

Poetry Series

**Ashley verdugo Rivera**  
**- poems -**

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## Ashley verdugo Rivera(march,22,1987)

i grew up in programs run by DSS and later in life when i turned 19 years old i went into DMH custody.

my life sucks. i have alot of issues and i am not ready to deal with them yet but i am working on them. so basically i am pissed off at the world

# Pain Nolonger Unwritten

i have come to believe that my soul is on the other side..  
oh the little pieces falling, shattering shards of me too sharp to put back  
together. too small to matter but big enough to cut me into so many little pieces.  
everytime that i cut my wrists i bleed but i can also breathe again.

i want a perfect body,  
i want a perfect soul,  
this pain is so out of control.

family, without love...  
cutting, i can't get enough...  
drinking and drugs, i live dangerous because i'd rather be numb than deal with  
this pain.

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