Poetry Series

Tashi Coote - poems -

Publication Date:

2011

Publisher:

Poemhunter.com - The World's Poetry Archive

Tashi Coote(12/04/98)

A Rush

It's an adrenaline rush a natural high

a rush of fear a rush of fun emotions gust out with light speed

Hot flash and butterflies at once.
Something that someone always wants □

A Smile A Laugh A Tear A Frown

a sad, sad girl we knew was falling down she was falling way too fast no one seems to notice? no one seems to hear? for when she put that noose in place no one happened to be near she left without a warning? yes, perhaps. she left without a sign? yes? no? why? but she tested out places in various areas for structural strength with a grin in her eyes? she sent a cry for help out on the wire but when she didn't call as advised, assume that she's fine? days and nights on end in a blackened out room perhaps testing who'd care and come and check it out? i heard you knew, tried and true, dealer 'paranoia ~ tweaking ~ just twackin out' your shit wasn't that fuckin good dudethat was considering her escape route she kept the god damned pre-knotted rope never far, and showed it to all no, it was not a prop, not a god damned joke not part of her strange collection on her walls had nothin to do with the sisterhood now there's lumps in our throats, so we can choke on thoughts that we didn't see what we should lookin back, the signs were all there she spoke the word suicide, and spoke it everywhere□

After A While, You Learn

after a while, you learn the difference between holding a hand an falling in love. you begin to learn that kisses don't always mean something, promises can be broken just as quickly as they where made, and sometimes, goodbyes really are forever.

Angel In Boots

I'm an angel...
In combat boots,
Black wings,
A crooked halo.
I've fallen from heaven
And
Been through hell

Blind Eyes Take Lives

lost and forgotten she begged us to seek her... we marched past with heads down.

wracked and neglected she willed the world to care... it maintained its self-gravitating tilt.

fading and desperate she searched for a rekindling... they hoarded their passion.

hanging and breathless she succumbed to it all... no one even cut her down□

Close Your Eyes And Remember Me

sweet angel close your eyes tell everyone goodbye its time to die sleep baby girl it will be alright

sweet angel remember me
i wont let you forget
the life we led together
but i just couldn't let you hurt anymore

the next day when i wake up i realize what i have done my worst nightmare has come true i reach for the knife 'now i know for sure i am going to die alone□

Coming Out

i am trying hard not to kiss you i am trying even harder to not be with you

i keep on covering my heart with lies smothering it, i don't know why

i need to tell you that i am attracted to the same sex will you think of me any less?

i need to free myself and find peace i need to try and understand all of this

i just want to be accepted like anyone else to be respected and not shadowed in doubt

i need to come out even if it is to myself

Dear Me, Myself And I

dear me, my self and i

me: why is it that no one understands? my self: some people do understand

i: no they don't, they have no idea how we fell me: oh ok, but is suicide a good thing or bad?

my self: it is a bad thing, you don't want to die do you?

me: i'm not sure what i want any more

i: of course it's a great thing if you don't like life any more an if you hate making choices let me make them for you.

my self: don't let i make choices for you, you have to make good choices not evil ones like i.

me: ok but i always pick all the wrong things that why i fail so often my self: that is because you give in to i, she will always make all the wrong choices for you

me: oh ok i understand now, i is bring me down that's why i fail so often, well we can both stop that by ignoring i

i: no you both need me, you cant ignore me ever

me: yes we can, i need good choices in life not bad evil ones that will get me only in lots of trouble!

Dear Suicide

dear suicide why are you still here? i want you to leave, leave me alone suicide my thoughts were so nice but now i'm so sad suicide i want to be happy not suicidal suicide i want my life the way it was so leave me in peace and never come back suicide the end is coming for me the beginning of the end of my life suicide time to go i say goodbye suicide ill see you in my new life till then goodbye

Deciding

I'm trying to decide,
Trying to decide between both of you
Who I love so much
Both of you have said
That it doesn't bother you that I like you,
One of you say that they like a guy
The other one is saying we could try it out
Or we can just be friends
And see where it leads us
I like both of you
But I'm going to go with my heart this time
But always will love both of you

Depression 1

depression is loving someone with nothing in return, depression is slowly living instead of jumping head first, depression is acknowledging the mistake but without learning, depression is not trying, giving into your life's curse.

depression is cutting and cutting thinking you cant stop, depression is staying quiet thinking no-one will care, depression is floating around with the desire to drop, depression is ignoring the people who always seem to be there.

depression is trying to end the life you've been given, depression is watching other people watch you, depression is giving up instead of being hard driven, depression is depression, do you feel it too?

