

Poetry Series

jess jayne
- poems -

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jess jayne(26/07/94)

I'm 18 years old, but i've been through more than most people, so this is how i express myself, I hope you enjoy. I love to write poetry, and writing lyrics. So these are jsut some of many. My poems come from things that happen in real life, so there's nothing fake about them.

A Dream

If a dream is all I have to hold,
Then i'll grasp it with both hands,
Because I don't want to let this go.

I've fallen into darkness,
I wish I could find the light,
Too many wasted memmories,
All about this time.

Show me a life,
So I know how to live,
Show me a soul,
So I can be happy again.

All I have is one dream,
Let me grasp it,
With all my might.

Maybe then,
I'll defeat the darkness,
Maybe then,
I'll see the light.

jess jayne

A Letter To Myself

Hi,

Ok maybe lasts weeks note weren't entirley true, I still get thoughts, and I still lose control of my breathing. But overall i'm fine, i'm not gunna do anything stupid, i don't think i can let myself.

But i think it's kind of getting worse, as i can't stop shaking, it's all my hands ever seem to do. And it's making me worried which in turn makes me breathe faster, and then i go funny.

I'm not eating allot ethier, which doesn't help, so most the time i feel like i'm gunna faint.

I can't be in control anymore, but i'm trying my best. I know i should have told you the truth first time around, but if you would believe me, i was too scared.

So thanks fore reading this, As i will never give it to the person it's ment for, but it reminds me there is Strength in weakness.

jess jayne

A New Day. Maybe?

I have new scars,
That show a new day,
A day with fear,
A day with regrets.

However in this day,
I will try again,
To be happy inside,
But it will never work.

Because this life,
Has been fought,
But i've lost a battle that,
Could never be won.

So what difference does it make today,
If yesterday,
And tomorrow,
Will be exactly the same.

Could it mean,
This scar will bleed,
Or could it mean,
The scar is a scratch.

But still,
What difference would that make,
If at the end of the day,
I still have a scar.

Maybe I could change my ways,
And start a fresh,
A brand new day.

But howcome when I try,
My past comes back to life.

(15th july 2011)

jess jayne

A Note

A note is all it said,
But you read with caution nevertheless,
Reading every word over,
To ensure you read correctly.

Your face turned from,
Happiness to sadness,
Just over words.

You looked at me,
Like you were disappointed,
Not by what you read,
But how long it took,
For me to tell.

You said you always knew,
That there was something wrong,
But you wish i'd have told you sooner,
So that you could have helped.

This note it wasn't my first,
But it was the truest of all,
I bleed my heart on a page,
I wrote what i felt.

A note was all i said,
When i passed it to you,
But you looked at me,
With those scared eyes.

But you said,
It will be okay

jess jayne

A Puppet On Strings

I've never felt so alone,
All I wanted was to feel alive,
but once again, i feel like
A puppet on the strings of society.

They make you feel singled out,
like your no good the way you are,
It's like you should fallow,
Everyone else in this society.

Why can't i be individual,
instead of being like you,
cause i want to be myself,
tonight and not have to hide.

Inside this fake skin,
that's running to get free.

written on 27th september 2010

jess jayne

All Coming Back

I can feel the need,
It's all come back to me,
Keeping everything in,
No way to talk it out.

So here we go,
I'll let it all bleed out,
Flow like a waterfall.

Joggers and long tops,
The staple of my wardrobe,
No more shorts,
No more short sleeves.

They would show the scars,
And how I feel inside,
Like I want to burst,
Just fall down.

Down as far as I could go,
I'm losing hope, slowly,
Maybe my life was just,
Never meant to be.

jess jayne

Alone

In a room full of people,
I pretend to be who I am not,
I Laugh, and
I smile,
As if,
There was no tomorrow.

But when you've all gone,
And,
I'm left all alone,
My true colours,
Start to show,

There is no point in pretending,
When it's just me around,
The temptation is too strong,
Just no way to handle this,
All alone.

All alone.
seems to be where i am,
with no life, to live.
Just wishing,
someone,
would see.

I'm all alone,
Dying on my own

written on 10th june 2010

jess jayne

Always Here

Even though your broken,
I look at you the same,
You're really just like me,
But a little broken inside.

I've told you from the start,
That i'm always here for you,
You can tell me your fears,
I'll help you through.

These were my words,
to my best friend,
But what she didn't know,
Was I held a secret.

Much worse than hers,
But she didn't know,
So while I suffered in silence,
I tried to help her through.

It was working,
Untill I finally fell through,

But still I tell her to this day,
Tell my your worst fears,
And I will help you get through.

So even though i'm broken,
I'll try to help you out,
Get you to feel better,
Cause it helps me inside.

Just trust in me,
You will get through,
Your fears will run away,
And all your dreams will come true.

So what I'll tell you know,
Is the best words that I know.

A special person is a broken person,
That can help someone else through,
Through all their bad times,
Without taking a smile off their face,
When they have every reason,
To fall apart.

jess jayne

Another Day

It was just another day, another town
Living in the fast lane nothing to slow me down.

These streets are new to me,
but soon will be forgot
Just get up, and move on,
there's no need to stay around.

People always give me them everyday funny looks,
Just to turn around and find,
there's nothing else that I took.

You've blamed me for many things,
but
never been this hard on me before.

I think i've done it now
better leave this town,
before everything goes wrong.

But you've heard it all before,
and you don't even make a sound.
Now matter how I try to turn your life around.

written 05/04/2010

jess jayne

Another Time

I've done it again,
Took the pain from inside,
And placed it on my arm.

The pain it brings,
Hurts like the pain inside,
But I can't show my fears,
Another time.

Because these cuts hold,
All that i ever feel,
Even though there all,
My fears.

These are my suicidal tears,
That cry in an empty space,
There are no tears,
That you can see,
But they are always there.

I've done it again,
Lost all my control,
Took the pain form inside,
And placed it on my arm.

The pain it brings,
Hurts like the pain inside,
But I can't show my fears,
Another time.

Written 28th Febuary 2011

jess jayne

Anyone

Anyone on the outside,
Might be able to see,
That i'm all alone,
I'm not with all of you.

I'm left on the sidelines,
Just waiting to be chose,
Chose to be your friend,
And not on my own.

From the outside,
You would see i'm not,
In this gang,
I look like a tag along.
Like a sad little man.

For i need you now,
To talk to me,
I need your help,
From someone who understands.

Anyone on the outside,
Would be able to see,
That i'm all alone,
not in this gang with you.

written 24th june 2010

jess jayne

Blood

I watch the blood
run down my arm

I watch the vein bleed
another day
another week
another year

i wish i could stop
but it's the only way
to stop all this hurt

I started with a scissors
then turned to a knife
it was the only way
to stay alive

I found it helped
If only for a moment
then I found
the hurt came back

So once again
i'll watch all the blood
run down my arm

written on 21/03/2010

jess jayne

Breathe Again

I'm going to break,
i can feel it inside,
What am I doing and Why?

I've done this so many times,
It's all become a normal thing.

I've been ok for months,
But,
Know i've gone back,
To the days of darkness

I can feel the tension,
All around my kneck,
I'm starting again,
I might hit the floor.

My eyes will close,
My hand will fall,
The knoose will loosen
And I will breathe again.

Written 24th January 2011

jess jayne

Butterflies

Those butterflies they fly away,
Why, when there's so much to say,
With tanted wings, and hearts of gold,
The colour stays and goes.

Those butterflies, are just like me,
We fly away to be free, but
With colour outside,
The beauty we show, is not
Inside this heart of gold.

Those butterflies those were the day,
When i could fly away.

Written 6th Febuary 2011

jess jayne

Can I Get Lost?

If I ran into a forest, one thick enough that i'd get lost,
could i stay their and hide in darkness,
instead of searching for the light,
maybe then i could fix myself, maybe then i could save my life.

Show me the path, that leads me further in,
show me the darkness, so i understand the light,
give me a chance to show you strength,
give me a chance so i can be strong.

Let me see the trees, as individual,
instead of a forest of bark,
let me live among the trees,
let me be strong again.

I'll watch the birds fly, and wish that i could to,
i'll dream of flying above the clouds, to escape my fate down here,
i'll wish that i wasn't this small, so that i could fight.

