelie Anonymous

## **Can you?**

Can you see the pain inside me  
When you look upon my face  
Can you see that I am hurting  
And I feel like a disgrace

Can you see the scars on my legs  
And cuts across my arm  
Can you see it's because I'm hurting  
That I'm doing myself harm

Can you hear me crying out  
When you ask me how I feel  
Do you know that when I say I'm ok  
It isn't actually real

Because although I am hiding it  
I do wish someone would see  
That I really am hurting  
And I don't want to be

Amelie Anonymous

## **Contradiction**

Smile, laugh  
Scream, cry  
Wish to live  
Beg to die

Hold it tight  
Let it slip  
Piece it together  
F\*\*\*ing break it

Live and learn  
Hide in denial  
Laugh and be happy  
Don't f\*\*\*ing smile

Your wounds will mend  
Scars will never heal  
Don't be fake  
You're not f\*\*\*ing real

Amelie Anonymous

## **Crazy....**

I want to stay with you  
And never leave  
Each thought of you  
Brings me to my knees

Head wont stop spinning  
I feel so damn crazy  
But this is so much more than good  
It's f\*\*\*ing amazing

At each thought of you  
I have to stop and pause  
Just so that I don't  
Fall onto the floor

Cos you make me so crazy  
More than you may believe  
I want to stay with you  
And never ever leave

Amelie Anonymous

## Criticism

I'm so sick of criticism  
How can you tell me what is right?  
Who are you to say what's good  
For me to write tonight?

You may not feel the same  
You may not understand  
But when I write to express my feelings  
That's the only thing that I demand

What would be the point  
If I wrote what pleased you  
If I tailored my expression  
What good would it do?

Whether I chose to rhyme or not  
Or whether it makes sense  
Whether I'm writing the pain of blood  
Or whether it seems to intense

It does for me what I intend  
It lets my feelings out  
So who are you to criticize  
What I chose to write about?

Amelie Anonymous

## **Daddy's little girl**

She was so sweet and innocent  
Daddy's little girl  
She was the sparkle of his eye  
His sweet little pearl

Her friends used to say  
That he seemed so sweet  
But little did they know  
What he was hiding underneath

It was one night about a year ago  
She became innocent no more  
As in the middle of the night  
He open up her bedroom door

She opened up her eyes  
And a smile crossed her lips  
She thought he had come to tuck her in  
And give her a goodnight kiss

Poor innocent little girl  
She had no idea  
The dirty thoughts crossing daddy's mind  
As he slowly grew near

He sat on her bed  
And ran his hands through her hair  
Moved his face next to hers  
And softly said, "There, there"

She tried to sit up and hug him goodnight  
But he pushed her down  
She was confused at what he was doing  
She said, "Daddy stop fooling around"

Looking into his eyes  
She didn't recognize him anymore  
Scared she struggled away from him  
And tried to run to the door

But Daddy was quicker  
He grabbed her and pulled her to the ground  
And put her hand over her mouth  
So she couldn't make a sound

Tears started falling down her soft little cheeks  
As he pulled down her underwear  
Then he ripped off her nightie  
Leaving her innocent body bare

He said, "Baby don't cry, don't cry little girl"  
"It will only hurt for a while"

He wiped the tears from her eyes  
And said, "Daddy wants to see you smile"

The he pushed himself inside of her  
And she screamed out in pain  
As blood ran down her legs  
He pushed in again

Tears drowning her face  
And blood drowning the floor  
She thought that one last time  
She'd make a dash to the door

But as she struggled Daddy got angry  
"Baby girl how could you try to leave"  
"Did you really think I'd let you go? "  
"How could you be so naïve"

"I'm sorry but I can't let you go"  
He said pushing her to the floor  
Hitting her over and over  
Until she could struggle no more

Motionless she lay there  
Her body battered and bruised  
He left her alone to die  
This innocent girl he abused

Poor Daddy's little girl  
So innocent was she  
Her innocence ripped away from her  
So sadly brutally

Amelie Anonymous

## **Dear.... Unfinished**

Dear ....  
I just don't know what to say  
I'm so sorry  
I don't want things to be this way

You mean a lot more to me  
Than I think you'll ever understand  
And in some ways it's the reason  
I feel like I should just pretend

I want you to be able to laugh  
And be able to cry  
I want you to have someone there  
To be by your side

But I also think it's wrong  
For me to sit here and lie  
You have no idea how much  
It's eating me up inside

I wish I could be the person  
That you want me to be  
That I was not so screwed up  
And filled with misery

But I don't know how to change myself  
To be the person you need  
No matter how much I try  
I'm stuck just being me

Amelie Anonymous

## **Do you?**

Do you just pretend  
When you see I'm not ok  
That everything is alright  
Because you don't know what to say

Or do you just not notice  
When I am feeling down  
And think that I'm just quiet  
When you are around

Cos sometimes I feel like you don't care  
About how I really feel  
You just want to think that things are fine  
And not acknowledge what is real

I just wish you would take notice  
And try to help me out  
Because I'm just not the type  
To jump and scream and shout

Otherwise alone I'll fall  
When no one is around  
And then you'll find me in the bathroom  
Lifeless on the ground

Amelie Anonymous

## **Ends with death**

I'm too messed up  
You've no idea  
How much  
I don't want to be here

Fallen apart  
There's no new start  
Broken on the ground  
Left without sound

I wished to die  
So please don't cry  
Don't want to be here  
Left without fear

Never again  
To take a breath  
It's all finished  
Ends with death

Amelie Anonymous

## **Explanation**

If you found me lying on the floor  
A blade beside my hand  
With a note of explanation  
Would you understand?

