Trials and Tribulations

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DEDICATION

This book is dedicated to my husband Christopher, my muse and inspiration. And also to my son Gabriel, my reason for living. Where would I be without the both of you.

Standing at the Edge

I’m looking down, so afraid

What would have happened if I had stayed

Push the images from your mind

Cut the rope from your wrists that is there to bind

To keep you down, that won’t let you smile

Only frown

Take a deep breath

Be careful where you step

Close your eyes count to three,

Soon you will be free

Flying high above

Soaring on the wings of love

Say your prayer

You are being watched over with tenderness and care

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Model Citizen

Bleached blonde

Flawless skin

Everyone’s dying to be thin

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My wonderful friends, who I consider to be my family

My grandparents who are more like my real parents than anything

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Most importantly I thank God, not just for his continuous blessings

But for helping me when I was on my own journey through Hell.

I wrote these poems to show everyone that we all go through hard times, but the hard times soon turn into good times…

1 Walking through Hell

The journey a long and tiresome one

I’ve been on this road since my life begun

As if I was blind, nor could I hear

It was all a lie, everything I used to hold dear

It seems like a distant dream

Forever in my mind, tainted by a childish scream

Of fear rather than delight, everything was wrong,

Never right.

I see it all so clear, as if someone opened my eyes

I see all of your lies

All the things I’ve seen,

Heard or done, never out of pleasure or fun

They taught me things along the way

But they don’t define me

They don’t shape my life, how I live day to day

All the tears I cried

That part of my life is over now, it has died

The journey was a long and tiresome one

And now it is finally done

2 Never Alone

You are never alone

To you kindness will always be shown

Keep the faith, never lose sight

Also try to do what is right

Pray for strength and guidance when you feel weak

What is it that you seek?

Always here for you through it all

You can always call

Never fear

I’m by your side, always here

3 Snake Eyes

Cold-blooded like a snake

My Innocence wasn’t yours to take

Only heartache and pain you have caused me

Dead in my eyes you shall forever be

Anger in my veins

Someone help me

Remove these darkened stains

4 I’m Free

Be who I want to be

Many years you have taken

My faith remained unshaken

I am stronger now than before

On you I have closed the door

Nothing but a stranger

You’re a terrifying danger

So long locked in a cage

Filled with rage

So long I was enslaved

Now that I am free

The streets in gold they are paved

5 Cleanse My Soul

Will I ever be clean?

Can I undo all the horrors I have seen?

Disturbing images forever etched in my brain

Causing such mental anguish and pain

Can you help me?

Heal me?

Make it go away?

So I no longer live in fear each and every day?

6 Bleed

Hurt you, watch you bleed, left alone in your moment of need

Hurt you like you hurt me

Don’t even bother to give an apology

Save your breath, your words are meaningless

All you’ve ever given me is anguish and stress

Who are you? What did I do, to deserve all this?

I promise you are the one person I will never miss

Full of lies, it comes as no surprise

You have never been and never will be sorry

Just leave me be

7 Cruel Big Sister

I was a fool to treat you so cruel

Your favorite song is playing on the radio, it makes me sad

Forgive me for all the things I did that were bad

I didn’t mean to make you hurt by acting rude, mean or curt

I miss you my brother, of you there will never be another

I should’ve treated you better, now I can’t even talk to you, or write you a letter

Without you, its not the same, I can’t even play a video game

I wasn’t there when you needed me, now I may never get to be

You needed me to be your sister, your friend, I hope this isn’t the end

That we can see each other again

That one day I can make it all right

Never again will we argue or fight

Hopefully, maybe one day

We’ll see

8 Are You Afraid?

Are you afraid of all you’ve done?

That you may not live to see the sun?

Have you done anything bad?

Hurt anyone? Made them mad?

Afraid to be alone?

Cast into the darkness where no light has ever shown?

Why are you so afraid?

Why are you alone?

By your side, why has no one stayed?

9 Horrible Father

Where were you when I needed you most? This is nothing to brag of or boast

You vain and arrogant slob, bum without a job

Horrible father, you’ve lost your only daughter

We’re through, I’ve thrown you away like an old shoe

You were supposed to keep me safe, protect me

From all that is wrong or bad, all you’ve done is make me mad

You are what is wrong in this world, into the pit you shall be hurled

The sight of you makes me sick

Vomit you up, like spoiled milk in a cup

I hope one day, for all you’ve done wrong you will pay

Out of my life, good bye, why waste my time

You never cared, it was all just a lie

All you do is hurt and abuse

You can’t even cry

10 Ease My Pain

Ease my pain, so these tears no longer pour down like rain

Take away all the hurt, wash it away, like dirt

Drown the sorrow, so I may have a happier tomorrow

Like a sad, tear stained clown, I wear this frown

How do I turn it upside down?

Can you ease my pain, so you no longer see the stain

Which these tears have left behind

If only life were like a VCR

Just push rewind on all the bad

Or like dust in the wind

Just blow it all away

As if it never happened

A bright, new day

11 Bridges Burned

Liar and abuser, how long did you think you could use her

You can’t erase the past, all the things you’ve done

How long did you think it would last?

No matter what you did she could never be broken

Things were done, cruel words were spoken

My love and respect you’ve lost

But at what cost

So many times, by you, I’ve been hurt

Your bridges with me you have burned

12 Spread My Wings

Soaring high like a bird

I shall remain undeterred

You can’t bring me down

Never again shall I frown

Free to spread my wings

Moving on to better things

13 Without You

Without you

Where would I be

Alone

Lost and afraid

Crying myself to sleep

Trapped. Stuck

No way out

Without you,

Who am I?

14 Guiding Light

My guiding light, you shine so bright

Brighter than any star

Whether we are near or far

You give me strength when I am weak

Confidence though I am small and meek

You help me see

That even though I’m just me

That is the most beautiful thing I could ever be

ABOUT THE AUTHOR

*I’m a happily married and devoted wife and mother. I write because I’m extremely shy, which makes it difficult to meet and talk to new people. It’s very difficult to communicate my thoughts and feelings, but writing has allowed me to open up and share my experiences with people.*

*To show them we all go through rough patches in life, that we’ve all gone through things, made mistakes and learned from them.*

*Aside from all that, I can show them that it’s not just about the hardships and the bad things. I can show them that there is beauty and goodness in the world, if you just look hard enough.*

*That is the main point or goal I am trying to make with my writing.*