I'm going to run up to the top, and fall halfway there,
For today, i wish i wasn't this small,
For today i'll wish i was free.

jess jayne

Childish (I'M Sorry)

It makes me laugh,
To see how childish you really are.

I find it so funny,
That you won't talk to me,
But you get others to do it for you.

You make me laugh,
Thinking your all grown up,
But look who the childish one is.
Your a year older than me,
You should know better,
But I can see not.

You blame me, for something,
That i didn't do,
Cause you took a few wrong choices,
That made you late for the train.

We wasn't going to wait till,
Gone twelve for the next one,
You knew you had to be their for eleven.

I made the first move not you,
You couldn't text me,
It took me a week,
To pick the curidge to text you.

And all you can do is rant about it,
Over facebook.
How childish you must be.

So i'm going to finish this today,
Cause I am gutted you didn't come,
But it's allready happened,
And I can't change that.

The past is the past,
All we can do is forgive and move on.

Written 28th April 2011

P.S

I think you needed to know how i felt, because you don't seem to understand anyone else. You see what happened from our point of view. I know what it feels like to be left out, but mine was different. I am sorry you have to believe me, cause i didn't want any of this to happen.

jess jayne

Come Back

Since you left me
I can't stop loving you.
Cause you're the one
I think about now and then.
You're in my heart I can't get you out.
Please come back I miss you so much.
I see you in the day
I miss you in the night.
I wish you could be here right in my sight.
Can't you come back.
I miss you more than ever.
Cause you're in my heart forever and ever.
Please come back to me.

jess jayne

Coming Back Next Year

No longer do you ask,
How i am feeling today,
Instead you walk past,
Thinking everything is ok.

When really, you
Are beleving the lie.
That you used to see,
Straight through, and
See what was inside.

It's funny now,
You walk straight past,
Don't look, or listen
To see how i'm copping.

It's like you couldn't wait,
For me to leave this school,
So you could forget, and
So i didn't die infront of you!

You've all gone back,
And started to believe the lie,
But,
I'm starting to break down,
Just like i did before.

No longer do you see,
That i'm still dying inside,
I'm still living a lie.

For every night,
I will sleep in tears,
That wont be shown,
Infornt of them.*

They will start to worry,
Like they did before,
When they didn't trust me,

At all.

You always walk past,
Without saying a word,
Forgetting that i'm
Coming back here next year.

And even though you,
Won't be my head of year,
You will still teach me,
Through out the,
Last two years of school.

I wonder if you will,
Ever again notice,
I'm the same,
But then again,

Probably not, as
Nobody really cares.

written on 9th june 2010.

* = them is my parents.

This is written about a teacher in my school, as every time i've gone in for an exam since i finished he doesn't even ask if i'm ok. which i find very odd as he was one of the people that new most the stuff about me wanting to commit suicide. he helped me loads then left me out to dry.

So this is to you.

Thanks for not caring

jess jayne

Cracks

slowly and steadily,
I'm fading away,
Just waiting for my life,
To pass me by.

I'm running in circles,
Don't know where to turn,
Wish i could find a way.
To change my path.

This path it cracked,
In many many places,
Just trying to skip them all,
So i don't fall.

But i think i forgot,
To jump the last crack,
Cause my life,
Has fallen apart.

These cracks,
Have finally broke my life.

Written 9th march 2011

jess jayne

Crying Out For Help

I'm crying out for help,
In my own little way, ,
Just wishing i could,
Fade away.

My heart betrays me,
My mind just doesn't care,
I'm living a life,
That's full of lies,
Wating for someone,
To set me free.

I want some help,
I need my friends,
To be here for me,
I'm faking my life,
I'm faking my joy.

I'm crying out for help,
Still to this day,
even though,
It had all gone away.

The thoughts of,
Sucide,
Cuts and,
Falls,
Dissappered all at once.

But here I still am,
Dying inside,
Living a life,
Thats proven,
A lie.

written on 6th june 2010

jess jayne

Depression

Depression is when you hate everyone around
Depression is when you don't want to make a sound
Depression is when all you want to do is cry
Depression is when you feel like your dying inside
Depression is when you thoughts wonder all the time
Depression is when you can't sleep even though your tired
Depression is when you don't want to go on
Depression is when you can't stop shaking outside
Depression is when you hide who you are
Depression is when you put on a mask to hide what you feel
Depression is when you feel weak all the time
Depression is when you give in to everything around
Depression is when you don't care what happens anymore

Depression is just another day in my life

written 29/03/2010

jess jayne

Didn'T Notice

You asked me today,
Just how i was,
I said i'm fine,
but there was no truth.

I thought by now you'd recognise,
The lies i tell, That's
Thought of as truth.

You didn't notice;
My shaking hand,
My shaking arm,
My shaking head.

You only noticed,
Thw words I spoke,
The look on my face,
The fake smile that's glued.

So ask me how i feel again,
Ask me this time to tell the truth,
Try to see beyond the words,
and listen to how i speak.

written 6th May 2010

jess jayne

Does This Get Any Better?

I cried today,
For the first time in months,
I let out all my tears,
For they couldn't hide.

But I feel too soon,
It was the wrong place,
The wrong time.

Cause today,
I feared for my life,
I was unsure of what,
I would do.

So today I cried,
All my fears, and
I've drowned in my own river.

So tell me know,
Does this get any better?

jess jayne

Done With All Of You

I wish i understood,
What you all think of me,
Cause if feel alone,
In this evergrowing world.

I can't wait for 5 years time,
Just to leave this place and move on.
Forget all of you, and make new friends.

All i ever wanted was to be friends,
But you made that hard for me by,
Never wanting to know.

So i've finally had it with all of you,
I can know see the truth,
That once blinded me,
You don't really want to know me.

Is it beacuse of my recent past,
Or beacuse of who i really am.

You won't be seeing this face for long,
So goodbye, cause,
I'm done with all of you.

written on 4th september 2010

jess jayne

Don'T Want To Be Anymore

I've had enough
I just don't care anymore
You can do whatever you want
Tell whoever you want

But i'm not gonna sit here
knowing what you said
I've had enough
I don't care anymore

You told me to be strong
but I don't want to be anymore
You told me to be safe
but safe is not right

You know the real reason
why I break down in tears
So don't go saying what you said

You say you got other plans
but when someone else asks
you are always free

written on 13/03/2010

jess jayne

Double Life

My hands are shaking,
I've got tears in my eyes,
Nobody notices,
I'm falling again.

I'm living a double life,
I'm fine at home,
In school i'll change again.

I can feel them coming,
Why now, this month,
I want to run,
To find myself.

My eyes are going like waterfalls,
I can feel them in my throat,
I'm losing my strength,
Weakness has found me again.

My hands are shaking,
I'm trying to hide it,
But it's not going to last,
Very long.

Written 24th January 2011

jess jayne

Dreadfull

I'm feeling dreadful,
I just want to go,
Concentration is at,
An all time zero.

It's not my fault,
That i can't stay here,
My kneck tightens,
I can feel the pain,
I don't know why,
I havn't done this for a while.

The days are growing older,
This song it sounds the same,
I feel like my life is stuck on replay.

I want to turn this into good,
But my heart remains,
Broken the same.

jess jayne

Dreaming Out Loud

For so long now,
I've been running away,
I've been living a lie,
I've been hiding my face.

I don't know how I feel,
Maybe i'm mad,
Maybe i'm proud,
I don't know how to be free,
Maybe i'm lost, just
waiting to be found.

I'm going to find the truth,
I don't know how,
I'm just dreaming outside.
Maybe one day,
I will find the answer I seek,
Maybe then i won't be weak,
Maybe i could stand,
On my own two feet.

I don't know how i feel,
Maybe i'm mad,
Maybe i'm proude,
I know one thing,
I'm lost inside.
I'm going to find the truth,
I don't know how,
I'm just dreaming out loud.

jess jayne

Drinking And Drugs

Yes!

I self harm, but
What difference should,
It make to you.

You all tell me,
I'm wrong,
I shouldn't do it,
I shouldn't think that way.