If you looked upon my wrists  
And saw blood all over my skin  
But read my note of explanation  
Would I be forgiven?

If you touched my face  
Felt my skin cold and blue  
And saw I'd left an explanation  
Lying there for you

Would you hate me for my choice?  
Would it only create aggravation?  
Would you even sit to read  
My simple explanation

Amelie Anonymous

## **Expression**

Sometimes life gets to hard  
The pain is just to hard to bare  
There are times when I feel all alone  
And that no one is there

There are times that I wish  
Not to live another day  
Because the pain is so overwhelming  
And it just wont go away

I am not suicidal  
Despite what you might think  
I do know what it would take  
And how low I'd have to sink

To ever get to the point  
Of taking my own life  
And ending it once and for all  
At the mercy of a knife

But right now I am really  
Just trying to express my pain  
I am trying to escape this hurt  
And be happy once again

Amelie Anonymous

## **Fading**

Fading, falling, ripped into pieces  
Judged so harsh  
But not real  
It was never real, made up  
A façade, glazed, sugar-coated, to conceal.  
But it couldn't last  
Everything must die  
And no matter how hard I try  
Sun falling, leaving the night sky bare  
Dark, lonely, scared

Amelie Anonymous

## **Fascination**

I seem to have this fascination  
That creates such aggravation  
That no one understands  
An explanation it demands

I'm finding joy in pain  
Self destruction does reign  
Scars hidden beneath the surface  
Undressing makes me nervous

Everyone sees my solution  
As nothing but a delusion  
Drawing my pain onto my arm  
Causes nothing but calm

So much aggravation  
Seen with so much discrimination  
Judged on nothing but the outside  
A simple explanation, cried.

Amelie Anonymous

## Footsteps

In the darkest black of night  
I heard you creep towards my bed  
As I heard your footsteps  
It was one small tear I shed

I wanted to scream and cry out loud  
For everyone to hear  
As I heard your footsteps  
Slowly creeping near

I pulled my quilt above my head  
And closed my eyes real tight  
I wished that I was somewhere  
Anywhere but here tonight

And as I heard your footsteps  
Stop right beside my bed  
I wished somehow I could have stopped you  
Anything at all I could have said

But you did pull down the covers  
And you held me down so tight  
And once again a piece of me  
Was taken away that night

Why you did this to me  
I will never know  
Why you forced yourself upon me  
And wouldn't let me go

You stole away my innocence  
And ripped my heart in two  
You stole away my innocence  
Oh Father, how could you?

Amelie Anonymous

## **For Jade, my beautiful sister-You're Beautiful**

You're beautiful  
I only wish you could see  
I love you  
You mean the world to me

I would do anything  
To help you escape from your pain  
I'll be there every time you're down  
I'll pick you up again

I can't imagine how you feel  
All I can do is relate  
I wish I could fix this life  
This world you f\*\*\*ing hate

But I cannot change the world  
All I can offer is my hand  
To see that you are falling  
And catch you when you land

You're beautiful  
I only wish you could see  
I love you  
You mean the world to me

Amelie Anonymous

## **For Mum**

For so long you've been unappreciated  
Your potential underestimated  
Not been shown how much you really mean  
Your giving, left unseen  
Your happiness put aside  
Forced your feelings deep inside

But finally now it's your time  
To really be you, and let you shine  
To show this amazing person you really are  
In this night you are a shining star

All this life you've kept on giving  
Not been able to be really living  
But finally now you can see  
What life can really be  
When you cannot help but smile  
And it lasts more than a little while

Now you can see how much you've done  
And now get out and have some fun

And I just want to tell you how I feel  
To show you what is so real  
That I appreciate how much you gave  
Selflessly to only save  
Your daughters from this evil world  
You've done everything for your girls

Mum you are just so amazing  
So much so it's crazy  
And I just want you to see  
How much you really mean to me

I'm so happy that you have now found  
Someone who will be around  
Someone with your life to share  
And you know will be there

I never said it as much as I wanted to  
But Mum, I really do love you

Amelie Anonymous

## **For my Family**

I carry all the burden  
I take away your pain  
I do anything I can  
To make you happy once again

I help you up when your down  
And catch you when you fall  
To make you happy once again  
I will do anything at all

I listen to your cries  
A wipe away your tears  
I'll always be here for you  
And protect you from your fears

No one ones how hard this is for me  
You can't see it in my eyes  
I put these walls around me  
And hide behind my disguise

I let out my pain alone  
Release it with a knife  
I do this all for you  
Because I love you more than life

Amelie Anonymous

## **For My Father-Enough's enough**

I've had enough of all your s\*\*\*  
This is the end  
You've torn my heart to pieces  
This relationship will never mend

You used to mean the world to me  
But you don't mean s\*\*\* now  
You've had your chance to fix things  
And don't tell you you didn't know how

I've let it go  
Enough's enough  
I don't care if this is harsh  
Or to f\*\*\*ing tough

I don't give a s\*\*\*  
I don't care anymore  
Let it hit you in the ass  
When you walk out the door

You're no longer my father  
And were never my friend  
I've had enough of all your s\*\*\*  
This is the end

