

Why  
Should I  
Live?

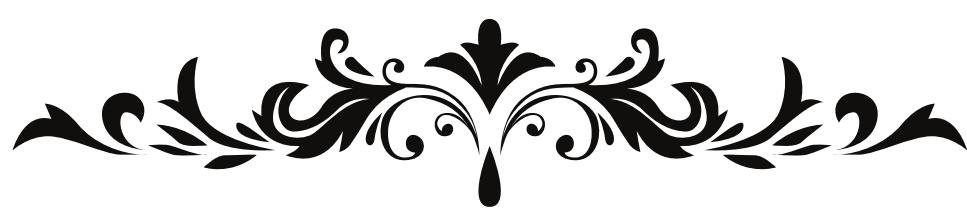


If What you read feels like too much please read the last page.  
If you find a poem that speaks to your feelings or your  
experience, please share and attach the last poem.

## Intro

This Book(Journal/Diary) is intended to be used as a floatation device through the rough waters of life. It includes a personal account of my autistic life, my abuse, and the trauma I have endured to be the person I am today. Along with an empty page for YOU, so YOU can share Your story. Whether it be through words, calligraphy, drawings, a play, or whatever your soul needs to discuss this book is intended to be used as a friend holding your hand along the way to avoid the pitfalls of what life can hold. I hope for those of you reading, that you do not feel as much pain as I have, and if you have even more then I love you! I promise you it will get better, one day it will not hurt as it does now. My life is to that testament.







I was first a scared baby.  
Until I was a manipulated little boy.  
Then I was a broken teenager.  
But now I am a loving man, a caring man.  
I am an empathetic man and this is how I  
survived.







Again and again the pattern repeats  
It doesn't skip not one of the beats  
He shatters my will  
Until I feel ill  
I am being broken and bashed  
Until he crashed  
Only when he is asleep  
Do I have a chance not to weep  
My father every day  
Takes a piece of my life away  
Separating me from those I love  
Falling from the sky, me a broken dove  
Mother oh mother help me please  
Help this soul full of unease  
I'm scared I'm scared  
Stop leaving me bared  
To being thrown in the air  
Defenseless and unaware







After I turned three:

My body, my body is not my own  
Only a shell for my fathers throne  
A servant, a pet, loyal and chained  
Walking, learning, and being maimed  
Looking for a mother barely seen  
Now only the one, who was so mean  
Ripped away From a mother's love  
Praying for help from above  
Oh god oh god please help me  
I can barely see  
What the future could hold to be  
I'm falling fast, deeper to unrest  
The hole in my chest begins to fest  
I fall in pain, and the darkness creeps in  
My life, my future, seeming fin









The yelling doesn't ever stop

I don't listen, It's my fault, thanks pop

My mother hates me he said

She left me for someone better in bed

I try and try to make him proud

But it all just leads him to yell aloud

I am bad, I'm not enough

I have to be more tough

I cry and cry and it turns him insane

Maybe there is something wrong in my brain

I try to obey, listen to every word

But it's never enough oh help me lord

He hits me again and again

Forever will I be in pain

Caged inside his control

Obedience is taking its toll



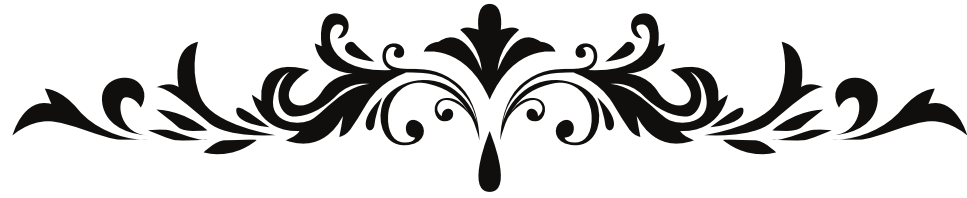




The pain it continues to grow  
I hide in my head hoping for it to slow  
Far away from the world do I see  
Caged inside a body longing to be free  
A beauty crosses my eyes  
Love, a hope that never dies  
We entangle in each other  
Kissing, holding, hoping to be apart of one  
another  
Tore away from her sweet lips  
Punished and hurt, my head dips  
Retreating back into the shell  
From where did I fell  
To be in love but apart  
Oh how it hurts my little heart  
In moments we were free and in glee  
the thought, the only thing that keeps me,  
me