You don't see,
It's not really,
Self harm,
I'm just,
Helping myself,
Get over what i've done wrong.

Yes!

I cut my wrists,
No!
I don't know why.

So leave me be,
Just let me get by.

There are worst things,
I could do to myself,
Cause more harm,
I might not wake up.

I could be taking digs,
Wating away, with every,
Pill I decide to pop.

I could be drinking,
Drinking to my despare,
Kill my liver, so
No longer can i live.

At least when,
I cut my wrists,
They will heal, but
I can see the scars,
So i now i've healed,
Some of the pain.

Yes!
I self harm but,
It's safer than
Drinking and Drugs

written 3rd june 2010

jess jayne

End It Today

I don't see the point,
in living anymore,
life's just a hell hole,
with nowhere to go.

So i'll save myself,
from a life of sorrow,
by ending it all,
in the world of tomorrow.

I've tried so many times before,
so i'm not scared of death,
or dying no more.

Dying to me is like,
a hot summer day.
peaceful for once,
with no arguments to stay.

It's like of in heaven,
that can no longer wait.

I'll end it here,
i'll end it today

written 23/04/2010

jess jayne

Every Day

Every day, it's all the same
same time, sme placce
nothing ever to change

The sun shines down
along with the rain
the rain hits me hard
it's all the same

Every day, it's all the same
nothing ever is going to change
no matter what I do
It'll be the same the next day

The sun shines down
It warms me up
just for the rain
to make me cold

jess jayne

Every Rose

If every rose,
That symbols love,
Is the colour red.

Then why do people,
Not realise,
That when love is dead,
The rose symbols,
The dead.

The rose can be,
A powerfull flower,
Yet,
So small and delicate.

written 22nd june 2010

jess jayne

Falling In Love With You

I've fallen in love
and it's harder than before
Cause you love that other girl,
that looks you in the eyes and says I Love You
But last night made a difference
You came over to me to ask if I was ok
You new I wasn't but it made me feel better talking to you.
To see you this way made me fall in love even more.
I saw you for who you really are
Instead of who you act to be around your friends.

jess jayne

Fly

Those butterflies they fly away,
why? when there's so much left to say,
with tainted wings, and hearts of gold,
this is the mask, I'm trying to hold.

Those butterflies are just like me,
we fly away to be free,
with tainted wings,
the beauty we show,
is not inside this heart of gold.

We only have two weeks to live,
so let's make the most of it,
but with beauty, and tainted wings,
our heart got lost in the wind.

So as butterflies,
we fly away,
with tainted wings, and hearts of gold,
This wasn't the side,
I was trying to show

written - 29th may 2012

jess jayne

Four Scars

I've got four scars,
Running across my arm,
They caused me pain,
But pain in a good way.

These four scars,
They show all my fears,
The show how i've fallen,
Back into my nightmare.

I know the reasons,
These scars are here,
But how do I tell,
When i've fallen,
In the same trap again.

These scars they did not bleed today,
For that happened yesterday.

These four scars,
There my problems,
not yours.

But i've fallen too far,
To ever see the light again.

jess jayne

Getting Brighter

It's starting to get brighter
each and every day
It's a nice feeling
when i'm smiling
for all the right reasons.

It's nice to know
that i'll survive another day
cause that one song
helps me through the day

Today feels bright
like the sun is shining on me
It's nice to know
it's for the best

It's starting to get brighter
each and every day
It's a nice feeling when
I'm smiling for all the right reasons

jess jayne

Happy Now.

I hope this makes you happy now,
That the strength i had has gone,
I hope this makes you happy now,
That all my fears are back to haunt,
When yours have finally gone.

I hope this makes you happy now,
My brightest colours have gone,
For greys to return.

He was all i wanted to find,
In a boy i wanted to now,
But my chances have gone,
He's just a distant memory,
Before everything turned wrong.

I hope this makes you happy now,
I'm pretending to be fine,
I hope this makes you happy now,
I'm just like the rest of you.

He's the only boy that would listen,
But you took that away from me,
So i hope this makes you happy now,
I'm faking my whole life,
And living one big LIE.

written on 12th august 2010

jess jayne

Hardest Thing On Earth

With every minute that passes
The light seems to fade
So there I will sit once again
Just face to face

Will I do it will I try
Cause in this forever darkness
I don't know if i'll survive

I try my best to realise
what there is for me to stop
but I don't think I can
cause it's all that I need

It makes me feel better
It makes me feel worse

But in the end
just trying to stay alive
is the hardest thing on earth

jess jayne

Help

Help me,
Cause i'm fading away,
Shaking again.

Help me,
I can't be this way long,
Eventually fading away.

Help me,
Cause i know for fact,
You can only have help,
Once you've admitted you need it.

So it's my time now,
So please just,
Help me.

Goodbye.

written 7th Febuary 2011

jess jayne

Help (2)

Help.

I don't know what else to say,
my mind is blank,
i just want to cry.

Help

my hands are shaking,
there are tears in my eyes.

Help.

I can't say anything else,
my soul is finally dying.

Help.

There is no more to say,
cause i'm fading away.

Help.

My life can't be this way.

Help.

Why can't i fade away.
leave this place.

Help.

I never want to be this way again.

written 7th Febuary 2011

jess jayne

Hidden My Soul

I've hidden my soul,
So you can't see it,
So you can't put it together,
I've hidden my eternity,
So I can change it.

I'm causing a scar,
A crack along my path,
It shows where i have been,
And how my soul has broke.

Cause this life is full,
of crakcs and brakes,
I'm just waiting for him to stay.

I've chosen my path,
and it's the one, without you.
It's the path where i hide,
and cracks are invisible.

I've hidden my scars,
the cracks in my life,
there still at large,
i've got nowhere left
to hide.

written on
january 17th 2011

jess jayne

Hold Onto My Heart

For the first time,
These scars run across my wrist,
The place that can be visibly seen,
They didn't bleed,
But I felt the need.

It was like the pressure,
Wasn't enough,
To cut the surface,
Without any blood.

So if I fell today,
Would I crsh to the ground,
And finally end it all.

Because of these scars,
I wear bracelets,
So that nobody can see,
My inner pain.

But I think I know,
I've fallen too far,
There's no turning back now,
So let's make the most,
Of what i've got left.

So i'll grip to my happeiness,
Before it slides away,
I'll hold onto my heart,
Before the last strand breaks.

jess jayne

I Am Not Afraid

I'll stand here,
and scream,
that i am not afraid.

But there is nobody
Listening.
It's just the same.

I'll stand here,
and scream,
that i am not afraid.

Inside my soul is dying,
my heart has turned to stone,
but i am not afraid.

If you listened,
what could you say.

Cause my heart is made of stone,
my soul is dyiung inside.

I've lived through many things,
been afraid many times,
but this

I am not afraid
So i'll stand here and cream,
untill i finally fall apart.

written 7th Febuary 2011

jess jayne

I Don'T Know

I don't know how i'm gonna start
I don't know how i'm going to go
because telling it once was hard enough but,
it's harder to tell someone who worries for you

I don't know if it's going to work
I don't know how it's going to go
but it's for the best
so she doesn't think it's all her fault

I hope she's ok after I tell her
I hope she doesn't break down in tears
I hope that i can make it through
telling her without breaking down

I don't think i can do it
but i know it's for the best
so no matter what
it's all for the good.

written on the 18th march

jess jayne

I Got Taught

I got taught how to listen
So I decided to switch off
I got taught how to speak
So i wrote it all down
I got taught how to hold it in
Only to let it all out

I once got told I was loved
To find out it was hate
I got told to give and take
But all I ever do is give
Cause I can't take anymore from you.

I've figured out I can't take it away from you,
all the happaines you have just to be changed
for sorrow and disspear.

I won't let it happen,
So i've decided
To leave for good.

written on 28/03/2010

jess jayne

I Hope

I hope this makes you happy now,
I've gone back to my old ways,
I hope you like it, cause
I'm not changing this time around.

I hope this makes you happy now,
That the tears are still falling,
And the truth is like gold.

I tried to live like you wanted,
But it wasn't working,
I'd rather
Die than try again.

I hope this makes you happy now,
That i'm living my way,
Doing my own thing,
Cause i now you won't approve,
As you never really do.