Amelie Anonymous

## **For my Father-So you wanna know everything?**

So you wanna know everything about me?  
You wanna know what goes on?  
Well one thing you should know  
Is that my love for you is gone

First things first  
I cut myself to deal with pain  
And today after I spoke to you  
I cut over and over again

Another thing about me  
I have issues with self esteem  
Because my innocence was ripped from me  
I was raped at 13

I never feel good enough  
With anything I do  
And with all people  
I never feel good enough for you

I'm tortured with this hurt  
Every single day  
I've tried to explain it  
But I don't know what to say

More than anything it hurts  
To think of how you treated Mum  
And although you may not know it  
I understand what went on

No one's ever f\*\*\*ing good enough for you  
Except your precious Vicky  
Well know you're faced with the consequences  
Of what that's done to me

If only you could see the scars  
On my body and my soul  
And how f\*\*\*ing much it hurts  
That you didn't care when my innocence was stole

Over and over  
Throughout my life  
I've been hurt so damn much  
You wonder why I turn to a knife

There's been times when I've been so down  
I've contemplated suicide  
But you've never known  
Cos my scars I hide

There's so much more to say  
That I just can't explain

So many times that you have hurt me  
Over and over again

But I've been in so much pain  
Pain that you never saw  
And this has tipped me over the edge  
I don't wanna be here anymore

Amelie Anonymous

## **For my Father-Would you?**

If you really knew me  
Would you really care  
Would you understand I'm hurting  
Because you're never there

Would you be ashamed of me  
For drugs I have turned to  
Would you cast me away  
Because I lied to you

Would you think I'm stupid  
For drawing a blade down my arm  
Would you try to understand why  
I would do myself harm

Would you tell me it's ok  
If I began to cry  
Would you tell me it's not worth it  
If I said I wished to die

Cos all I really want right now  
Is to know you care for me  
And if you really do  
Why is it I can't see

Amelie Anonymous

## **For once in a long time**

For once in a very long time  
I'm seeing the sun come out of the clouds  
I actually get happy and excited  
And jump and scream out loud

I'm welcoming in the sunlight  
I'm seeing more than just night  
I feel like I'm making it through this  
I have faith that I'm winning this fight

For once in such a long time  
I cannot help but smile  
And can except that sometimes I'll feel bad  
But it'll only be for a little while

You've helped me make it through this  
To wake up and welcome the day  
I never thought I'd feel like this again  
I'm so happy I'm feeling this way

Amelie Anonymous

## From me

Tears filling up my eyes  
Looking out into the night sky  
When I can do nothing but cry  
Hoping I won't have to say goodbye

For so many nights I've sat here crying  
So scared you're lying somewhere dying  
Wishing I could take your hand  
Catch you before you land

It's rips my heart in two  
Every single time I think of you  
Hoping you're not with some guy  
In some random house, getting high

I wish that you had some idea  
About some of these people you keep near  
That not everyone will treat you right  
That it's not always safe at night

You don't deserve to be treated bad  
And it just makes me so f\*\*\*ing sad  
To think of someone hurting you  
And there's nothing I can do

I'm crying here thinking of you  
Wishing there was something I could do  
Begging pleading for you to see  
Just hoping that you'll listen to me

And take yourself from these situations  
Beat the seduction of temptation  
I know you're smart enough to know  
That this s\*\*\* is all worth letting go

You really could be so much more  
And I don't want someone knocking at my door  
Telling me my little sisters wound up dead  
That she never listened to anything I said

I only want the best for you  
And I'm doing everything I can do  
Just please listen to me this time  
These words are no ones but mine

From sister to sister  
I f\*\*\*ing care  
You know I will always be there

I want to see you smile  
See you grow  
I never want to let you go

I love you unconditionally  
Jade, you mean the world to me

Amelie Anonymous

## **Goodbye everyone**

Goodbye everyone  
I'm sorry it had to be this way  
But it seems no matter how much I cared  
I didn't have the strength to stay

I love you all to pieces  
And would do anything for you  
I tried so hard to help  
But there was nothing I could do

Please don't be sad  
I'm happier where I am now  
I know life should be worth living  
But I just could not understand how

I will keep things short  
Because I don't know what to say  
I love you all to pieces  
But it had to be this way

Amelie Anonymous

## **How could you?**

How could you take it from me  
Who gave you that right?  
How could you make me suffer  
Every single night

Who ever made you think  
That it would be ok  
To use my body as a toy  
And take my innocence away

Because although you may not realize  
Every day I think of you  
Of how you forced yourself upon me  
If only you knew

And if only you could feel  
The pain inside me every day  
If only you could feel  
I wonder what you say

I wonder how you would feel  
If someone held you down  
And held there hand across your face  
So you didn't make a sound

How would it make feel  
If they tore your clothing off of you  
And forced there body onto yours  
And there was nothing you could do

How would you deal with the feeling  
Like you were a piece of dirt  
And no matter how much time would pass  
You could not escape the hurt

Would you be able not to scrub  
You body till it bled  
Just to try and take his smell away  
And the feeling of his bed

I know you probably don't care  
What you did to me  
But if only you had felt it  
Then maybe you would see

Amelie Anonymous

## **I cant wait**

Every night I fall asleep  
Thinking of your smile  
Wish to just lie with you  
At least for a little while

Each morning that I wake  
You're all that's on my mind  
A moment without you in my head  
Is near impossible to find

I'm consumed with thoughts of you  
In every whisper, every breath  
From the very beginning  
From my mind you never left