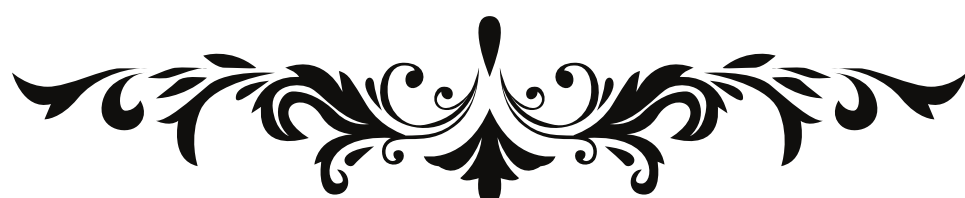
I know why I am inflicted with so much pain  
It's because I am in the wrong lane  
What he says is true  
I am not worth anything new  
I am a liar, I am wrong  
I deserve his torture prong  
It's because I am alive  
I should never make it to five  
It's my destiny to be his slave  
All the way to the grave  
I will care for his health, for how I've felt  
Even though he still gives me the belt  
I wouldn't change what I've done  
At least I know my father is having fun  
Wasting his life away  
While I keep him at the bay  
Attached to this life with nowhere to go  
I'll put on my little show  
Anything to make his day  
It's a game I know how to play  
He smokes and smokes away his life  
So I will make my strife  
In effort to keep him with me  
The only one who protects, see?  
The way he tries to be  
Is because of my mistake  
That I was born, a fake  
So I'll cry until I have no sight  
Once the darkness ends, there'll be light  
Where one day I'll make my flight  
Far away from this world I will dash  
the chance and I'll be gone in a flash





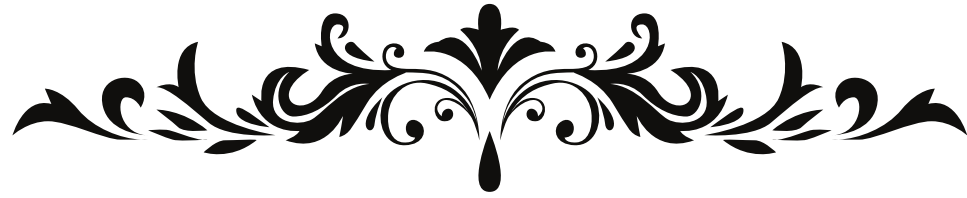


His words leave an echo that can't be  
undone  
I assure you it does not bring an ounce of fun  
Broken by the wicked lies and the terrible  
truth  
Worse than having pulled a tooth  
With every waking pain  
He salts your wounds with anything to maine  
To say you are broken barely reaches the top  
When anything can make his bubble pop  
His words echo inside my brain  
Driving me to a sweet insane  
When the rhythms cry  
When my eyes are no longer dry:  
My screams are lost in his vengeful abuse  
Nothing can make me feel loose  
Tightly bound like a spring-loaded coil but  
never shot  
Soiled in anguish and pain for not  
For holding and swelling with rust in my veins  
Nothing can hold my reins  
The darkness sweeping inside  
Taking its time, waiting, like the tide  
Washing away all of my hold on reality  
No longer feeling gravity  
Being sucked into the void in my chest  
Leaving a soul full of unrest



