

Poetry Series

Kristen Freeland
- poems -

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Kristen Freeland(3/31/1990)

Depression

Depression sets in
When you wanna die
You're not willing to try

Depression sets in
When you cant take it
And all you wanna do is cry

You're seventeen
And all you can think
Is this life is long and hard.

There's gotta be something
There's gotta be a way
To stay happy
And never have to cry
Never have to be so upset
Where you just wanna die
But nothing is like that
Nothing can make you happy

And depression sets in

Kristen Freeland

Dissociation

She is multiplistic and internally shattered.
She wonders if to them she even mattered.
She hears the echoes of her nightmare screams.
She sees them clawing at her in her dreams.
She wants her memories to be less scattered.

She thinks no one could care.
She feels that she cant share.
She forgets she is my mother.
And I will never doubt her.
Soon I will be strong.
Long before she is gone.
Emotionally scattered.
She is multiplistic and internally shattered.

Kristen Freeland

Happiness

I have this feeling
This feeling
That i haven't felt in along time
What he does to me
How he makes me feel
Is undescrivable
Words itself
Can not express how happy i truly am.
I never thought
I would meet someone like him
A genuine gentleman.
He makes me smile
Theres no question about anything
I see to be uncomfortable.
We can talk for hours on end
And its never questionable.
He makes me feel whole again.
And i love this feeling
This feeling i haven't felt.
This feeling of happiness
Purely
Happiness.

Kristen Freeland

Lost And Alone

Lost and alone, I will always be;
Because you are no longer here with me.
There is reason to be sad;
Now that your gone all is bad.

I toss and turn every night;
Because I cant get you out of my sight.
Everywhere I look your there.
What you've done is so unfair.

Together we were unstoppable.
Now I'm alone and scared, is it possible?
I never thought this would come true;
My deepest fear for me and you

I hope one day you will see;
What this really did to me.
I was strong now I'm weak.
Our relationship was unique.

No one thought we would make it
I never could admit it
Just so you know I will always love
The man I had to let go of

Kristen Freeland

Prison

I feel trapped, alone
In my own home
No one to talk to no one to see
Home is your sanctuary
They say
Well to me it is my prison
I'm stuck
I'm locked in
No one to let me out
These long years have been *heck*
I feel most happy when im away from this place
This place of *heck*
I wish i could leave
Get out, break free
Never come back, but i cant
For I'm too 'insecure', too protected
Home is your sanctuary, they say
Well to me it is my prison,
I'm stuck, locked in,
No one to let me out

Kristen Freeland

Those Eyes

Why do I miss you
It only lasted a week or two
But theres something about those eyes
The way they looked at me
Its killing me inside

What did i do wrong?
What do i always do wrong?

What should i say?
What should I do?
For nothing i say
Will ever get through to you
Past those eyes
Into that heart.

Why do i miss you?
It only really lasted a week or two
But theres something about those eyes...
Those eyes...

Kristen Freeland