Written on 14th august 2010

jess jayne

I Now Understand

I now understand,
how this friendship works,
It's not to be happy or,
to be nice,
It's to leave you out,
All alone.

You say to me,
You are my friend,
Then tell me this.

When was the last time,
We went out?
When was the last time,
You asked me aswell?
When was the last time,
You phoned me up?

Oh yeah,
I remmber not,
Yesterday,
Last week,
or even,
Last month.

I find things out,
through other people,
That say they are my frriends,
I find out because,
You talk about it when i'm around,
But still,
You don't ask me to come.

Tell me why?
Am I not your friend?

I now understand,
This is not a friend,
This is a person,

Who doesn't care.

Live or die,
What should it matter,
I thought you were my friend,
But once again,
I guess i thought wrong.

written on 27th may 2010

jess jayne

I Walk This Path

I walk this path,
Alone as I always have,
I walk this path,
Frail, and falling apart.

I've walked this path,
For many years,
It's not like a normal path,
This path I walk,
Is cracked, and broken.

I made this path brake,
This path was once straight,
I could used to walk,
And not stumble, and fall.

Take a look at this path now,
It's broken, into the dark,
This path I walk,
Has caused me to fall.

I still walk this path,
Frail and falling apart,
This path has no bends,
It's just a one way road to hell.

This path has caused,
Many hearts to brake,
This path has caused mine,
To fall apart.

I once walked this path,
Frail and falling apart,
But today,
I walk this path,
Broken, and allready dead.

I've just been looking for a way,
To survive.

(12th july 2011)

jess jayne

I Wish, I Wish, I Wish

I wish i could talk to someone,
Without fearing the consequences,
I wish I could run,
And not have to look back.

Cause myt hands are shaking,
My breathing getting faster,
Tears starting to form,
Just waiting for a life.

I wish i could live a normal life,
Instead of hiding,
And running away.

I wish, I wish, I wish,
That I could just live,
A normal life,
Instead of being me.

Written 7th March 2011

jess jayne

I Won'T Run For You

Okay, let's take this slow,
I like to live on the wrong side,
And fall when you call,
But know you see,
Those tears in my eyes,
And you run a million miles.

I always new that you'd run,
As soon as you saw me fall,
But I guess it's time to move on,
And stare at my reflection.

These tears, I can't hold on,
Just to fall like I used to,
But look at me know,
You'll see what you made me,
Stronger on the inside.

But I guess it's time to move on,
And leave my reflection.

Falling to far down,
I can't see where i'm falling,
I never wanted to run,
But I can't see your reflection.

Now,
Now I can't see your reflection

(16th August 2011)

jess jayne

If I

If you saw me sat on the floor
with tears flooding down my face
Would you come over to
tell me i will be ok,
Would you come over and
try to make me laugh

If you saw me fall over
Would you come over
To pick me back up

If i told you i want to die
Would you ask me why?
Would you say it will be alright
Would you say there is no need

If i told you i tried
Would you go mad
or
would you just sit there
and say it will be ok

If i told you i self harmed
Would you ask me why?
Would you ask me to stop?

If i told you all these things
would you tell me i will be ok
would you help dry my tears
would you tell me to stay strong
would you tell me everything will be ok.

So would you help me through it all
or
Would you just back off
and pretend nothing ever happened

written on 29/03/2010

jess jayne

If I Lied One More Time.

If i lied one more time,
would it make a difference,
Or would it make things worse.

Cuase i've lied so many times before,
but this one feels different,
It feels like i'm carving a hole,
right through my body.

It's where I used to be,
Before the shaking,
and the crying eyes.

So if i lied just one time,
would it make a difference,
or would it make things worse.

written 31 january 2011.

jess jayne

If I Told You, What Would You Say?

If I told you, I've gone back to my old days,
What would you say, would you pretend it wasn't there.

If I told you, I've tried again,
How would you act, what would you say,
Because i'm hiding again, all of my truths,
All of my lies have come out to play.

If I told you, I want to run away,
Would you stop me, what would you say,
Cause I only want to run for a while and,
Come back witin two hours.

If I told you, i'm really unhappy,
What would you say, what would you do,
Because it's making me want to end my life,
And go back to the old day.

If I told you, I wasn't eating,
How would you react, what would you say,
Because I have one meal a day,
That's if I want too,
Because most of the time I hide away.

If I told you, I haven't really chnaged,
And i'm going back to my old days,
What would you say?

(9th june 2011)

jess jayne

If Only I Could Fly So High

If only I could fly so high,
I would soar above the aeroplanes,
And watch over you.

If I could fly,
Would you still love me,
It would make it easier to run away.

If only I could fly so high,
I could escape this imprisoned place

If I could fly,
what would mean to you,
Cause it would mean the world to me.

If only I could fly so high,
To soar above the aeroplanes,
I could finally,
Fly with you.

Written on 31st January 2011

jess jayne

I'M Not Your Ginnepig

I'm hiding within myself,
I'm hiding who i am.

They said i'm not deppressed,
But now i'm conffused,
I've read all the symptms,
And i have everyone.

So tell me this
Am i not deppressed,
Or am i just,
One of your ginnepigs

written on 12th june 2010

jess jayne

Is It Worth The Shot

If I run as fast as I can,
For as long as I can,
Will I make it past this brick wall,
Or will I fall and crash to the ground.

Well is it worth the shot,
Just to find if I can stand,
On my own two feet,
Or should I just give up on the dream,
And learn how to stay on the ground.

I've been running for so long,
I don't know how to stop,
I haven't found this brick wall,
Is it still A long way to go.

I've fallen down so many times,
That I don't know wheather,
I want to reach this wall,
Cause i've got a fear,
Of falling to low.

written 14th June 2011

jess jayne

I've Sat There

I wish i could dissappear
dissappear for good
I've had enough of everything

I've sat there in silence
so many times before
but this one feels different
this one feels different but sad

I've sat there in tears
so many times before
but I think they've run out
cause I can't cry no more

So here I sit in silence again
no tears falling down my face,
but i sit here and wonder
waiting for time to stop

written on 19/03/2010

jess jayne

Judge

I sit there and write once again
And once again you tell me off
In your eyes everything is wrong
In your eyes only you're right

But if you felt the way I do
Then maybe you would understand
Why i turn to self harm

I stop by writing a thousand words
But now i'm not aloud
or
I get told off

You tell me to stop self harming myself
But how can you expect me to
when you won't let me write the pain

Since when have you known
what's best for me
Instead of helping me by being there

How can you sit there and judge
While you're not helping me

Only then on that day
you will see
All you needed to do

Was to be there for me

written on 30/03/2010

jess jayne

Leavers Day

I didn't think,
It would be this way,
The day we left,
And said goodbye.

It was supposed to be happy,
It was supposed to be a laugh,
It was full of tears,
It was full of hugs,
And best wishes to all.

I didn't think it would be,
this way,
I didn't think it would be,
full of goodbyes.

The days we spent,
Singing in the rain,
Falling over boys,
Falling over curbs,
Falling into one another.

It seems like yesterday,
I can't believe it was,
Five years ago,
These years have just,
Flown by.

I wish I could do,
it all again
I will miss you all,
But,
I'll see you soon.

Dedicated to:

Cwmcarn high school - Year 11 class of 2010

written on 14/05/2010

jess jayne

Left Me Here

I wish you were her for me to love and to care.
Like you used to be back last year.
Cause you left me crying and dying.
But I'm fine now but you probably don't care.
But you're still in my mind like you were back last year.
Cause I was still in love with you when you left me here crying and dying.
I wish you new how I felt but you would just say why should I care.
Like it was just my fault he left me here back last year.
I need him now more than ever cause you're stuck in my mind and I can't move
on.
I wish you were cause when you left me I was incomplete.
I need you in my life but back last year you left me here all alone and crying.

jess jayne

Lies

Don't bother with all
those stupid lies
cause it's easy to
tell when you're faking

The lies that are supposed to help
but all they do is make things worse
but what If I said I Love You
would those stupid lies stop

The lies are breaking us
but what you seem to miss
is that I Loved You before the lies

Don't bother with all
those stupid lies
cause you've won
you've won the prise

Those stupid lies that broke us
they told me what you ment
you ment the other girl

So keep the lies for her
The photos for her
and just keep all those
memmories for her

written 8/01/2010

jess jayne

Life

Death is just the beginning
Hurt is like a knife through the heart
Pain is just a word for everything inside
Good is just made up, there is no good anymore
Fun there used to be but, that was when light was here
Darkness has taken over, and it gets darker each day
Life is just a lie, to make you feel like your dying inside
My life is just a train wreck, all dead and no one survived.

written on 19/03/2010

jess jayne

Lifetime Of Pain

Every second is a lifetime of pain,
with a knife in hand
it could stop,
but the strength isn't there.
to weak to move,
to weak to think.