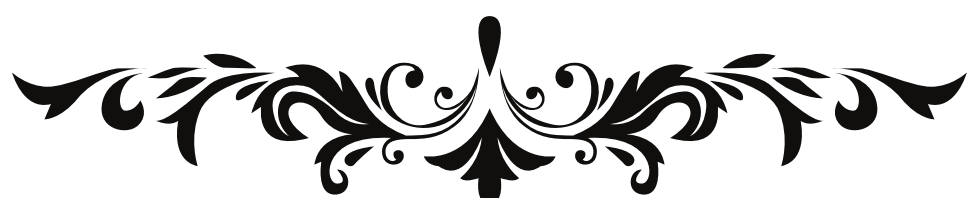




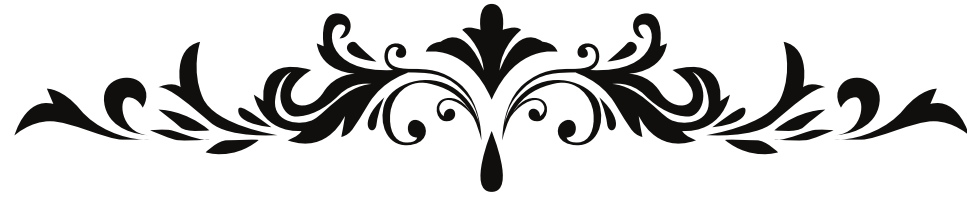


I have been broken, the shell will rot  
This is not the life I would have sought  
A dream with my puppy and me  
Just me and Fluffy as far as we could see  
To be free from the collars around our neck  
To breathe in full breaths at our own beck  
No longer fearing the noises of life  
But Enjoy the music of nature's wife  
A peaceful tune, sung from above  
All the birds even the dove  
Fly high and praise us with their sound  
Has me and my dog leaping abound  
Wishing and laughing in a world unknown  
Yet there my puppy goes, he has been  
thrown

A dream I couldn't share with my best friend  
A relationship that met its end  
The dreams fade and life pops it's ugly head  
A reality making me lust for an eternal bed  
And I have to live with this hole  
Leaving me with an unfinished goal  
To be happy with my Fluffy  
My little puppy  
He taught me how to love  
How to see something else from above  
A gift that heals whatever it touches  
A gift for me like a pair of crutches  
To struggle and push I was given help  
From the most unlikely Yelp  
The bark from a friend  
Left it's everlasting trend  
Thank you





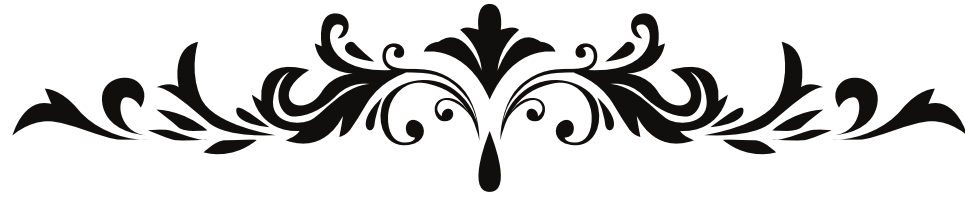


## Compounding Interest:

The last thread has torn  
I wish I had never been born  
My arms aching from being hit  
The tumor in my arm pulsed in a fit  
He doesn't care for the breaths I take  
The next step, being found dead in a lake  
I can't stand being under his control  
Being free is my goal  
I'll run away to never hurt again  
Maybe hide in a cubs den  
Run and run and never be caught  
It's what I deserve, For how hard I've fought  
His constant abuse and affliction  
Has led me to my addiction  
Each discovery on the shelf  
Finding what could maybe be a sense of self  
So tired of being beaten down  
Always looking at life with a frown  
When his words repeat in my head  
I swear it's a fate worse than being dead  
When his anger is the way you see the mirror  
Nothing could be clearer  
I am worthless, smaller than a mite  
I have used the last of my fight  
The anchor of depression has sunk  
My inner hell the lowest bunk  
Where the flames roll high  
And Hope has said, bye  
You start to wonder why  
You had the chance to look at the sky  
When you are nothing but a trapped fly  
Just waiting to..... die