I can't wait to fall asleep with you  
Looking at your smile  
To have you there beside me  
For at least a little while

Amelie Anonymous

## **I dont**

I think I'm (bleeping) crazy  
I must be going insane  
I'm risking everything I have  
To be happy once again

I don't even really know you  
Or what your life's about  
If I made you angry  
I don't know if you'd shout

I don't know if you lie  
I don't know if you steal  
I don't know how you touch  
I don't know how you feel

I don't know if you bleed  
I don't know if you cry  
All I know is I really want  
To be by your side

To hold you close to me each night  
To kiss your sweet lips  
Kiss each inch of your body  
From your toes to fingertips

To wake each and every morning  
And see you by my side  
To be there every time  
That you ever cried

I know that I don't know you  
But I don't really care  
I want to take this risk  
To find out what we could share

Amelie Anonymous

## **I don't believe you**

I don't believe you  
When you say you care  
I don't believe you  
When you say you'll be there

I don't believe you  
When you say I should live  
Why would you want me  
When I have nothing to give

I just can't believe  
You want me in your life  
Some messed up little girl  
Who cuts herself with a knife

I don't believe you  
When you say you care  
I don't believe you  
Or that you'll be there.

Amelie Anonymous

## **I dont want to**

I want to forget  
I want to feel numb  
I don't want to exist  
I'm waiting for death to come

I don't want to be saved  
I want to fall down  
I want to shatter in pieces  
All over the ground

I don't want to feel  
I don't want to cry  
I don't want to be here  
I just want to die

Amelie Anonymous

## **I hide (2)**

I hide behind this image  
As this person that you see  
Confident and happy  
But that's anything but me

To you I am quite pretty  
Soft skin, innocent eyes  
But really this isn't me at all  
It's only my disguise

I'll hide behind this image  
Just so that no one will see  
That I cut myself every night  
Because I just hate being me

I'll smile and tell you it's for show  
These bands around my arm  
And say that I would never think  
Of doing myself harm

But then I walk into the bathroom  
And take out another blade  
And it won't be until afterworlds  
I realize the mess I've made

So I sit there for a while  
My body feeling numb  
I watch my cuts crying out  
And wait for real tears to come

I'll cry just for a little bit  
Then wipe the tears from my face  
I'll clean up all the blood I've spilt  
Don't want to leave a trace

And then I'll walk back through that door  
And put on another smile  
And you'll never know I fell apart  
Just for a little while

Amelie Anonymous

## **I wish..**

I want to show you that I love you  
Show you that I care  
Show you each day  
That I will be there

Hold you in my arms  
And fall asleep in yours  
Show you I love you for you  
And all of your flaws

Shower you in kisses  
Take hold of your hands  
I would do anything  
Fly across sea and land

If only I could..  
If only you knew..  
How much that I felt  
And what I would do

Amelie Anonymous

## **If only**

If only I could hold you  
Lie there in your arms  
If only I could show you  
I'd never do you harm

If only I could kiss you  
And softly touch your skin  
If only I could show you  
What I feel within

If only I could see you  
Look into your eyes  
If only I could prove  
That from me there'll be no lies

If only I could be with you  
To show you that I cared  
If only I could stay  
To show you I'll be there

If only I could prove  
That to you will be true  
If only you would believe me  
When I say that I love you

Amelie Anonymous

## **I'm here**

I dont understand what it is you're feeling  
Or what's running through your mind  
I dont know everything that you have seen  
Or to you, who has been unkind

I don't know what you're thinking  
But if you want to share  
I'm always here to listen  
And show you I care

If you're falling apart  
And nothing seems right  
I'll stand up there with you  
And help you win this fight

If you feel to alone  
And you just want to cry  
Just reach out your hand  
And I'll be by your side

You mean so much more to me  
Than you can understand  
I'll always be there when you're falling  
And reach out my hand

Tahnee please just remember  
From someone who cares  
I love you so much  
And I'll always be there

Whatever the country  
Whatever the time  
If you ask I will help you  
Pull you back into line

Cos there could be nothing worse  
Than for me to see  
You falling apart  
Right in front of me

Cos you're worth so much more  
Than you see through those eyes  
And although you may not see it  
I do here your cries

So just hold out your hand  
Don't let yourself fall  
To take yourself back from the edge  
Babe, it is your call

I don't know what your feeling  
Or what's running through your head

But whenever you're feeling down  
Just remember what I've said

Cos you are so amazing  
If only you knew  
How many people  
Out there cared for you..

Amelie Anonymous

## Interesting

I was just in the bathroom  
Cutting up my arm  
And all I can think of  
Is doing myself more harm

The wounds on my wrist are stinging  
Enjoying the physical pain  
Feeling quite euphoric  
In this state once again

I'm considering cutting again  
When no one is around  
Because unlike crying  
No one can here a sound

But for the moment  
I will sit here quietly  
Because I am ok for now  
Or at least that's what you see

Amelie Anonymous

## **Just with you**

I want to lie there in your arms  
My hands wrapped around yours  
Turn off our phones  
And lock closed all the doors

Be with you, just with you  
And no other distraction  
There's nothing in this world right now  
That would give me more satisfaction

Just to look into your eyes  
Run my hands along your skin  
Watch your chest fall as you breathe out  
And rise and you breathe in

Savor each and every moment  
Every touch and every sound

Amelie Anonymous

## **Let me be**

What else would you like to say?  
Am I living my life as you please?  
If not, should I beg you for forgiveness?  
And fall down onto my knees?