A lifetime of pain,
is all that i'm worth
there is no good,
all is bad.

A lifetime that could end,
when i chose,
it's up to me not you,
But,
I can't do it cause,
I'm too weak,
I'm too scared.

A lifetime of pain
with a choice to live
A choice to die,
But,
It's not up to me,
I'm too weak to try.

jess jayne

Light Is Out, Black Is In

The light is getting dark
the clouds are turning gray
but i'll be ok

The day turns to night
and it's not going to change
So i'll walk through the streets
to see myself in a different light

The dark catches up and i'm covered
with death and dark
the dark is my new best friend
Through the dark i can control death

Through my death i can see my life
the life that was, is and could have been
with my new found friend comes
the choice of life or death

The dark is good it's new
the light was bad it's old
through the dark new choices arrive
with the light nothing was to choose

The dark is getting darker
but is that good or bad
cause it means death is for sure
I want the light back
I want to see myself not a stranger

jess jayne

Little Breath

With every breath I take
I fall a thousand miles
I fall into the depths of hell
and fight to get back up

The fighting stops as I slowly give up
I can't be bothered anymore
no matter what I do I get
Knocked back down a thousand place
Just to fall into you

So with every little breath I take
I fall a thousand miles
climb back up to get knocked back down
Then find it's not worth while.

jess jayne

Living Behind A Mask

I'm living behind a mask
I'm hiding who I am
I smile on the outside when i'm frowning inside
I laugh on the outside when i'm crying inside
I have a good day on the outside when i'm dying on the inside

I'm living behind a mask
As i'm full of so much pain
I can't let my friends see all the pain i'm going through

I'm living behind a mask
With too much deppreson to take
Too much pain in this life

I'm living behind a mask
I'm hiding from everyone who cares
I'm runing from myself

But in this room on my own
I can take of this mask
And let all this pain out

So when i'm on my own
I cry a thousand tears
I die a thousand times

I'm living behind a mask
But not when i'm on my own

written 23/03/2010

jess jayne

Love

People say nobody knows,
what love means
But i've come to realise
it's different for everyone.

To me love is that one boy.

The boy with the blonde hair, blue eyes
and that smile that makes
your world spin round.

Because somewhere between
the talking and laughing
I fell in love.

So to me the meaning of love
Is simple
It's YOU! ! !

jess jayne

Make It Through

With every night and every day
I wish I could just fade away
change the course of my life
and try and make another day.

I'll try to make it through but,
in my mind I don't think I will
I can be good for a day
then change in a minute

I don't think I can make it through
to tomorrow without a scare,
I will be here for another day but,
I won't feel right all way through

written on the 19/03/2010

jess jayne

Maybe, This Time

I tried today,
To fade away,
To say goodbye,
To this one life.

It didn't work,
My hand dropped,
My face went white,
My body was ready to fall.

What a surprise,
I've done this so many times,
It doesn't change my mind,
Cause my face falls,
Along with my hand.

I tried again,
Because all i can see,
Is your empty faces,
No details,
To know who you are.

Maybe this time,
I might have won,
But guess what,
I failed all over again

Written 8th March 2011

jess jayne

Memory Of You

You're the one i think of
When that song comes on.

I'll look in the sky, and there you'll be
The memory of your face puts a sudden
smile on mine.

And I'll wish you were here
instead of far away,
so i could see your face and you could see mine

I love this memory but i'd rather see you next to me
and never letting go.

You've got me smiling when i sing
And laughing when I talk

So catch me now
Cause i've fallen enough for you to catch me
Cause i don't think i could love you more

So please catch me
And i'll never let go.

jess jayne

My Suicide

You can't see them to start,
But they grow stronger in time,
They get a darker red,
As time goes.

I can't remember the last time,
That i bleed, i know it was a while ago,
The sensation is still there.

I want to see if i can do it again,
These things are getting worse,
I'm testing myself,
Ready to let go.

Ready to commit my suicide.

jess jayne

Nearly Stopped

I feel so sick
with all this rage
I'm fed up of life
and all it's pain

I wish I could just fade away
I start to breathe a bit too fast
it's all it takes for me to go,
back to that day

The day where it nearly stopped
The day that will never be forgot
The day that nearly stopped
my life from existing today

I wish that day would
just be erased but,
it's imprinted forever

jess jayne

No Matter How!

no matter how many times,
I write the same words,
Over and over again.

No matter how many times,
I still give you another chance,
Even though you've made me cry.

No matter how many times,
I write that letter,
You will never see it in your hands.

No matter how many times,
I've been left alone,
Your friendship was once good.

No matter how many times,
I try to tell you,
My tears always beat the words.

No matter how many times,
I cry before i talk,
You will never understand.

No matter how many times,
I try to say i'm sorry,
You will never listen to all my words.

No matter how many times,
I wish you would listen,
You never will.

Written on 29th november 2010

jess jayne

Notice Me

I get it know,
I'm not part of the gang,
I'm just an object,
In the background.

I'm fading away,
Just like that movie,
I'm transparant now,
No way to turn this around.

My eyes are watering,
But still,
I don't make a sound.

I show no emotion,
But happieness,
Cause there's no point,
In being myself,
In this world that,
Is all make believe.

I'm just an object,
Fading away,
Living in the back just,
Waiting for,
Someone to notice me

written 21/05/2010

jess jayne

Nowhere

I turn to run
I'm getting out
This box full of ash
is forever dark

The lights don't come on
I'm stuck in this place
no where to turn
no where to run

This box full of ash
it's crowding around me
like a fire in the gap

It's getting closer
I can feel the heat
Still nowhere to turn
Still nowhere to run
This never ending box
will it ever end

For me to escape
and leave this
forever dark place.

jess jayne

Once They Know

It supprises me,
That they change,
Once they all know.

Considering last year,
I thought they wouldn't care,
But as i now see things never change.

Maybe i just thought that they would,
Cuase i can't always be this way.

What If I Left,
would it make a difference,
Could i be myself.

Maybe just one more day,
Then this life might finally end,

But who knows,
What will happen in the world,
Tomorrow.

For I will probably still be here.

written 10th March 2011

jess jayne

One Phone Call

I'm fed up of waiting for you to call,
So i'll go ahead and just walk out

I've been waiting in for days
For that one phone call

But all i seem to get is silence
The silence started ringing in my ears
It was too quiet for me to stay

It was one phone call that was it,
To save my life one more time
Just like before

written on 29/03/2010

jess jayne

Only Place

This is the only place I can be myself,
I still hide from everyone else,
But your my freedom,
your my home.

I never expected life to be like this,
I wanted choice, and i froze my life.

This is the only place, i can be myself,
For you understand all my wrong turns,
for you have done it yourself.

I'm glad i found a friend in you,
Cause at this moment in time,
I would be lost without you.

I told myself so many times,
it will get better,
I will one day be free.

So many people knew last year,
So i'm glad it's only one this time.

I'm forgotten my past,
Well what's worth forgetting,
I'm holding on to my blade,
And living in the present.

They say this life it is a gift,
But
This is the only place, i can be myself.

So this life was no gift i chose.

written 8th Febuary 2011

jess jayne

Out Of All

Out of all the photos,
I took that night,
I keep looking at,
Only one.

That's the photo,
Of you and me.

Out of all the things,
I did that night,
Only one thing,
Stays in my mind.

That's me and you,
Slow dancing.

Out of all the things,
I found that night,
I only found one,
Odd thing.

That's that of all the years,
I have known you,
I still like you.