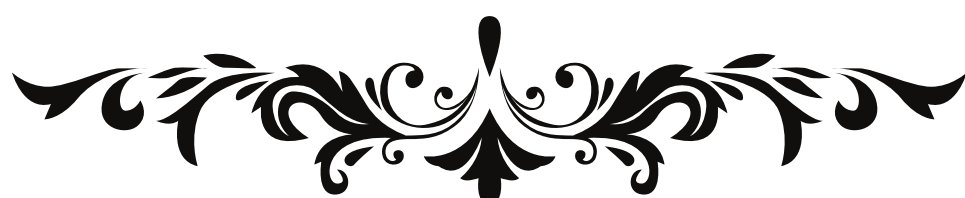






## Belief in the Lies

Yeah I am a bad boy  
I don't play the game  
The way it's intended for fame  
I don't listen to what he said  
I just feel the way in my head  
That's why I am not good enough for love  
That's why he always gives me the shove  
To break my will and show me I'm nothing  
So that way I'll never be anyone's something  
I'll just be his little puppet, and be led  
Scared to move far from his bed  
A breeding ground of hate and disgust  
Leaving everything around it to rust  
If I don't obey then I will be in pain  
Left beaten, bashed, utterly insane  
Pleading for the end of his anger  
Hoping he reaches for his banger  
To smoke his madness away  
And leave me to heal the wounds at bay  
I know, I know, I am not free  
I am under your control just let me be  
Can't you see what happening to me  
You have broken my will  
You have made me ill  
I can't look to tomorrow  
Because I'm too scared to borrow  
Time, that I am not worthy  
As you've shown for thee  
That no one could love me  
Because I even I don't  
Or maybe I just won't  
Just can't love something so hurt  
Just can't even stand to see the court  
My truth is too hard to swallow  
I rather just sit back and wallow  
In disgust, in hatred,  
In seething, I am now wasted









I am shackled by the compassion within  
He slams the cage shut, nothing missin  
The black eyes that I call father  
Always, I feel like I am a bother  
I try and care more for every action made  
But my grave he has already laid  
The potential is just never enough  
It does not matter how tough  
For me, He will not have mercy  
For me, it is always More, see?  
I have to not make his mistakes  
Even if the idea gives me the shakes  
I have to struggle and keep on  
I just have to wait for dawn  
His actions cause confusion  
He dishes hope with pain, in fusion  
Marking an illusion  
An unseen future still untold  
Unlikely to ever unfold  
As my head gets bashed  
My mental stays crashed  
I'll cry and cry every night  
Just so tired of staying in the fight  
I'll cry to soften the blows  
Because there must be something, who  
knows  
The endless nights of rivers from my eyes  
Always makes me feel the lies









In a world full of mistrust  
You have to find something, a must  
Anything to look past today  
Something, anything, to make you feel  
someway

My Yaya was there to help me  
She was there for one to three  
She helped me find my tongue  
She helped me feel my lung  
The first breath, of love  
Something unexplained, from above  
A symbol of peace and hope  
Something stronger than any dope  
A healing potion for your scars  
Like a spaceship to Mars  
A grandiose idea, to be free  
Something that I have yet to see







I cry for just about everything  
I cry when the birds sing  
I cry because of the new day  
I cry from what they whisper and say  
I cry when he hates my actions  
I cry from his screaming reactions  
I cry when you raise your hand  
I cry because I am in an unpromised land  
I cry because I know my place  
I cry because I don't know my face  
I cry for I have nowhere to turn  
I cry for there is nothing left to learn







I am a pain in the ass

I cry like a lass

I am not worth my own spit

I am just worth to be hit

His words sting and leave their mark

An etching knife into my bark

I'm worthy enough to take a lick

I know that I am sick

My mind is forever rotten

My body a crushed tin

My self-worth a crushed stick

A small movie on its last flick







I am a burden in my father's pocket  
I would be worth more if I was a locket  
I should end life with a fork and socket

I am a debt to my father  
He makes sure I know I am a bother  
Even when I go to school

It is cruel

For I had made a friend  
Something to help me mend  
Little had I known he was close to death  
Like a strung-out man on meth  
He had a few months in my life  
In the end, he caused inner strife

