

Poetry Series

Michelle Cortez
- poems -

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Just One Of Those Days

We have those days where we want to be left alone
But in reality screaming for someone to come along
Just staring at the time, constantly checking your phone
Keeping those tears in, trying to stay strong

Saying to yourself 'One day things will be ok'
So you just take things slow, day by day
Writing poems, hoping these thoughts will go away
But no luck, these thoughts stay

Michelle Cortez

Thoughts

I dont have a specific place where I belong
And my heart is no longer strong
Weaking; Starting to lose control
Trying to stay awake by taking adderall

Hrs of no sleep, hrs of no thoughts
Never thought i'd feel like this; Its all your fault
I try to stay strong, remain the happy old me
But now I feel contained & I wanna be set free

These 4 walls is where I stay
And these thoughts don't go away
I try to escape my mind set, cause its tearing me apart
So I write these poems, its not a form of art

Save me from myself
With these thoughts im no longer safe
As I scream for help
All I have to myself is hope and faith

-M. Cortez

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