Do I know joke with enough wit?  
Is my vocabulary not strong enough?  
Is there anymore about me?  
You would like to discuss?

Should I not be so upset?  
Is there something wrong with my head?  
Or do you just not want to hear it?  
Should I write something else instead?

I just don't understand  
Why you feel such a need to judge me  
I'm never gonna be what you want  
So just let me be

Amelie Anonymous

## Little love poems

I'm not really one to write love poems  
I haven't been for a while  
But they've just been coming so naturally  
Everytime I imagine your smile

I want to express how I feel  
And tell you what I want to say  
And writing these little love poems  
Seems to be the best way

You've turned my life upside down  
Made me smile instead of frown

I love what you do to me  
And only wish that you could see  
That you mean the world to me  
More than I think you understand  
More than I think you really know  
I just wanna hold you in my arms  
And never let you go

Amelie Anonymous

## Lost again

I don't know what to think  
I don't know what to feel  
I f\*\*\*ing hate this  
It just cant be real

Why is it that nothing  
Ever seems to go right  
That just to be happy  
Is such a f\*\*\*ing fight

Just as I was thinking  
Things may work out this time  
Something from the shadows  
Creeps out from behind

And I don't know how to fight it  
I don't know what to do  
Now the only thing here I believe  
Is what I feel for you

When everything else around me  
Has fallen apart  
I'm still turning to you  
Giving you my heart

I just don't know what to think  
I just don't know what to feel  
I f\*\*\*ing hate this  
Its not f\*\*\*ing real

I'm again on the edge  
One step and I will fall  
Doing all I can  
Not to lose it all

Amelie Anonymous

## **My blade**

I sit alone in the bathroom  
With a blade in my hand  
Why I do this to myself  
Is hard to understand

Sometimes I really wonder why  
I think it helps at all  
Does it really help me up  
As I start to fall

All I can really know for sure  
Is that the blade will never lie  
It will be there for me straight away  
Every single time I cry

It will always try to help  
And never judge at all  
And it will always be there  
Every single time I call

So I will walk into that bathroom  
And every time I know  
That it will be there waiting  
To help my let my troubles go

Amelie Anonymous

## **My ending**

I hold the blade up to my wrist  
Thinking of piercing through a vein  
The thought of living in this world  
Is making me insane

Slowly I cut down my arm  
Wishing for the courage to cut deep  
I watch my wound open  
And my arm begin to weep

But I know the cuts not deep enough  
To take me from this life  
So I walk into the kitchen  
And take out the biggest knife

I've had enough of all this pain  
I've cried to many tears  
I slice the blade across my wrist  
Forgetting all my fears

The knife drops from my hands  
From my fingertips  
I begin to feel light headed  
And a weak smile crosses my lips

Falling onto the floor  
Onto a pool of red  
I'm where I want to be now  
Not here. Enough said.

Amelie Anonymous

## **My realisation**

Slowly I fall  
To the depth of the unknown  
Looking at nothing but darkness  
Cold and alone

Tears streaming down my face  
As I hit the ground  
Unable to move  
Nowhere to be found

My realization  
That there's no point to try  
To believe I will live  
I now accept I will die

My eyes have grown weary  
My body is weak  
My soul has lost hope  
An ending I seek

I close my eyes  
Throw away my disguise  
I will no longer cry  
It's over, Goodbye

Amelie Anonymous

## **My solution**

Shivers running down my back  
And tears filling my eyes  
Once again I am alone  
When I let down my disguise

I'm hearing noises in my head  
Voices of confusion  
And once again turning to self harm  
Seems to be my only solution

I feel the blade cold against my wrist  
As all feelings begin to disappear  
I'm not scared of it anymore  
No longer I have fear

I push down hard and feel release  
And watch the blood run down  
I embrace the darkness  
As I fall to the ground

And now I'm gone I wonder why  
I ever had the delusion  
That dying is not the answer  
For it is the solution

Amelie Anonymous

## Never thought

The thought of giving up it all  
Falling into the unknown  
Brings peace into my head  
While I'm crying here alone

I never thought I'd get this deep  
It was supposed to just be fun  
But now they're coming to my door  
Holding up a gun

He said just try, just have a taste  
Let your pain just fall away  
So I held the needle to my arm  
Let the pain away that day

And soon I started craving  
That feeling of being numb  
So once again I felt that prick  
Of the needle in my arm

I lied and stole and sold myself  
Just for another taste  
I held the needle to my arm  
And pushed it in with haste

But now I'm left with nothing  
My life has fallen apart  
I want to piece it back together  
But just don't know how to start

So for the very last time  
I push the needle into my vein  
And embrace the darkness  
To never feel again

Amelie Anonymous

## **Never wanted this**

I can't stand this  
I'm falling apart  
I'd try to explain myself  
But wouldn't know where to start

Life is nothing but a burden  
And what good is that to me  
This was never what  
I imagined life to be

I cry myself to sleep at night  
I hope to never wake  
I dream of giving up it all  
My life is here to take

I want my journey to end  
I wish it never began  
If there ever was a god  
He f\*\*\*ed up my divine plan

My life is all in pieces  
Back together they never will be  
No one would even bother to try  
So say goodbye to me

Amelie Anonymous

## **No expectations**

We say no expectations  
With so little determination  
Knowing only what's in our hearts  
And what has been from the start

There's something more between us, that cannot be denied  
Something that could not be hidden, even if we tried

Some say it could be delusion  
Or maybe just confusion

But Josh, I have no doubt  
Of what all of this is about

Whether destiny or fate,  
Or life is what we create  
I'm meant to spend my life with you  
Together we will always be true

This potential cannot be denied  
To one day be called your blushing bride  
To spend forever and a day with you  
This is a love only between us two

So we say no expectations  
While we wait for the congratulations  
I only want to take your hand  
And in expectations face, we will stand

Together one day, as husband and wife  
With you I want to spend my life  
Are we moving to fast, no not at all..  
I've been waiting my lifetime for you to call...