Depression 2

depression a state of agitated depression now facing the depression like a closed session needing medical attention making my agitated confession depression my obsession depression my only material possession years of oppression before the recession see the expression of my depression depression leaving a facial impression at it's own discretion like a rapper at a rap session and a singer in a jam session or a poet at the blog talk radio session you can't forget the internal impression the repossession of my depression it's a new life i'm now facing without question

Depression 3

depression is the looks that lie depression is the tears i cry..

depression is the mistakes that one person makes..

depression is the sad song where no one sings along

depression is where i have no friends depression is the cut that mends..

depression...

just a feeling that gets everyone sad and maybe to the point where you go mad

but depression is sad but true.. because it is my life without you...

Depression Is

depression is my life without you,
depression is the darkness taking over the light,
depression is the thoughts of suicide
depression is isolation from the outside world
depression is where no one loves me
depression is where i have no friends
depression is where everyone looks at me and rolls there eyes
depression is......

Depression Is When

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 you're dying inside depression is when your thoughts wonder all the time depression is when you can't sleep even though you're 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 \square

Depression Makes Me

depression makes me feel pain depression makes me stupid depression makes me feel low depression makes me mad depression makes me sad depression makes me forget the world depression makes me tensed depression makes me lose self control depression makes me hate everyone depression makes me think over and over depression makes me feel lonely depression makes me think wild depression makes me worthless depression makes me sick what does depression give me? when it runs high... it will make me die - rest in peace...

Dying Angle

A slow shiver pours down my spine
The dark room illuminating softly
A light shaped as a women
hovered over me like an angel
She reaches and places her hand against the side of my face
Glittering tears flowing from her eyes...splashing off my cheek
It seemed as if each dropp made cuts into my skin
As blood appeared on my face
The light changed dimming allowing me to see a human being
She dropped on me... bloody dying
I couldn't save her
I couldn't move
I couldn't speak

I just held her...crying

Then she opened her eyes quickly and screamed

'Are you just going to let me die!'□

Emotionless

Sometimes, there's nothing.
I am empty, gone.
I have no emotion.
This emotion is strong.
I can't feel anything.
What's wrong?

End Of My Run

a tear of sorrow for there's no tomorrow. no rising sun nothing can be done. this salty sweet life, has been all a strife. but now it's done this is the end of my run.

Enjoy Life

Enjoy the moments in your life
Don't let little things get you down
Play with friends talk to people
It all helps
There maybe a moment in your life
Where you feel life is worthless
But god is there if you need to talk
Just don't let those little things stop you
From ENJOYING life!

Fake A Smile

I fake a smile
I hide my pain
But deep inside
I'm dying
I clear my throat and dry my tears,
So nobody knows how I'm hurt
But trying to explain would kill me more

Forgive Me

'lord, i'm so tired and the pain inside doesn't want to go away.

i can no longer shed anymore tears, for my eyes hurt me really badly.

the voices in my head don't want to go away.

my heart aches so badly that it's become too unbearable for me.

no one loves me, no one cares, no one wants me, and no one can help me now.

i tried being the good girl everyone wanted, but it wasn't good enough.

all i wanted was for someone to love me god.

was i asking too much?

i'm so sorry god but i have to end my suffering the only way i know how.

please forgive me god for what i'm about to do."

Friend Or Foe?