This sounds mad,
But i've realised,
It's you I still like,
Out of all the boys.

It's you and always has been.

Written 16th may 2010

For my frreind Luke Harris,
Luv ya m8.

jess jayne

Pain And Fear

Does the pain now no end,
Does the fear now no death.

Does the pain carry on,
Through all the bad,
The pain grows worse,
With the thought of you gone.

Does the fear grow stronger,
With every step closer,
To the edge where life ends,
Where fear has no fear.

Does the thought of death,
Make you scared or just,
Make you Stronger.

With the pain of you gone,
And the fear of never seeing you again,
I found there is no end,
While you are alive,

The pain, The fear, The life,
It's gone after i got,
To Close To The Edge.

written 16th January 2010

jess jayne

Paint A Picture

The pain starts to ease,
As time goes by,
At least that's what she,
Makes believe.

Cause each night,
She paints a picture,
With only one colour,
And only one aim.

This picture isn't beautiful,
It's made by a tainted soul,
Years of growing up,
It's what she was always told.

Believe in yourself,
You'll pick the right path,
People will knock you down,
Just pick yourself up.

But they kicked her,
When she was down,
She couldn't stand tall,
She lost belief,
Lost control.

So each night,
When she goes to sleep,
She'll paint a picture,
With one colour.

She'll wake in the morning,
Wishing it was over,
You pushed her this far,
Remember that.

Years have passed,
And here she still stands,
With scars to remind her,

Of her painting days.

Believe in yourself,
Not what they tell you,
Cause she was the one,
Who decided to change

written 20th June 2012

jess jayne

Pass Me By

Fading away,
Slowly and steadily,
Just waiting for life,
To pass me by.

I don't want to live this way anymore,
Cause I feel i'm crashing into the ground.

Just waiting for a moment,
When all is stable,
To finish this life,
And live my way.

written 8th March 2011

jess jayne

Pretending Again

You sit there before me,
laughing with friends,
i join in just to pretend,
to show you i'm fine,
so you don't worry,
so you don't hurry,
bur inside my soul,
is fading away,
but inside my soul
is slowly dying.

You see my disguise
and think it's all real,
you don't see within in me
you don't see what's really real
You think i'm ok
You think i'm fine
But inside i'm dying
deep down inside.

I make you believe
that i'm fine inside,
untill that day where
you suddnely realised,
what was going on,
deep in my soul,
you took me to see her,
you said it would be better.

You said everything,
would be ok soon,
but how soon did you mean
now or in a hundred years,
cause it feels like,
it's been a lifetime,
waiting for you to see,
For you too see deep inside
to see what's really me.

Months have gone by
since you've found out,
no longer do you check
if i am ok,
no longer do you check
if i am happy,
no longer do you make
me smile.

You've gone back to your
ways before you knew,
you pretend it was a dream,
you pretend it wasn't real,
you sit there with friends,
and laugh and smile,
while i sit there dying inside.

You now don't see
inside me anymore
you now only see
what I want to show,
you now only see
the mask outside,
you now only see
the twisted truths.

I've told you once,
i'm not telling again,
I've put on my mask,
once again,
just because,
you've all gone back to your ways,
you've all gone back to your happy ways,
no longer can I let you down,
so this mask will be stuck
for as long as i'm with you,
Then when i'm all alone,
I can let it all go,
I can be myself again.

Written on 5th April 2010

jess jayne

Questioned Again

My head is spinning,
I'm empty inside,
My arm is blank,
No story tonight.

I've fallen deeper than before,
I've lost my gratitude,
Replaced it for darkness,

This life seems pointless,
I just want to leave, but
I'M NOT TELLING,
I don't want to be questioned again.

Written 24th January 2011

jess jayne

Questions

How can I show emotion?
When all i'll do is cry,
How can I live my life?
When I have to pretend.

Why do I choose this path?
When theres so much more,
Why do I show you happiness?
When you ask for truth.

When will I realise my life is mine,
Cause I always live yours,
When will I find what i've been looking for,
Cause all I can see is darkness.

What will I do this time?
When my life is so low,
What will I do if I choose wrong?
Will i change it then.

Written on 26 january 2011

jess jayne

Reminding Myself

This sensation in my arm,
Reminds me of many,
Lonely times.

It reminds me of,
When the blade used to slice,
Through my skin,
And blood would pour out,
And finally it would,
Relive me of all my pain.

This sensstion in my arm,
Thought it couldn't get this bad,
Couldn't remember how it felt.

The broken soul,
Too hard to fix,
Forever broken,
Inside of me.

This sensation in my arm,
helps to,
forget the pain,
that's rolling around inside.

This scared arm,
Stings today,
For it doesn't really,
Relive the pain.

written 7th Febuary 2011

jess jayne

Running Away

I'm running away,
From my life,
I'm turning a corner,
But, not the right one.

For once this was my decision,
I chose my path not you,
My life has changed,
From turning a corner.

I'm still in the dark, but
It is so comfortable.

I've run away,
From who i was yesterday,
And become,
Who i was last year.

You can't see me behind this mask,
So i'm glad i've gone back,
To the days of pretending,
And living two lives.

Written on 18th january 2010

jess jayne

Sat Here Again

I'm sat here again,
I feel like i'm dying,
I feel like crying.

I've started again,
Fading away inside,
I'm starting to breakdown,
And,
My eyes are like waterfalls.

I want to die but,
This time i'm not telling,
If they notice,
Then they notice but,
I will pretend i'm fine.

My tears are falling,
Once again, Creating,
A pool to drown,
On my own

written on 10th june 2010

jess jayne

Self Harm

I saw it shining from afar
it glistens in the moonlight
it glistens in the sunlight

It calls to me
every minute
every hour
every day

The temptation is too strong
for me to stop
so I cut to relieve the pain

The blood runs down my arm
then I realise i have to hide again
I have to hide from all my friends

This causes more pain again
so tomorrow I cut to feel at peace again.

But every time i have to hide
as they don't understand
why i do it each and every day.

So It calls to me
every minute
every hour
every day

I just wish all the pain would go away.

written 20/03/2010

jess jayne

Set Me Free

Maybe this place, will set me free,
Allow me to freerly dream,
Run as fast as I can,
Because nobody is going to stop me.

I'm escaping today, into a new world,
Where your wildest dreams are real,
A place where fairies fly, vampires kill,
And the most exotic places come to you.

I find this place amongst,
All of my nightmares,
But they carm all of my fears.

I love this place, how could you leave,
With your dreams coming true,
Where nobody can harm you.

I'm escaping tonight, into a different place,
Where my life will run free,
A place, where the artic cold can kill,
The old crimea war is renewed,
And all my dream will come true.

Maybe this place, has set me free,
To dream as I wish,
To think of new worlds,
This place, is the only place,
Where nobody will stop me.

Written 30th march 2011

jess jayne

Set My Soul Free

I want to course another scar,
But there's something stopping me,
I want to have two written words,
That will set my soul free.

Why can't I put the blade to arm,
The pain inside, wants to be free,
Maybe my heart won't let me.

Why this blade, isn't a blade,
It's a sharp compass,
That hides with all my school things,
So that they will never see.

Why can't i place two written words,
To set my soul free,
Maybe i can find a way,
To run from all this pain.

Written on 8th April 2011

jess jayne

Soldier In The Rain

When you left,
I knew you would change,
I knew you would need to be talked to,
You're my soldier in the day,
You've made my world change.

I know things change,
And your world has slipped away,
But your my soldier in the rain,
Protecting me from harm.

I saw your soul had broke,
But I can put it back together,
Trying to fix your broken heart.

I know things change,
But your my soldier in the rain,
And your world has slipped away.

And when you finallt come home,
I will be here, and you
Can have your new world,
Cause your my soldier in the rain

written on 15th March 2011

jess jayne

Story Of A Teenage Girl

Scars have formed once again,
but this time they tell a different story.

They tell the story of a teenage girl,
one with problems, that are stuck inside of here.

She tells everyone shes fine,
but really she is dying inside,
She laughs on the outside,
but pours out tears inside.

She pretends everything is fine,
but really her arm stings the most.
Because even tho no blood comes out,
the scratches sting so much more.

