

Poetry Series

Alyssa Middleton
- poems -

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Alyssa Middleton(1st of October)

Alone

sitting here
all alone
wondering what to do
and whats happening
getting to the point
where i'm all confused
and not knowing what to write next
getting a headache
from all my pain and suffering
getting a sting
from when i turned to the blade
feeling like vomiting
from the days without eating
but having to be strong
and continue living
no matter how much
i just want to go die

Alysha Middleton

Alone 2

hating the feeling
i always feel
wanting to end it
but not being able to
trying everything
but nothing works
having no one understand how i feel
and feeling alone
like nothing can help

Alysha Middleton

Being Judged

being judged
by everything
your looks and the way you act
how you talk and walk
what you do and how you handle everything
what you say and what you write
what you show and what you hide
being put down
all the time
by people that don't know you
or what you have been through
being called names
that they think is true
and not believing anything else
they think its alright
to treat people like they do
but when you fight back
its like the world came to an end
you try to show them
they did worse to you
but they don't care about
them teasing you for years
learning how to deal with being picked on
by others
but when you call them one name
you become everyones enemy
people really need to think
what they are putting people through
even if it's just fun and games
because
you never know what
they will take to heart
or what they will do

Alyssa Middleton

Confusion

that feeling where you cant sleep
because you have to much on your mind
where someone said something to you
and you break into tears
you tell yourself
don't do it again
don't fall for him
but your heart says different
your heart says
hes perfect for you
hes everything you wanted
so what if he hurt you
you hurt him

Alysha Middleton

Dont Expect You To Forgive Me

i tried to hide
it from you
i didnt want to hurt you
anymore then i have
but i lied
and felt even bad
so it took all my heart
just to tell you
i was scared and unsure
of how you would react
now i told you
i think i've ruined it
once again
you have no idea
how sorry and bad i feel
i dont expect you to ever forgive me
because all i do is hurt the ones that care

Alysha Middleton

Don'T Know Who I Am

pretending to be someone
im not
for so long
and being fed up with it
so telling myself
im going to be the real me
the one thats always upset
the one that never laugh or smiles
the one that accepts
its her against the world
forever
and nothing will change
instead of
laughing and smiling at nothing
and always lying about how i feel
making up a wonderful life that i live in
where i have everything
but when i try to be me
the real me
i always fall back into the habit
of pretending
but the days i dont
fall in this habit
apparently i'm a attention seeker
and a liar
and no body likes me
so i go back to pretending
and thinking to myself
is this who i am now
someone who pretends
and someone i know nothing about

Alyssa Middleton

Facing The Fact

facing the fact
that i will always have to pretend
facing the fact
no one can help me
facing the fact
i have no friends
facing the fact
it's me against the world
facing the fact
people pretend to understand me
facing the fact
no one is really here for me
they were just trying to be nice
facing the fact
this is my life now
and nothing will change

Alysha Middleton

Family Past

hiding everything
from your friends
trying not to hurt them
trying not to worry them
keeping them safe
from everything happening
having the truth destroy
from inside out
wanting to break down into tears
but holding them back
wanting to do alot of stuff
but stopping myself before i destroy
my life
hurting my family
no matter what i do
feeling every second
the worlds against you
being on the run every second
from the present and the past
having a lot of the family's past
put on you
and having to deal with it
getting to the point where you
want to go die in a hole
but not finding one deep enough
to hold you
and your painful past

Alysha Middleton

Fed Up

fed up with the pain
the not trusting
and wanting to hurt my self
everyday
to get rid of the pain
feeling like i dont matter
like i should go die
and everything will be better

Alyssa Middleton

Heart Broken

i fall in love with you
you messed around with my feelings
i still loved you
we fought
you dumped me
i cried for weeks
but still hoped you would come back
you did
i was stupid
and forgave you
thought you changed
thought you wouldn't hurt me again
but you were your stupid self
and messed around with my feelings again
i couldn't handle being hurt
by the person that meant the world to me
for weeks i tried getting over you
i told everyone i was
but secretly i wasn't over you
we fought again
both said hurtful things
i finally got over you
then you come back
begging me
for forgiveness
saying you love me and your sorry for everything
being the person i fell for
the sweet and caring you
the one that always makes me smile and laugh
when no one can
now i'm confused
as what i should do