Amelie Anonymous

## **No idea**

This is so f\*\*\*ing crazy  
So f\*\*\*ing insane  
I'm losing my mind  
But I'm so f\*\*\*ing game

My head is still spinning  
What a f\*\*\*ing rush  
This feels so amazing  
So f\*\*\*ing much

I'd give up my life  
I'd give up my knife  
To run away with you  
You've no idea what I'd do

This is so f\*\*\*ing crazy  
So f\*\*\*ing insane  
I'm losing my mind  
But I'm so f\*\*\*ing game

Amelie Anonymous

## **No words to describe my love for you.....**

Each day I sit here  
With this book in my hand  
Trying to explain in a way  
That you might understand

What my feelings for you  
Really are  
My amazing love  
That is so far

I search for the words  
Yet nothing seems right  
My love, in this darkness  
You are my light

Nothing can describe  
The way you make me feel  
That what's happening between us  
Is just so surreal

That even when life  
Seems so dark and unsure  
You make me see  
That there really is so much more

So although words will never describe  
What I want them to  
I will do my best  
Josh, I love you.

Amelie Anonymous

## **Not enough**

For hours I sit dreaming  
Of cutting down my arm  
These silly little cuts  
No longer keep me calm

I want to watch the blood run down  
And drip onto the floor  
Each day that passes by  
I want it more and more

I can imagine how I'd feel  
The immense satisfaction  
Thinking of streams of deep red blood  
In my mind such an attraction

Amelie Anonymous

## **Only one**

I'm on the edge  
Got a knife in my hand  
I feel like no one cares  
They just don't understand

I have no one here  
Not anyone but me  
I'm on the verge of suicide  
But no one can see

I'm pushing all my boundaries  
To see if I can really take my life  
My body's torn to pieces  
Ripped apart with a knife

A life of self destruction  
Wanting nothing more than for it to end  
My soul so ripped apart  
Too many wounds will never mend

I want to give up it all  
Take my f\*\*\*ing life  
You're the only one that's here  
My dear sweet f\*\*\*ing knife

Amelie Anonymous

## **Pieces**

If you've lost all hopes and dreams  
And nothings what it seems  
If every day you cry  
And wish only to die

If life is nothing but a burden  
And your body's just to weak  
And the thought of living one more day  
Seems unimaginably bleak

Is it wrong to take this risk  
And face losing it all  
If you're life is all in pieces  
Will it matter if you fall

Amelie Anonymous

## **Please do - For my sister**

For so long I've been trying to help you  
Calmly I've taken your hand  
When you've been too scared and shy  
I've helped you get up and take a stand

I've been here as your shoulder to cry on  
I've been here for you to yell and abuse  
I've allowed you to treat me as you please  
I've allowed myself to be used

I've tried in every way to help you  
To be here for you in every way that I can  
And it's once again just so painful to here  
That again, from help you have ran...

You don't see everyone trying to help you  
You can't see how much everyone cares  
That if you really want it  
All the help you could ask for is there

That no one is out there to get you  
There are no hidden motives at all  
We just can't stand to see you hurting  
And don't f\*\*\*ing want to watch you fall

But in the end what choice are we left with  
Nothing, no one but you can choose  
Now only you can help yourself  
Choose to win, instead of lose..

Realize there's so much more  
In this life for you  
Please just help yourself  
If anything, just do

Amelie Anonymous

## **Please dont**

I know you're sad  
It's ok to cry  
But baby please don't say  
You wish to die

I want you here  
To be with me  
I only wish  
That you could see

That although life may be shit sometimes  
It doesn't have to be that way  
I want to make you smile  
Each and every day

We can do it together  
You and me  
Make life  
What we want it to be

So although you're sad  
And it's ok to cry  
Baby please don't say  
You wish to die

Amelie Anonymous

## Protective

Take that step forward  
If you dare  
I warn you b\*\*\*\*  
You best beware

I'm protective of  
What I hold dear  
So you better not  
Get to near

If I so much  
As suspect  
Of these barriers  
You do neglect

I'll bring you down  
To your knees  
And to me you will  
Beg, 'Oh please'

If you have  
The wish to die  
So help me b\*\*\*\*  
Just you try

Don't ever try  
To take him from me  
Or I'll end your life  
So brutally

Cos I'm protective of  
What I hold dear  
So you better not  
Get to near

Amelie Anonymous

## **Rinse away the pain**

You're f\*\*\*ing with my head  
More than you'll ever know  
You stole my innocence away  
It happened so long ago

I bet you have forgotten  
What you did to me  
But only if you knew now  
Maybe you would see

You ruined my life  
In many ways than one  
I was only 13  
My life had just begun

I only wish I had moved on  
Away from all the hurt  
Been able to rinse away the pain  
And wash away the dirt