You loved me and
Then you hated me
You were my friend but
Now my enemy
You helped me
Then you killed me

God Has Added

Understanding how beautifully God has added One more day in your life-Not because you need it, But because someone else needs you

Goodbye

cross my heart and hope to die i loved you but you said goodbye

you want to be
with someone new
i guess i'm just
too bore for you
you took my heart
i want to die
but i'm too scared
so i'll have to try
try to live the lonely days
try to change my screwed up ways
so cross my heart
i hope to die
i love you but
you have said goodbye.

He's There

He's there when you ask for him,
 there when you need him.
 He's there to guide you when life's questions
 get tough.
 The Lord's there.

He's there to bless you and allow you to lean upon his strength.

The Lord's there when you praise him much closer than you think.
He's there to lean on as you grow older.

He wipes away your tears, while you cry on his shoulder.

 He will always be there.
God's the king of all glory, mercy, and might.

He holds the keys to all wisdom, he will always win the fight.

And we all know, as sure as the wind blows, he will always be there

How Could I Let My Guard Down

i was so sad
then i saw you
sparkling in the light
blades so sharp
cutting and digging
blooding and fainting
now your crying
you say "why, why did you attempted to kill yourself",
i say "cause i hate my life
now let me die or ill keep cutting till i do"

I Dont Want To Be Alone

i don't want to be alone i don't want to be afraid

and i don't want to be the blame i don't want to play no game i don't want to be the cause of hate i don't want to be someone's mistake i don't want to hurt no more i don't want to feel pain i don't want to feel anything grief, regret, hate, happiness, love

nothing

i want to be empty inside just like everyone around me i don't want to be scared anymore i don't want to feel guilt i don't want to hate you no more i don't want to love you no more i don't even care

i want to be like you empty

the one an only thing i want is for you to be happy and if my misery is what

makes it so then all i want to feel is misery i don't want to hurt no more i want to be safe i want to feel like i have a purpose in life i don't need a reason to kill myself i need a reason not to

I Hope God Hears Me

so I always know what to say I hope God hears me speak because peace is what I seek

I hope God shows me how to cope so I don't give up the hope I hope God will stay with me so I know what I am to be

I hope God will show me how to stand and always be with me to hold my hand I hope God will show me the way so I won't give up in my day

I hope God will be patient with me so the comfort I will see
I hope God will show me how not to hide and always be with me by my side

I hope God will show me how to start so I carry him in my heart I hope God will keep me from harms and be there to hold out his arms

I hope God will show me the love so I will see the peace of the dove I hope God will show me the lead so I will find out my need

I hope God will show me how to turn because I have so much to learn

I Need You

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Mother how can I tell you?

 that I am bi 

would you turn your back

 and walk away?

 for I was the little girl you 
 use to hug and tuck in bed,

for I do not feel shame 
 but want you to love me the same,

 people look at me with only shame 
 for my life is not the same

for love comes in many different ways

 and I am hoping you could understand 
 and love me the same

 for I am the little girl you use to tuck in bed.. 

So please don't walk away 
 and hold me in your arms 

and tell me you can understand

 for I can not take life 
 if you turn your back and walk away

 for life is already hard
because I am bi

 and people and my family cannot understand, 

but I do need you to stand by my side 
 and give me strength,

 for I am still your little girl
who needs 
 you in so many ways...
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I Want To Be Free

Slit my wrists
Take my eyes
Throw me to the other side of life
For you're killing me slowly
You torture me every day
I want to be FREE
Let me out
Or let me be
Comfortably numb
For my sight you took today
And turned my life into
An endless dark day

I walk this dark maze
Blind to the world
I don't know where I'm at
Don't know where I've ben
I want to see again
Now you took my tongue so I cant talk
And break my legs so I cant walk

I feel something
I hear the kindling wind
Blowing threw the walls
I smell the sweet scent in the air
Now I know I'm free from
Your hell
For now I can finally rest in peace
Beneath this Black Rose □

I Will Be There

i will be there when you smile

i will be there when you cry

i will be there when your lonely

i will be there when your in trouble

i will be there when your sick

i will be there to love you

i will be there to help you

and i will be there to care for you

If I Was

If I was a book would anyone read me? If I was a puzzle would anyone solve me? If I was a picture would anyone draw me? If I was just me would anyone love me?