Angel was my friend's name  
And his passing left me a bit lame  
All of this before the first grade  
It all just caused Me to fade









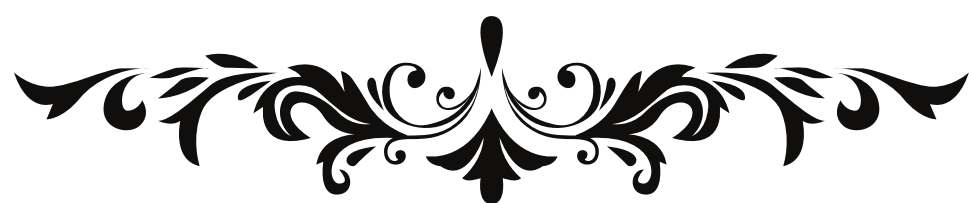
Angel my friend from the past  
He who was with me, the last  
I didn't understand until too late  
I know God's will is fate  
But my anchor was taken  
Angel is in a sleep that he won't awaken  
Wishing I could follow in his stead  
Angel took the lead  
Escaped from the pain he had  
How he was a fine lad  
Goodbye my friend  
I'll meet you in the end  
I may not be in the first grade  
But I know the situation made







Losing a friend taught me a lesson  
I won't leave you guessin  
To give back and give care  
To be more than fair  
To do all that I can  
To be a caring man  
To live up to an idea of compassion  
Is my only living passion

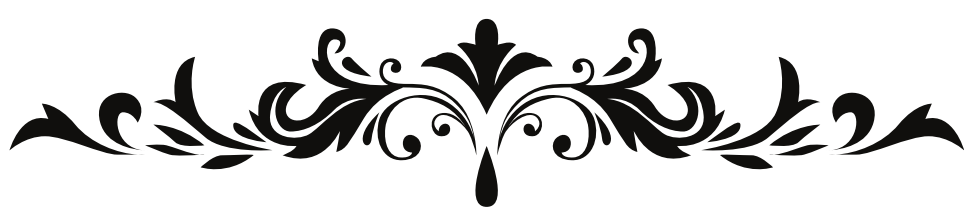






I wake up hearing my sister  
And isn't the scary Mister  
It seems she has pooped her pants  
I can hear all her rants  
I am only five  
But I know what it's like to be alive  
I clean her up and hug her  
I give her my love and close the door  
Wishing I knew more  
To silence the cries I feel  
The ones that are too real







Life is always in change  
The pain doesn't strike me strange  
Pain an unrelenting fact  
Who, who made this pact  
I'm worried about life  
Why do I have this inner strife  
Maybe I'll end it with my knife  
I miss my friends  
I wish they never met their ends