Amelie Anonymous

## **Sadistic?**

Do you wanna see me fall?  
Watch me  
I'm about to lose it all

I'm risking everything I own  
For something I have never known

If you enjoy watching me fall apart  
Just wait and you may see  
My life be torn to pieces  
More f\*\*\*ed than you may ever be

I'm risking everything I have  
And everything I know  
For someone who has the choice  
That if I fall, to let me go

Amelie Anonymous

## Searching

Every night I sit up thinking  
Of all the sadness I my life  
The reasons that push me towards  
Releasing with a knife

It's often that I wonder  
Why I put myself through such pain  
Remembering such experiences  
And feeling them again

Maybe there is something  
That I am trying to find  
Something to get me past this  
Leave this emptiness behind

So I make the sacrifice  
Once again tonight  
In search of something  
To help me win this fight

Amelie Anonymous

## Self Harm

It's funny how you judge me  
For how I release my pain  
You look at me and think  
That I must be going insane

But who are you to say  
That what I chose to do is wrong  
The one thing that may have saved my life  
Has been no good all along?

Maybe I should follow you  
And sit back and have a drink?  
Then maybe for a little while  
I wouldn't have to think

And then because of the alcohol  
Of my body I may lose control

But that's ok to you  
Because it's every ones else solution  
And of course what I do is a delusion

Even though it picks me up when I'm down  
And all you do is drown,  
You're sorrows, only to face them again tomorrow

- Unfinished

It is so interesting for me to see other peoples reaction to something like self harm. I mean generally they first assume that it means this person is wanting to kill themself, but in my case, it really is quite the opposite. Just like you may drink, smoke, talk to a friend, or even just go for a walk, for me it helps me deal with emotions, when they become too overwhelming to be faced alone. Many people will read this and think, yeah but what a bad, evil, negative thing to do to deal with it. Honestly I want to know why. Especially from all these people who drink, smoke, use drugs or anything alike to deal with unwanted feelings. I mean it is true, self harming may scar my body, but it is not dangerous for me, it does not make me lose control of my body or mind. Of all things it helps me clear my head and deal with emotions rationally, does drinking do that? Certainly not in my case.

Anyway to conclude, I am not really trying to justify self harming, because I do not want to be doing it for the rest of my life. But the reason I don't want to be, is not because I believe, for me, the self harming is some bad thing, but because I don't plan on being in the state where I need such a release. Apologies if anyone dislikes what I have wrote, it is simply as opinion.

Amelie Anonymous

## **Shame**

You wouldn't think by looking at me  
What goes on inside my head  
You'd be surprised I was not happy  
But filled with pain instead

And when you got to know me  
And I told you how I feel  
You'd think I was being honest  
But you'll never know what's real

There is not one single person  
That really knows me honestly  
Cos I'm just to scared to show someone  
Because I'm ashamed of me

So everyone will look at me  
And think that I'm not sad  
And think that I turned out so well  
And that I was never bad

And I will hide my true self away  
For no one else to see  
Because I don't want any one to know  
I'm so ashamed of me

Amelie Anonymous

## **Show me**

I want you to sit there  
And watch me cry  
To tell me it's not  
Ok to die

Show me a reason  
Why I should live  
Let me tell you my sins  
Forget and forgive

Hold my hand  
Wipe away my tears  
Protect me  
From all my fears

Keep me close  
Each single night  
Your arms around me  
Holding me tight

Show me how life's  
Supposed to be  
Show me a future  
Of you and me

Amelie Anonymous

## **So far away**

You're so far away  
Thousands of miles  
I just wish I could hold you  
For just a little while

I love you more  
Than I ever thought I could  
And to just be with you  
I'd do anything, I would

I'd fly across oceans  
Live on nothing for weeks  
Because being by your side  
Is all that I seek

Thousands of miles  
Just so far away  
Just wishing to see you  
I'm fighting for that day

I'm doing all that I can  
In every way that I know  
Fighting for the day to hold you  
And not let you go

Amelie Anonymous

## **So surreal**

No words can describe  
How I feel  
So strong and intense  
So f\*\*\*ing surreal

You play on my mind  
Can't escape from my head  
Replacing the thoughts  
Of wishing to be dead

Amazing emotions  
Never felt before  
I welcome them in  
As I walk through the door

The start of something new  
That words cannot describe  
I'm baring my soul  
With nothing to hide

Amelie Anonymous

## **Something different**

I've never felt more alone,  
I'm in pieces and I don't know which way to turn.

I've been running circles for far too long,  
Trying to find a way out of this,  
Out of this mess that I've made of my life,  
The mess that turns me to escape, at the mercy of my dear sweet knife.

No one has ever seen, or understood what I have done to myself.  
How knowingly I torn my life apart,  
And now it just seems so wrong to blame anyone or anything but myself.

So I will not, I will sit here alone and cry, cry tears of pity,  
For I have done this to myself.