If Jesus Is In Your Life

If you have Jesus in your life, It unfolds like a beautiful rose With thorns of life to show Others that you have come out With flying colors

Inside My Mind

this depressive state, is driving me insane, just can't seem to live this way, inside of my mind, i'm not ok, make it stop, make it stop, please... i no longer want to live with this disease.

i can't stand it, not at all, my mind is racing, but my body has stalled. depression so severe, it's hard to breathe, i don't feel like the same old me.

take it away, i really need help, some days i truly feel like killing myself.

Is There A God?

One may ask, 'Is there a God? '
For me there can be no doubt
'Cause I learned His sacred name
And in anger cursed it out

God said in His decrees
To honor His sacred name
And to those who broke that law
He would hold them to the blame

The Lord kindly forgives
Its a fact that I do know
While I bear the punishment
I rightly earned long ago
He eases symptoms
That from my sickness flows

Is This Me

I feel like my life is worthless
I cant stand loud noise
I get extremely angry an loose myself
I could possibly hurt someone I love
I love St. Philips but does it love me?
I try my hardest but do they see?
Does everyone only notice the bad things?
Am I really as bad as what they say?
I don't know who I am anymore
do you?

Lean On Jesus

You better learn to lean on Jesus, That's the only one that will have your back At the end of it all

Life To The Fullest

Live your life to the fullest...

Don't end your life on bad terms,

Or on short notice.

Suicide is not the answer to your problems,

No matter how bad it is

Life's A Game

A game of luck..

Roll the dice, prepare to be struck

Strike a deal with the devil, pray to your gods...

And roll the dice and face the odds.

two sixes equals suicide
 two ones will make your sanity slide

5,2 you will be swallowed by pride

2,4 There is no safe place to hide

Round 2, have you digested the loss...

You sold your soul for a wasted cause..

No time to sob, no time to cry, time doesn't pause for anyone...

Roll again, see your prize... Lost your life

Life's a game you cannot win, no way of cheating, .

Lost before you started, forced to participate, slowly consumed by hate..

With every day, the dice are thrown away.
 Their numbers reveal the fate, of this lovely day..

My patience has ended, i want to quit, i go 'all in'
 I hope I lose, the odds are big...

The moment of truth... I win

The demons laugh and cry at the same time...

This time i won... yet somehow i still lost...

Life's Like An Hourglass

Some days my world feels like an hourglass.

Just when I start to feel full of hope, light and positivity, my world turns upside down and

It slowly drains away

My Mum

my mum held me in her stomach for 9 months, she watched her feet swell, she struggled to climb stairs, she got breathless quickly, she suffered many sleepless nights, she became my nurse, my chef, my teacher, my friend. she struggled for me, most of us take our mum for granted when others don't have there's

My Release

An agonizing cry pierces through the cold, dead night He cowers in a dark room holding his knife with all his might. His hands quiver as they curl into tight fists

Arms burn as blood flows from his cut up wrists.

There's so much pain, anger, and strife

He's sick and tired of living this tormented life.

His hands are scarred from always punching his door

All he feels like doing is cutting, cutting, and cutting some more.

He's too familiar with seeing his own blood

Even now it pours out of his wounds like a slow dark flood.

Every tug results in more red tears

Every cut strips away more suffering, more fears.

Soon all that's left is a hollow, scarred shell

His body burns as if he'd been thrown into the fiery pits of hell.

He feels trapped, stuck in a bind

His room spins, he's starting to lose his mind.

'You're just no good' he tells himself with a frown

It's your own damn fault that you're feeling down.

He puts the grey steel once more against his wrist, it feels cold

Suddenly he feels fine, even a little bold.

He tugs with a confidence that he didn't have before

Ground rushes up to meet him as he hits the floor.

He sees the pool of blood stain the white sheet

Feels quite calm as his heart slowly stops to beat.