She lives with her family,
but she feels all alone.

She shakes with worry,
when there's nothin' to worry her.

This is the story of a teenage girl,
she just wants to die.

This was her life, that once was lived,
then it stopped, adn now everything is grey.

She says she's getting better,
when drifting further awayay.

This story spoke of a teenage girl,
one that wasn't with her long,
As her arm said 'HELP'
She ment goodbye.

written 8th Febuary 2011

jess jayne

Stronger Than All

Whenever you get the feeling,
That you don't belong,
That you are worthless.

It's hard to find a reason,
To be strong,
Even in the brightest days,
A cloud can cover the sun.

So whenever you feel,
Like you don't belong,
Like you're worthless.

Find something to focus on,
Something that makes you,
Who you are.

Don't listen to the people,
That tell you different,
Always believe that you,
Can be strong.

Once you believe that,
Your inner strength,
Will finally conquer all.

So whenever you feel,
Like you don't belong,
Like you're worthless.

Your inner strength,
Will one day conquer all.

So look at your self,
In the mirror know,
And tell your reflection,
You're stronger than all.

Don't listen to the people,

That tell you different,
Always believe,
That you are strong.

You're strength inside,
Is stronger than all.

written 30/08/2011

jess jayne

Summers Come (One Reason)

I wanna be the one reason, that you come back to this town,

I wanna love you with all my heart, i'll never let you down,

'Cause looking back on days spent together,

I'd never thought we'd be this far apart.

Summers come, I get to see your face again,

but this time's different you have her, and she's your world,

you always said "i'd be there when you are feeling down";

But this heart's a sinking ship, and where are you now

The time we spent together, it's all just memories now,

but i guess it's time i move on, and leave you in the past,

'cause like the winters that have come and gone,

your heart forgot about me, but

Summers come, I get to see your face again,

but this times different you have her, and she's your world,

you always said "i'd be there when you are feeling down";

but this heart's a sinking ship, and where are you now.

So i'll take this time to tell you, that a piece of my heart,
will always be with you, cause your were my first love,
that i never had to hold, but i'll fall in love all over again,
and this time he'll love me too.

I'm just a sinking ship, out at sea, looking to be found,
but you can't see through mist, that she's surrounded you,
my heart will always be mine, cause i don't know how to let it go.

You always said "i'd be there when you're feeling down'

But this hearts a sinking ship, and where are you now.

jess jayne

Talk

I need to talk,
To him about work,
I just don't get it,
What we were supposed to do.

It was supposed to be in,
About two weeks ago,
But i havn't started it,
And i'm not sure why.

I'm scared to tell him,
I think he will ask why,
I have no answer to give him,
So i don't know what to say.

I should go and tell him,
But i don't want to be questioned,
I'm still shaking today,
I think that might be why.

If he asks that question,
I will answer NO, because
If i say nothing he can't
Phone home.

I need to talk, but
I'm still too scared,
To tell him.

Written on 26/01/2011

jess jayne

Tears

Let the tears run,
down the side of my face,
Feel them trickling all the way down.

Listen to the splashing against,
The floor. The tears they hit the ground,
To show the world my pain.

Let the tears fall all over the place,
Let the earth know of my pain.

Let my pain be felt by everyone else.

Let the tears run down,
The side of my face,

Let them fall to the ground,
So the world can know my pain.

Listen to them,
The silent splash that hits the floor,
The tear that only i can feel,
The pain in one little drop,
Strong enough to kill us all.

The little tear that did so much harm,
But only one could understand it's pain.

So let the tear fall,
Let the one tear,
Lead to many.

Let the world know my pain

written 16th January 2010

jess jayne

Tears Are Falling

I get that feeling,
I just don't care,
The tears pouring,
Down my face.

It feels like yesterday,
But,
Today i'm showing,
All my colours from,
Black to white.

The tears they fall,
For no reason at all,
It's like the spontaneous rain,
On that mid summers day.

That feeling of,
Lonsome and, Regreat,
Is a terrable one to feel,
It comes out of nowhere,
On a happy, hot day

The days are tears,
The nights are fears,
The weeks are hatred,
The seconds are death.

So here goes my life,
Here goes my happiness,
I've fallen into my river again.

The tears are falling,
So just let them fall,
And crash to the ground.

written 20th may 2010

jess jayne

Thanks

Thanks for the life you showed me that I could have
Thanks for the little reminders, that there's life out there
Thanks for just listening, it meant the world

It's all up to me now though
the steps that i take in which direction
you helped guide me in the right direction
It's just me staying with it.

Thanks for all the things that made me laugh
Thanks for certain memories that will never be forgot
Thanks for listening to me

And most of all
Thanks for just being you
Thanks for just being there

written on 25/02/2010

jess jayne

The Front Line

My love, i'm coming home soon,
It's not long to go now.

Send my love to harrys family,
I'm going to miss him,
Send my love to my girl,
I'm missing her so much.

I'm going out tomorrow,
My final day on,
The front line.

I'll see you soon,
For our love can not brake,
For tomorrow is my last day,
Then i'm coming home.

This is dedicated to all the men and women fighting in afganistan.

jess jayne

The Knife

The pain stops as the knife cuts
the scars stay as the knife leaves
no blood comes out but the cut remains

The scars start to fade
so the knife cuts again
still no blood comes to life
so at least I can live again

The cuts read my name
so there is less pain
the scars help heal the pain
so I can feel better again

The knife cuts again, so another scar remains
but this time blood appears
maybe i won't live again

The blood stops and the scars appear
The scars stay for longer this time
but in time they will fade

The knife cuts again
but no blood comes to life
so at least I can live again

jess jayne

The Place I Call My Own

This is the one place,
I can call my home,
The place where my life is mine,
I chose today, to live this way.

This is the place, where my life
Was once going to end,
This place that was as dark as coal.

I wanted my life back so bad,
I would have done anything,
So this place holds so many memories,
That it's hard to leave behind.

This is the one place,
That i can call my home,
The place where my dreams have lived,
Cause once i was so happy inside,
What happened to that little girl.

This one place, was my only surrender,
One place i could be free,
So i'm going to miss it when i leave.

This is the one place,
I can call my home,
The place where my life is mine,
I chose today, to live this way.

written 11th February 2011

jess jayne

The Same

The days are getting longer,
But my mind still stays the same,
My life is going slow,
I'm still hiding inside.

My mask is full of lies,
There stuck inside of me,
My face shows happy expressions,
It's not what the mirror sees.

The nights are still the same,
Full of tears that flood the world,
My minds betrayin me, just
Like my arm is full of blood.

I've told some lies,
The past few months,
I've told some truths,
The past day.

These days have got longer,
My mind is loosing place,
Confused? I can't be more,
I'm giving up this time.

Written 26 january 2011

jess jayne

The War That Was Not Yours

The day you left,
we knew you would come back,
A scared man, but
We kept together.

Just waiting for the day,
Where you would walk,
Back into our lives,
But you never did.

You took the death toll,
Up to 301, to them
You're just another dead.
To us you were our life,
Lost in a war,
That was never yours

jess jayne

This Balde

This blade was,
Once silver but,
Is now blood red.

What have I done,
I have to hide again,
The tears have fallen,
For another night.

My arm is now covered,
In blood red stains,
I wish i could erase,
All my pain.

The blade was sarrated,
The worst type of all,
Smooth ends are dated,
Just like blades that are small.

This blade was,
Once silver but,
Is now blood red.

What have I done,
I'm falling asleep,
Again

written 19th may 2010

jess jayne

Those Days

I miss those days,
Of utter serenity,
When we were children,
And happiness was free.

The days were a bike ride,
Was not a sexual content,
And the days were boys,
Could just be best friends.

The days were I could run,
And nobody would stop me.

I miss those days,
Of freedom and Joy,
The days were,
My soul was free.

I still miss those days of innocence,
But my soul has a scar,
One that I caused on my own

(10th July 2011)

jess jayne

To Be Me

The lights have gone out,
It's time to sleep.
It's time to lie down and,
let out all those tears.
It's time to wish another life
It's time to dream of a better one

But the morning will come,
to take me back to reality.
Take me back to where
all I do is wrong.
Take me back to a life
full of lies

I'm giving up I just can't do it anymore
No more lies, no more frowns
There is only one way to end this,
And that's to turn my life around.