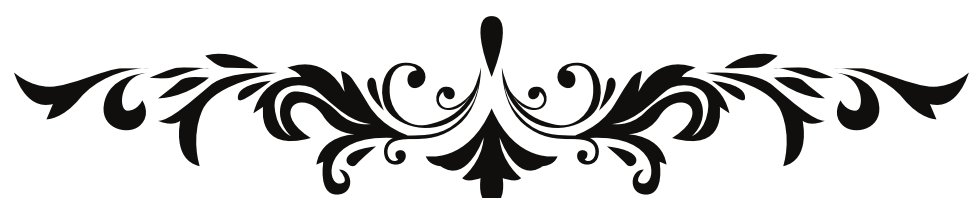


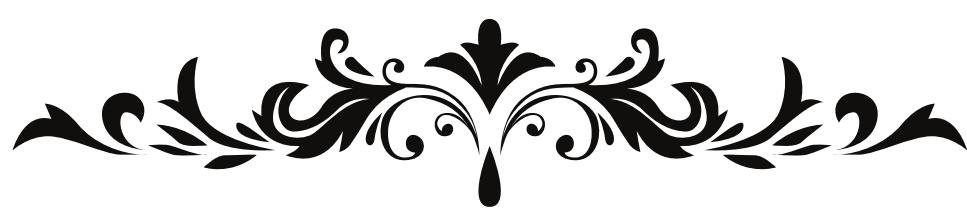


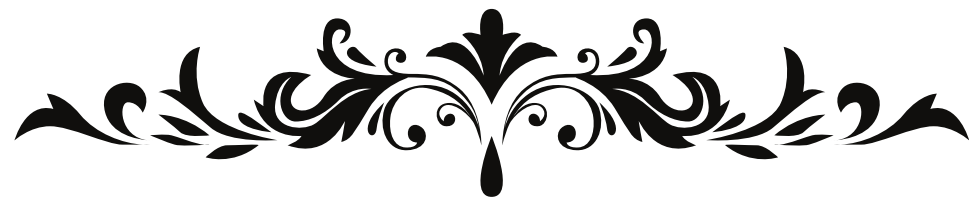




If you knew what it was to be in fear  
To not be able to see the light near  
When the hope has lost its touch  
When you stop feeling much  
To think a creature so unknown  
Would offer something not shown  
When you were always alone  
  
He did not bite  
He did not fight  
He was as curious as I  
Feeling like a lie  
A hermit crab I was taught by  
The first to treat me kind  
An experience hard to find







I read a book  
I showed her to look  
She gave me a hug  
Softer than a tug  
It wasn't a shrug  
Not an action to hide  
Something deeper inside  
To show compassion  
A new fashion  
A strangers hold  
I held it. Untold







I thought I was dead  
He Shot at me with lead  
Maybe today I'll meet my eternal bed







He punched me hard  
All for a card  
To go along with the crowd  
All of them screaming loud  
What about our time  
Is this the ending sign  
I punch him back  
I will not lack  
Friends be done  
This is not fun









I know what it is to not say a Word

To not speak what's been heard

When he used my body

I told nobody

It wasn't mine to tell

My inner being fell

I was used

In an abyss, I am fused

I can no longer feel

It is all too unreal

To be just a husk

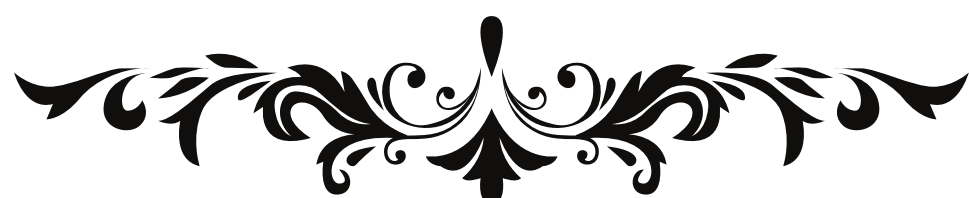
Just to not smell the musk

I am now used

I am now abused

I am what's left

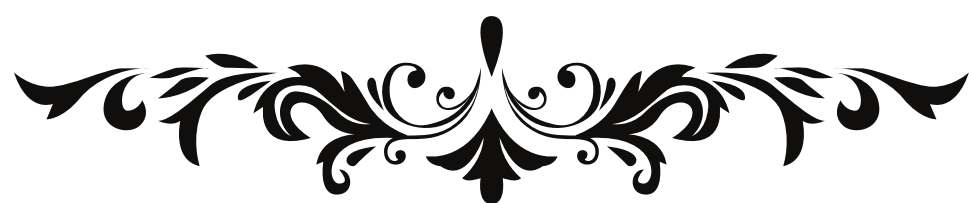
He completed the theft







Do you ever get lost in a book  
The words teleport you to look  
You can see the sky  
You stop asking why  
Enjoying the sweet break  
From life's growing take  
Viewing a world of right  
Where the heroes fight  
They always win at the end of the night  
They are the torchbearers of light  
Even though knocked down  
They do not frown  
For they lift the world high  
They make their dreams fly







Alligator on the road  
Driving down with our load  
He stops, as I stare  
He treats it fair  
He gave it, its time  
But for me, does not mime  
A glimpse of compassion  
Unlike our traction