Alyssa Middleton

How I Really Feel

no kid my age
should feel the way i do
feeling like no one is there for you
like you are all alone in this world
feeling like you shouldn't be alive
like no one would care if your gone
hurting your self in many different ways
to get rid of the pain
then waking up to the hateful world
and realizing everything is still the same
wanting to fill your veins with poison
every night
but not doing it because your trying to find
just a little hope
thinking it will make a difference
waiting for years on end
but not finding anything
just more pain wanting to end
being hurt by everyone you loved
to many times
hoping this time will be different
but it never comes
so you lock your heart away
for no one to find
locking to away so well
you feel your chest is empty
and you cant remember
what its like to feel
hoping this is just a horrible dream
and one day
you will wake up
but till then
your walking around
with a body
but no soul
acting like your fine
but inside
a knife is cutting you open
and giving you a slow and painful death

Alysha Middleton

I Hate This

i hate this
i hate this feeling
i get everyday
the loneliness
the emptiness
the not knowing what to do next
is this feeling normal?
do i have depression?
i don't know
i don't know anything anymore
should i move and try to find myself again
or should i stay here
stay confused and unsure about anything
i wish i could have someone to tell me
what the right thing to do
i hate feeling this
every second of every minute
all day and night
in my sleep and when i'm awake
i wish i didn't feel like this

Alyssa Middleton

I Thought We Were Friends

I trusted you
and believed in you
only said good things about you
but then I hear you are saying stuff about me that's not true
then you hurt my friends
and me
I thought you were nice
and that u would never do anything like that
but then I found out you lied
and used me
but she just denied it
but I never forgot
and then you go do it again
but this time
I didn't trust you
or believe in you
I hate it that you though u could get away with
use people like they are trash
when they do everything for you
they do your work and carry your stuff like they are your little slave
I can't stand the thought that you are doing this to my friends
like they don't even matter or they don't have any feelings
well I'm putting an end to this
everyone is fed up with you and acting like you care about people when you
don't

Alysha Middleton

I'M In Love

Knowing things r changing
To be better
When u can't stop smiling
Over the thought of someone
And them being able to call u theirs
Knowing everything
Is going to be better
When ur speechless
At every word of his
Knowing his perfect when he takes ur breath away
No matter what he says
Not being able to reply
Because ur lost of words
Wanting to be in his arms
Every second of they day
Even though u have been dating
Just for a couple of short days
It feels like its been months
Not making sense because
Ur filled with love
And just wanting to be his foreva

Alyssa Middleton

I'M Trying

trying to hide
from things you cant hide from
trying to not just your friends and family
by pushing them away
trying to not hurt yourself
by locking yourself in a room
trying to not be caught in drama
by walking away
trying to get away from the old life
by being someone i'm not
trying to fit it
by keeping to myself
trying to not care what others think
by not listening and walking away
trying to stop being depressed
by smiling and laughing at everything
trying ti not break down into tears
by hiding my pain with a smile
trying to not show how i really feel
by pretending like i'm fine
getting to the point
where you have lied
to many times
that everyone believes you
when you say
nothings wrong
i'm fine

Alyssa Middleton

Its To Late

when you can't think
when your heart breaks every time you hear hes voice
knowing it's to late
you ruined everything
the best thing in your life
over a stupid thing
when you lose your best friend
and the person that meant the world to you
that feeling were you wish you and him
were still together

Alysha Middleton

Jordan

not knowing how i feel
about him
not knowing if i'm over him
or not
i just want to spend sometime
with him alone
to sort out my feelings
so theres one less thing
i'm confused about
why is my head and heart
always fighting
and never agreeing
why wont anyone let us be alone
for once
just for a day or two