He lets go of his knife, lets out a relieved sigh

Closes his eyes and finally whispers goodbye.□

My Tears

my tears from my eyes
wash you away
you made my believe
it will all be ok
the shadows from on sweet memory
reminds me of all
we could've been
but now your gone
and i am dead
lay your head
and dream and think
of those sweet memories

No End

Kill them all
One by one
Don't come home
Until it's done

I'll take your soul
I'll tear you apart
Then I'll come stabbing
Through your heart

You've seen me once You'll see me again Like a nightmare There is no end.□

No Response

Look I'm sorry ok but I cant do much more but apologize, I tried my hardest for you but you only seemed to noticed that Chloe was doing good, you have been upset every since last Monday in science, I tried to apologize but you didn't want my apology. Now your upset and disappointed because I was rood to your sister in law An because I was stupid for showing people in class the photo that was sent to me which I knew it was inappropriate, I sent you a poem that I wrote but I had no response from you... Then I did it on paper an gave it to you but again no response... So I decided to ask you why you weren't talking to me? An if everything was ok with you? but not yet again I got no reply...

My life in useless to everyone, all I really wanted was your approval

Tashi Coote

I have tried again an again for you

an that I have now given up me too.

but I seem to get no response from you so now I know you have giving up on me

Ny Pain Is Cruel

My pain is cruel,
Depressing, unbearable
But no one sees it,
Is my fake smile working that well?
I wonder how long it will take,
Before my smile breaks

Oh Lord

Oh Lord, help me in my distress Give me the strength to overcome The sweat that troubles my life I hope you open the doors for me Oh Lord, shine your grace on me Keep me safe in your blossom And rock me in your ever loving arms Please carry me when I can't walk any longer Oh Lord God Help me to overcome the failures That have my life bound Deliver me from bondage Oh Lord build me up And lift me up to higher ground I thank the Lord For hearing the cries of my prayer I put my trust in you and only you Lord Jesus

P.U.S.H

When life gives you boundaries,
P.U.S.H. it away...
P - ray - U - ntil S - omething H - appens
And let God do his work

Please Notice

I am a girl with a broken heart
Though I act like I don't really care.
Deep inside I really do
I try and try for you
but you don't seem to notice the good I do
I only wish for you to except
The good inside of me
Instead of the bad you may see

Pull The Trigger

pull the trigger my sweet savior pull the trigger end my life pull the trigger say your sorry pull the trigger just stop the lies So now just Pull the trigger

Rusted

My eyes, rusted from endless cries

My brain, rusted from dreamless nights

My heart, rusted into seamless cracks

Scared

Sometimes can make you cry Can make you nervous And make you tense Reminds you of scary thoughts about it Even can make you shake Does not make you feel relaxed

Simply Allow Your Self

Simply allow your self to observe your actions Label any thoughts then leave them alone Just prepare to let them go Take sometime to concentrate on your mind Just take things slow an so how it go's

Some Point In Life

at some point,
nearly all addictions reach
a crisis stage where
an addict isn't sure
what to do or where to turn next.
feelings of anxiety, hopelessness
and even anger can become overwhelming,
and they need to pour out
in one form or another
before the addict's destructive
impulses boil over.

Sorry

I like you but
I'm not sure if you like me
Sorry that I broke your trust
Sorry that I broke the rules
Sorry if you cant forgive me
Sorry about all the things I put you through
Hopefully one day you can forgive me
Like I forgave you

Suicide

suicide
it's all i think about
suicide
can't get it out
suicide
so hard to resist
suicide
resist the urge to slit my wrist
suicide
all i have is a small razor
suicide
is all i dream
suicide
seems to be my only friend an one of my enemies

Suicide 2

suicide a simple word that means so much more suicide a mean of escape that shuts the door suicide get ready to jump suicide take one more breath suicide are you sure you want to carry out this threat? suicide this is your last chance to walk away suicide did you say good-bye? suicide it ends your life and stops your friends and families life in time

Suicide Go Away

so sick of this. Without strength, all gone. No one to lean on. I want this all to end. I don't want to walk in pain another day. Trying to keep murderous thoughts at bay. My hands tremble, inside I crumble and decay. I can't even put a fake smile on my face. I can't line my despair with lace for everyone's' nosy face. Until I get the guts. Until that day, this is the only way to keep suicide