Amelie Anonymous

## **Tears**

Falling into pieces  
Shattered on the floor  
Broken in so many ways  
Crying here alone once more

Emotionally so broken  
Physically so scarred  
Crying tears of feeling  
And crying tears of blood

As I lie here crying  
In pieces on the ground  
Searching to release this pain  
And this is something I have found

As I pick up my blade  
And draw it down my skin  
My head begins to clear  
And I realize the mess I'm in

I watch the cut upon my arm  
As it begins to weep  
Crying deep dark tears of red  
I wonder how long it will keep

Crying out these feelings  
As the tears fall to the floor  
Not realizing how much my arm would cry  
My eyes start to once more

Amelie Anonymous

## **The evil world**

I watch the blade run down my skin  
I welcome the cold metal in

I feel it release all of my pain  
My body feeling numb again

No longer do I even cry  
To this evil world I say goodbye

The darkness washes over me  
The outside world I no longer see

My body lying limp and numb  
Waiting for sweet death to come

To this evil world I say goodbye  
I watch my body slowly die

Amelie Anonymous

## **The only way**

Falling onto the bathroom floor  
With tears filling my eyes  
I've turned the music up  
So no one hears my cries

I open up the cupboard door  
And take out a single blade  
So many past experiences  
In my head are not replayed

There's now a puddle on the floor  
My eyes have cried so much today  
But now it's time my arm does too  
It is the only way

I press the cold blade against my wrist  
I push down as hard as I can  
I smile thinking to myself  
My death has just began

The pain is sharp and stings  
I let out a little cry  
I start to lose consciousness and fall  
Onto a pool of red I die

Amelie Anonymous

## **The way**

Is it wrong of me to dream of dying  
To give up and just stop trying  
To fantasize of pools of red  
Of my lifeless body, cold and dead

To smile at the thought of cutting my wrists  
My life at the mercy of my own fingertips  
To imagine how long it would take  
And what of my choice my friends would make

To be attracted to this traumatic end  
To know my wounds will never mend  
To dream of my last goodbye  
Of the way I wish to die

Amelie Anonymous

## **To be saved**

Overwhelmed by sadness  
Overcome by pain  
Borderline on madness  
About to go insane

I feel like I'm living such a lie  
Only such a wish to die  
As escape from this hell  
Just a want to say goodbye

Burdened by such regret  
With needs never met  
Dying on the inside  
So many sins within to hide

To be saved from this life of pain  
Would be only such a dream  
To leave this life of mine  
Forget what has been

Trapped inside this life  
Wishing only to be free  
I just wish that I could see  
That this is not what life will be

Amelie Anonymous

## Trapped

I've had enough of being here  
Trapped down inside this hole  
I'm stuck with nothing but myself  
Lying here alone

I can just see the outside world  
If I look up really high  
But I know that there's no getting out  
There's no point to even try

I can see the taunting shadows  
Of these demons hanging around  
They're becoming so much more fierce  
The further I am underground

I don't want this any more  
Why can't I just get free?  
There's just no way to escape  
This can't be life for me.....

I've had it up to here  
I just want to get away  
I can't deal with it anymore  
Where's my f\*\*\*ing blade?

Amelie Anonymous

## **What you've lost**

You left me alone  
In pieces on the ground  
I tried so hard to please you  
Every time you came around

But you left me with nothing  
And I just don't care anymore  
I will not try to please you  
Next time you walk through that door

You will never know what you have lost  
I cared so much for you  
But to keep you happy  
There was nothing I could do

So go on and leave me alone  
Now you mean nothing to me  
I should have realized long before  
But at least now I see

Amelie Anonymous

## **Why bother?**

Sometimes it hard to remember  
Why I even try  
Why I wipe away the tears  
Each and every time I cry

Cos every time I do succeed  
And pick myself up off the ground  
There's always someone there  
To pull me right back down

I just wanna give up  
Why bother even try  
Not wipe away my tears  
Just sit alone and cry

Amelie Anonymous

## **Without an explanation**

I try to tell you how I feel  
In a simple explanation  
Why it is I like you  
And have such a fascination

Why my heart skips a beat  
Every time I hear your voice  
Why I feel for you so hard  
And never had a choice

Why it is you make me smile  
Make me not want to cry  
What goes on inside me  
When I look into your eyes

But there's no way to explain it  
The way you make me feel  
It's too f\*\*\*ing amazing  
It just feels so f\*\*\*ing surreal

Amelie Anonymous

## **Would you?**

If I were to cry  
What would you say  
Would you look into my eyes  
And tell me it's all ok

If I wanted to die  
What would you do?  
Would you show me why  
I should stay here with you

If I felt alone  
And like nobody cared  
Would you tell me you loved me  
And that you'd be there

Would you be honest  
Would you stay true  
If I give up my life  
To be with you

Amelie Anonymous

## **You just can't give what you don't have**

I can't deal with this  
You have no idea how much I've been trying  
I'm disappearing  
Everything within me is dying

In the end what choice am I left with  
Let go of this last piece of me  
For hope  
A hope that maybe

Maybe this last piece of me will make everything ok  
Because when everything inside me has died  
I'll have nothing more to give  
You just can't give what you don't have, I've tried

Amelie Anonymous

## **Your girl**

Josh....  
More than anything in this world  
I want to be here for you  
Show you that there's nothing  
In this world that I wont do

To protect you from your fears  
To hold you when you cry  
To show you lifes worth living  
When you say you want to die

I want to wipe away your tears  
Hold you when you sleep  
Show you every single day  
Life doesnt have to be so bleak

Share each and every moment  
That you want to share with me  
Telling you how amazing you really are  
And holding you closely

I want to make you happy  
I want to make you smile  
Show you what I'd do for you  
That I'll cross thousands of miles

Because Josh you mean more to me  
Than anything in this world  
And I want to share this life with you  
I want to be your girl...

Amelie Anonymous