Alysha Middleton

Love

love is wonderful
you never know what would happen
its full with twist and turns
it is also like a roller coaster
with up and downs
even though they might be a problem
you always stay together
side by side
like a rose

Alysha Middleton

Love As I Know It

Every day I wake up loving u,
Wishes u were with me,
To give my hugs and kisses,
But it's just a dream,
I'm waiting for it to come true but deep in my heart I know it won't,
But I love the way u tell me everything,
And that u will dropp everything just to talk to me,
I love the way u make me smile,
Like nothing else in the world matters,
I love it when u hug me,
It's so nice and warm, and makes me feel,
The good side of life, not the bad,
And makes me want to live more,
And love u even more,
U always know the right thing to say,
To cheer me up,
I wish u felt the same,
And that u never want to leave me,
Like I never want to leave u,
And every second of the day I'm not talking to u,
I feel my heart slowly breaking,
Like I have nothing to live for,
I wonder if u knew all this will it still be the same,
Or will we never talk again,
Then u told me you're moving to a different country for a couple of years
I went home and cried
I couldn't bare the thought of loosing u
Then I remember u said u will do anything to be with me.

Alyssa Middleton

Love Is A Feather

love is a feather
as soft as a white fluffy cloud
as delicate as a life
so be careful
with what you do
if you dont be careful
you will never find out what happened
to my love

Alyssa Middleton

Missing, Hating And Wishing

Missing you
Missing the fights and arguments
Missing the laughter
Missing the phones calls just to say hey
Missing you having my back
Missing you always having the last word
Hating the fact we can't talk
Hating the fact you're gone
Hating the fact we won't have any more memories
Hating the fact I cry every night at your absence
Hating the fact you went so soon
Hating the fact I can't get you off my mind
Hating the fact that's nearly been a year
Hating the fact it feels like I will never get over it
Wishing that you were still here
Wishing that you didn't have to go
Wishing that I could hear your voice
Wishing I could be with you
Wishing I spent more time with you
Wishing we didn't argue about everything
Wishing I didn't cut you out
Wishing I told you how much you meant to me
Wishing you could see this
And most of all wishing you never died </3

R.I.P nan will always love you and missing you heaps

Alyssa Middleton

Not Again

not again
i cant do this again
i cant get my heart broken again
i cant feel this pain again
i cant fall for him again
but hes to nice
to sweet
to caring
the only person i cant stop thinking about
the only person that meant the world to me
the only person that can really make me laugh
why does he have to be the guy i fell for
the first two time

Alyssa Middleton

Not Making Sense

not being able to make sense
of my friends
of my family
of my thoughts
and of the world
feeling like i don't belong
and i'm in a place i shouldn't be
feeling like a freak show
or a alien of some kind
that everyone bitches about
and puts down
not telling anyone how i feel
or whats happening
because i feel like a attention seeker
or im bragging on about stuff
because people have it worse
but i hate
having to keep everything bottled up
and finally breaking into tears
because i cant handle anything anymore

Alysha Middleton

Our Friendship

i use to feel
i could trust you
you will always be there for me
no matter what
in the good and bad
like you were the one friend
that understood
my pain and suffering
and why i did something
but then i finally opened up
and told you everything
you left me
when i needed you most
left me alone
in this hurtful world
leaving me feel more alone
and unwanted
then i already did
the thing i dont understand the most
is that you pretend to still
be my friend
but when i look at you
i see hate
and you not wanting to be there
but you feel you have to
saying all nice stuff
to my face
but really
your just trying to find more goss
to spread around
to bitch about me
behind my back
thinking i wouldnt find out
i dont want a fake friendship
so i push you away
and you try turnong
everyone i have known longer
then you have
thinking they will pick your side

after how you treated them
knowing when all my thoughts
i had about you were wrong
and actions speak louder then words
when you said stuff
to make my eyes boil
with the hurtful past
then telling me i should just go die
and theres no hope
for me to be happy
and the next day acting like nothing happened
and we are still friends