Tashi Coote

away.□

Suicide, Suicide

suicide, suicide your presence is near suicide, suicide i wish you were here suicide, suicide i hear your voice suicide, suicide why aren't you here? suicide, suicide you're my only friend

Thank You

Thank you, Mrs. Clark, for being there

At times when skies were gray

Thank you, Mrs. Clark, for lending an ear

When I had things to say

You showered love constantly
 When no one seemed to care
 You brought me joys untold

To fill my heart with moments of gold
 I would have felt isolated and lonely
 If you had not been there

I need to find the words to let you know

How much you mean to me,
 But I will constantly thank God for you been in my life
 Until the Eternity.

Thank You For Been There

Thank you for being there,
 through every laugh, through every tear.
 You helped me not to be scared,
 About the things that I feared.

Thank you for the love that you have shown,
 when you knew I would have blown.

You are an important person in my life,

You've helped me deal with my strife.

From time to time you always listened,
 and when you did so, your eyes always sparkled

You never put me down,

and you always knew how to turn my frown upside down.

Thank you for being there for me,

and letting me be who I want to be.

The Blade Is Going To Cut

this blade is going to cut,
going to cut strait through me
hope it hurts hope it gives me pain
hope i can feel all my sorrow
i start to see all my blood flow out
now i feel dizzy every thing is spinning
falling to the ground
a teacher sees me on the ground
they quickly rush me to the hospital
i was renounced dead

The Fire

I don't fear the dark within this night Beneath the sky of deadly light The raging fire seen from afar The fear inside of who you are

The Fire Burns

the fire burns
turning bones to ashes
tears turn to blood
that pools at the feet
clouds hide the full moon
there will be no moonlight
glinting off the steal
tonight the world sees it
all through the eyes of me
the pain, misery and disgust
the screams are no longer silent.

barely treading water
in this river of blood.
turned upside down
it's a new life
one without a happy ending.
came into this world alone going through it
and dying alone can anyone see
the world through
my eyes and survive it?

The Worlds On My Shoulders

Why am I here?
Im just wasting my time
Sometimes it feels like
the worlds on my shoulders
Everyone is leanin on me
Cause sometimes
it feels like the worlds almost over
Cause sometimes
It feels like the worlds on my shoulders
And then everyone is leanin on me

Thinking Of The Past

I sometimes think I'm fine
When my friends make me laugh,
But when im home alone
I sit there and cry and
Think of the past

This Is The Sweetest Suicide

life goes on just another day this is the sweetest suicide blood pours out of my open wounds this is the sweetest suicide the haunting smiles and heartless laughter this is the sweetest suicide the pills are counted the knife is sharp this is the sweetest suicide the letter placed my final breath this is the sweetest suicide and now at last i say goodbye this is the sweetest suicide

To Hard

Its so hard to run from my own thoughts When I'm stuck at home alone. I've been running from them so much, They have a lot to say That I don't want to hear

Utter Silence

I opens my eyes for the last time, and i quickly grab for the razor blade.

I force the sharp blade against my wrist.

I start slitting my veins, deeper and deeper into my flesh.

The dark blood pours out more and more onto the floor all over.

Feeling weaker and weaker, becoming more and more unconscious by the second,

the blade drops from my hand onto the cold floor, my final resting place.

My cold body now collapses to the floor and I slowly begin to feel the pain fade away along with my soul, finally falling into an endless sleep.

I lay there dead, yet free of pain.

It is now quiet, no screams, no tears, no suffering, just utter silence.

Wasn'T Worth Fighting

The pain still comes
Long after the wounds have healed.
The scars tell a story of a battle
That wasn't worth fighting

You Probably Dont Know

You probably don't know...

 How GRATEFUL I am, to know you.

You probably don't know...

That without you, I'd surely be Gone.

You probably don't know...

That I Regret letting you down.

 You probably don't know...

That I'M SO SORRY for all I put you through.

And You probably don't know...

That I LOVE YOU, THE SAME WAY YOU LOVE ME.
 ...
And I hope this will stay the same way.