

Poetry Series

**Dena Jo Mulkin Hendren**  
**- poems -**

**Publication Date:**  
2008

**Publisher:**  
Poemhunter.com - The World's Poetry Archive

# Dena Jo Mulkin Hendren(10-15-1971)

Just an ordinary girl that loves words  
and this is cheaper than a shrink.

# Afraid

I try to understand the feelings in my heart  
not quite understanding the pain and the fear  
only knowing that I need something more

To afraid to let anyone know what truly possesses my soul.  
I am more than I will ever let anyone see  
to afraid to be me.

Destroy my belief and hold back from true love  
to scared to be  
To unsure to let you see  
I am just an ordinary girl that is afraid to fail  
To let the world know that yet again I did not succeed.

Imagine that!

When I am gone everyone will say the same thing  
She was a good person  
gave so much  
yet no one will know I gave everything except the one thing I had to give  
me

I try now to think of the words to say  
not knowing how to express the feelings that are controlling me  
I don't know what I am becoming  
This person is not someone I recognize, but I don't want her to leave. For some  
reason I think she may be the person I am supposed to be.

Whether it is with you or on my own  
I know now that I need to make the move to become me.

Maybe to fail but to be free.

Dena Jo Mulkin Hendren

# Darkness

Darkness and fear  
Holding on to the past  
Never wanting to move forward  
Making nothing last

Too much shame  
Heartache my only friend  
Never knowing if I want to be happy  
Finding my only comfort in pain

Missing so much  
Not wanting to go on  
Giving in to the simple pleasure of  
Laying down and never getting up

Dena Jo Mulkin Hendren

# Dreamers

The sky and the ocean the mountains and the trees  
can never be as wonderful as all our dreams

we are two dreamers trying to make it in a world of craziness and uncertainty  
holding on for tomorrow  
never letting go of yesterday

seeing the silver lining in every cloud  
knowing we will make it  
someday somehow

the day will come and we will know we earned it  
always reaching never giving in to the safe  
always so insane

our dreams will happen

Just maybe not today

Dena Jo Mulkin Hendren

# Finally

Walk away from everything I know  
leave the familiar behind  
head out on my own  
the world is mine

No holding back  
just let go  
everything will be fine

never to fear the moment when  
time stands still and everyone looks at me

Just say the words  
Believe  
I can do it! !  
You will See! !

Finally

I'll stand on my own two feet  
Free

Finally

Not afraid to let everyone see me for me! !

Dena Jo Mulkin Hendren

# How Many

How many days will it take  
to get you off my mind

How many nights before I accept our goodbye

Moved on  
the years have passed  
lived life  
always said there would be no looking back

yet I sit here today as I have every day before  
wondering

How many days will it take?

Dena Jo Mulkin Hendren

# Little Girl

A little girl  
playing a grown up game  
never knowing who to trust  
always running away

Forced to be someone she is not  
afraid to fail  
already so lost  
no where to turn

forgotten and thrown away  
used for the moment  
just an object  
no voice  
only shame

there has to be an escape  
only a little girl  
so young and ashamed  
to many scars that can not be seen  
just her fragile face

No one to save her  
to show her the way  
lost and alone  
forever a disgrace

broken and unclaimed

Dena Jo Mulkin Hendren

# Me

The years have passed  
to many it seems  
no longer so young and naive  
if that's how you could ever describe me  
the outer shell was so confident and strong  
while the inner me had been destroyed  
just a child inside fighting to be free  
too scared to let anyone see  
Struggled through the torment  
came to terms with the shame  
held on to the pain just to be sure it wouldn't take control again  
never wanting to become so insane that I lose sight of what I have become  
forever reaching for what is yet to be  
finally free  
if only for brief moments  
just facing life with each new day  
trying to remember always  
who I am and that I am loved because I am Me

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# Never

Walking through the alley  
Dark yet not afraid  
I feel the comfort  
I want to stay

Your heart races  
Against mine  
Pulling me in  
Guiding my way

So many memories  
So many mistakes  
Second chances  
The reality to real to face

The alley so dark  
Inviting and safe  
Reaching for the dream  
Wanting never to escape

Holding on to yesterday  
Giving in to today  
Wishing there could be a tomorrow  
Knowing that's just not the fate

Letting go

Never

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# Stars In The Sky

I lay here and stare up at the sky  
though its just a memory its vivid in my mind  
Do the stars still shine as bright as I remember  
do they remind you of the love we once shared  
take you back to a time when we thought we would be in love forever

The days have slipped by as have the years  
yet when i think back there are still tears  
time has moved on not giving us a second glance  
We were just two kids that dreamed of forever and couldn't believe in the never  
that came to pass

Do you remember the dream  
Do you remember me  
People come and people go from our lives everyday but only the special ones find  
a spot in our hearts and  
forever stay

Like the stars in the sky

Dena Jo Mulkin Hendren

# Story Of My Life

Time ticks on  
never stopping for anyone

I stand still  
trying to figure out how to catch up  
lost in my thoughts  
left behind  
not knowing what to do  
trying and giving up

The story of my life

Dena Jo Mulkin Hendren

# Thank You

Thank you for loving me  
when i could not love myself  
thank you for being there when there was no one else  
you stood beside me even though i pushed you away  
how i abused you  
took you for granted and threw you away  
you saw the good in me even when i tried to hide  
you saw the best of me

You saved my life

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# The Runaway

Driving down the interstate  
tears streaming down my face  
not sure how life came to this

Always the runaway

Grown up now and still hiding  
never wanting to face the pain  
what will i do when the road comes to an end  
will there be happiness  
maybe just a detour and off running again

Forever the runaway till the dead end

Dena Jo Mulkin Hendren

# Today I Found You

Today I found you  
Though you were never lost  
Only living your life

Just moved on

Today I found you and everything changed  
Confusion and heartache  
Know I'm to blame  
The one who walked away

No turning back  
Have to tell you the truth  
Face the past and take a chance  
That you could still love me  
After all we've been through

Today I found you

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