Alyssa Middleton

Over Everything

fed up with the feeling
of emptiness and loneliness
keeping everything to myself
being confused
unsure about anything
slowly kicking out the people that care
then regretting it
thinking this is my life now
and its not going to change
feeling nothing
like i have no heart
and wishing
i could change things
back to how they were
but remembering it's too late
and living with the fact
things will never change

Alysha Middleton

Pain

pain being caused here and there
not going away
no matter how many pills i take
not knowing what to do
just trying to end the pain
the pain that gets worse
every minute
trying to get my mind off it
but just getting confused
starting to not make sense
of my self
is it because its late
or is it because of the pills
starting to get sleepy
and get a bad headache
time to go to sleep
and see if i will wake up
in the morning

Alyssa Middleton

Pain

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Alyssa Middleton

Ruining The Moment

Wanting to give in
To your amazing eyes
And cute smile
Slowly feeling you pull me in close
Like you use to
When you and i were a we
Wanting to kiss you
To show how much i miss you
But not wanting to get hurt again
Feeling like i ruined the moment
When i turned my head
As you leaned in
Then regretting it the second i did it
Not wanting to let go of the moment
But u obviously did
So letting you walk away
As i struggled to let go
And hoping we will have another one
When i dont turn my head
Now sitting her thinking
Will this happen again?
Or did i ruin my only chance of being in your arms again?

Alyssa Middleton

The Hours

Sitting here remembering the hours
The hours spent holding on to you
But knowing you have to go
The hours of tears being shed
The hours of comforting family members
The hours of cleaning out where all the memories were made
The hours of trying to hold myself together
The hours spent just to stay away from your house
The hours of remembering everything
The hours I spent wishing you never left
The hours spent at the hospital by your side
The hours of telling you how much I will miss you and love you
The hours of watching you sleep in pain as you struggled to breathe
Then remembering your last hour
That hour that always brings tears to my eyes
The hour I wish that never happened
The hour that's the most painful
The hour I will never forget
The hour where you were asking us to end it
The hour that you were struggling
The hour we know it was time
The hour I fell to my knees in tears
The hour I know very well as your last

Alysha Middleton

Trust Issues

thinking i can trust someone
then they let me down
spreading the secrets around
the one thing that scared me the most
the one thing that my mouth was to scared to say
the one thing i had never told anyone
the one thing that stopped my heart and my breathing just at the thought
knowing the person for most of my life
thought i could tell them
without them spreading
taking every ounce of my body
to tell them
thinking it would help to talk about it
but i was wrong
then they wonder why
i dont share anything anymore
why i break into tears at the sight of them
they dont know why
i changed
or why i keep to myself
going through pain
they didnt know they put me in
making my self a promise
to never trust again
or talk about such
great pain
that changed my life foreva

Alysha Middleton

Unable

not being able to think
because you have too much on your mind
not being able to write
because you don't know how to word your feelings
not being able to talk
because you don't know how it will offend people
not being able to do anything
because of all the stuff happening

Alyssa Middleton

Want To Leave

Want to leave
All the pain and suffering
Want to leave
All the drama and trouble
Want to leave
All the liars and cheaters
Want to leave
The place all this is happening
Want to leave
The schools and plazas
Want to leave
This messed up society
Want to leave
All the times i messed up behind
Want to leave
All the hurtful memories
Want to leave
All the people that keep hurting me
But not finding the strength
To leave whats hurting me

Alysha Middleton

Why

why
why me
why put me through this again
why now
why just before i leave
why when i finally get over you
why like this
why you being like this
why you making me feel like this
why
why do you want to break my heart again
why are you being you
why do you like seeing me confused and hurt
why tell me how you feel or how you felt
why did i ever fall for you
why am i letting you put me through this again
why are you so confusing
why, why, why is all thats going through my mind
why am i letting this get to me
why am i getting upset about this
why is my heart hurting me
why is everything with you and me like this
these are the questions i dont get
they all start with why
why now

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