It's time for a new start,
a new me.
It's time to change my ways,
and make them see,
There is more to me
than meets the eye

It's time to show them,
that they are wrong
It's time to hide once again,
to prove that I can be strong.
Maybe then they will think i'm fine
Maybe then they will leave me alone.

From this day on
I will hide what it truly
means to be me,
Just so they think
I'm ok once again

written on 3/4/2010

jess jayne

Told Him Today

I told him today
It took his breath away
To find out that
I love him
In every single way

He gave me the silent treatment
For saying that I love you

I told him today
it was the best thing i've ever done
I loved him all my life
and i new it was to be.

But he has different plans
and thay were not with me.

jess jayne

Trapped Inside

I don't know what to do
I feel like i'm trapped inside

I tell everyone i'm ok
but inside i know i'm not

This place is full of memmories
that i'm slowly starting to forget
which in a way makes for a better day

Rather than a day in the life
that i've been in so recent

But with one move
I can turn upside down
just a word, a breath
a different place

Is all it takes
for me to start.

jess jayne

Try The High Life

I walk this street,
where no one knows my name,
for they don't know my face.

I'm a million miles away,
I just want to be home,
For baby I ran into the night,
I got scared of your power over me.

I'll run to the land of dreams,
To see what I left behind,
To find the grass,
Isn't green on the other side,
Baby I wasn't born to run.

I'll walk this street,
with no name,
for no one knows me here,
Just another face in the crowd.

Baby,
Life here is tough,
Just a dollar for another pound,
Maybe I should see my dream,
Was always at home.

Yh,
I tried the high life,
But fell on the floor,
This town just wasn't small enough,
For me to call it home.

So I'll run back to you,
I'm not scared anymore,
For your power is kindness,
Baby I think I'm home.

written 14/02/2012

jess jayne

Try To Save Me

You try to save me, but
You now it won't work,
You try every day,
And give up in the end.

You make rash decisions,
On what you see me do,
Never do you realise,
The hurt you are putting me through.

You say it's for the best of me.
but how would you know,
When i'm invisible and,
Not just alone.

You don't see the,
Change i'm going through,
You see what you want to see,
And not what your heart hears.

You lead by example,
You lead by the rest of them,
Why can't you see i'm
Not stuck in your mess.

For i am myself,
In my own little world,
Just trying to move on,
And not think of you.

You see what you want to see,
And not what your heart hears,
You need to just chill out,
And just realise,
I'm not gonna die,
For it will be a surprise,
When I do.

written on 24th june 2010

jess jayne

Trying My Best

I'm trying my best,
to get better each day
cause, i can't go on
living this way

I sit there most days
in tears, and blood
just wishing that
I didn't do it

But i can't take back
everything that happened
even though when i did it
I new it was wrong

So each day, is like a knife
through the heart
I'm trying to get better
but it's just not working

I try to live every day to the full
but my mind starts to wonder
and take a different track

I end up sat crying
and feel like i'm dying
on the inside

Written on the 23/3/2010

jess jayne

Understand

I wish you would notice
how much my heart hurts
seeing you with someone else

I try to forget, move on and, pretend
but all I see is you and her
my heart gets a knife cause your with her

You make me laugh, you make me happy
but you'll never understand how
much I love you

You see me sad, so you make me laugh
You see me cry, so you talk me out
You help me through the worst of times, but
You'll never understand that I love you

I wish you would notice how hard I try
for you to see me as someone else
Instead of a good friend

I try to hide my love from you
as you would never understand
my love for you

You'd forget the times you've helped
You'd remember nothing at all
So I try so hard to hide it all

written 14/02/2010

jess jayne

Upside Down

With every day that came and went
my life started to fade
I started to fade into the darkness
and didn't know if i could come back

But with every day I came here
my life semmed to end
but now i've started to realise
that it's not my time and it's not my place

I will be back here next year
i will be better no matter what
I'll try my best to fight my fears
i'll try my best to make it through

I gave up once before and don't fancy it again
but no matter how hard i try
there will be a day where i'll say goodbye

It could be now
it could be next week
but hopefully it will be when i'm 81

They made me realise there is no point
in going now when i'm this young
my life is yet to start, my life is just about fun

But the fun fadded away the day you left
i've been writing ever since just so i'll never forget
the times i spent with you by my side
seems a lifetime away

You said i will have a wonderfull life
but what about now
when it's all been turned upside down

Written on the 16th march

Missing my granch and trying to get better

jess jayne

Waiting To Die

I'm staring into the distance,
My mind goes blank,
My eyes start to water,
But you choose not to see.

I'm fading into the distance,
I'm losing my mind,
I'm starting to think of suicide.

My eyes are watering,
My face is a lie,
Just sat here,
Sat waiting to die.

I've faded into the distance,
I'm here in body,
But not in mind.

I'm waiting to die.

written 8th june 2010

jess jayne

Wednesday Nights

I miss the nights i spent talking to you
I miss the nights you used to make fun of me and josh
I miss all the laughter and smiles
I miss moaning about allan britt

I never thought i'd miss wednesday nights this much
I miss the two boys that became good friends
I miss the friends that I made
The friends i no longer see

I miss the bubbles, the attic and the walks
All the good memmories, are floating in my head
they are keeping me alive.

The times were you used to get annoyed with me
cause i was walking to slow or falling over
I remmber the times you helped me up

But I wish you were here now to turn this frown to a smile
I've been low for a while now
But these memmories are slowly bringing me back to life
but how long will these memmories last

jess jayne

What Is Deppresion?

What is deppresion?
When i want to be alone,
When i want the world to end.

What is deppresion?
When i don't want to eat,
When i feel alone

What is deppresion?
When i'm tired but can't sleep,
When i'm awake but want to sleep.

What is deppresion?
When i'm dying inside,
When my soul died years ago.

What is deppresion?
Well deppresion is me,
It is how i always feel

jess jayne

Worst Enemy

This is me.
I'm your worst enemy.
Get ready to run,
Run from your nightmare!

I never new what would be proved,
I never thought it would be truth.
We thought you wouldn't care.
So who made you judge?
Cause God knocked you down!

You said you loved me,
But used me and brused me,
So beware,
Cause I will run,
I'll chase you till the end.

Till you realise that,
I'm your worst nightmare!

So who appointed you judge?
Cause God knocked you down!
He knocked you back into the ground.

He knocked you down.

written on 20th august 2010

jess jayne

Worst Nightmare

This is me. I'm your worst enemy!
Get ready to run. Run from your nightmare!

I never knew what would be proved,
I never thought it would be truth.
We thought you wouldn't care.
So who made you judge?
Cause God knocked you down!

You said you loved me,
But used me and brused me.
So beware, Cause I will run,
I'll chase you till the end,
I'll chase you till the end,
Till the end of time.

Till you realise, that
I am your worst nightmare.

So who appointed you judge?
Cause God knocked you down,
He knocked you back
Back into the ground.

I am your worst nightmare

Written 20th August 2010

jess jayne

Worth Living For?

There I sit with a knife in hand
should I do it, should I try
The question goes round in my mind
Is it all worth Living for?

The knife is the choice
between begining and end
The end being peaceful
The begining always a race
Is it all worth Living for?

The people that say they care when they don't
The people that say I love you to stab you in the back
This knife in hand could stop all that
Is it all worth Living for?

The day comes to end
and the night falls on all
It's now my time
my time to decide
Is it all worth Living for?

written 7/03/2010

jess jayne

Yesterday

Yesterday I said i love you
 But you didn't listen
 Yesterday I said i hate you
 But you didn't listen
Yesterday I said i will never love you
 But you didn't listen
 Yesterday i said i hate you
 But you didn't listen
Yesterday I said Goodbye

And today you're saying Hello

jess jayne

Your Lies

I'm fed up of your lies,
And being your friend,
It's like you want me for,
The free stuff not,
For who I am inside.

You always say you can't come out.
When you go out with someone else.

I've had it now,
So goodbye and goodluck,
Cause you'll never see this face again.

written on 30th august 2010

jess jayne