I do want to be right  
In the eyes of their light  
To be true, in their vision  
Is my mission  
When I succeed with one  
The other did not think it won  
Instead, angered, and betrayed  
In anger, he stayed  
Approval does not share to all life  
It's strangled in strife









He has more than I  
I don't understand why  
He has the gifts of leisure  
Everything of mine in seizure  
Does that make me poor  
To always want more







I feel weird and sick  
In my throat a dry stick  
As I cough turning red  
I wish for my bed

We walk In A room that felt too clean. Too  
organized and so so bright, a doctor speaks  
big words with a troubling tone.







My first crush was in the third grade

I swear I had it made

She thought I was cool

Even when I played the fool

She makes the day

Now easier to play

I'm missing a part of the day

I do not know what to say

The lights are diminished

My day feeling finished







I can't succeed at it all  
At times I fall  
I trip jumping rope  
Like a comedic trope  
When I try and make the run  
It is nothing near fun  
Lungs filling with fire  
Track makes me a crier









It hurts when I get it wrong  
My will doesn't stay strong  
I falter with a perfect test  
I gave it all my best  
My head screams of failure







Describing of the day to day life as I would  
fade from reality:

I fight and fight for a win

Every reaction leading to sin

Echoes of the words in my head

They look at me as if I was dead

Taking all the blame, anger, and distrust

Staying alive is my only must

He screams and tears me apart

I can feel it pushing my cart

Farther away do I go

Until I do not know what to know

The beatings and bashing

The teachings and thrashings

I am expected to win

If only I was not full of so much sin







When we move:

I see the pattern repeat

It is not like some new feat

When we move it is the same but new

No matter where we go I have a clue

The people will be far or few

I will be happy and quiet

Put on my shoes and tie it

None of my clothes will fit

The kids will laugh and spit

It does not matter how I survive

As long, in his eyes “I thrive”

Nothing Less than perfection

Or it will be dealt with correction







Crushes are crushes  
They crush your heart with hope  
They crush you as does it's dope  
A quick fix, a lovers spat  
All sealed with a tat  
Two taken on way too fast  
Their “love” in the past  
To the couple now bare  
It does not seem fair  
For each were crushed with intention  
Now neither hears a mention









I swing and I am trapped  
Going to the floor now slapped  
Jumping rope is a fail  
Am I truly a male  
What a pity I have sung  
I am worse than flea dung  
My stupid hands don't follow  
Crappy feet are so hollow  
Legs not moving in place  
Ending up me on my face







I'm my own Worst Enemy

I am a fucking idiot

I got it wrong by a single digit

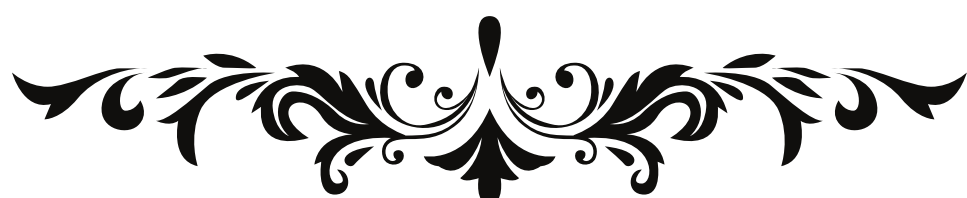
Perfection is a lie

Me, an insignificant fly

I just don't understand why

Failure is always nye

I don't get why I even try







## Books vs Games:

Books take you a mile

The images in my mind make me smile

Creating a world through words

Creating armies and hordes

Giving life to a spell of imagery

Now my brain is the jury

But when the controller is in my hand

I am the biggest fan

To solve the puzzle of Art

To create a new cart

To bring to life a story you can see

Giving a controller allowing you to be

No longer am I imagining a new place

I have now put on a new face

I am a warrior, a healer, a thief

I am a Druid bonding with a leaf

I can change the rules of life

I can make a universe with no strife

This world, now my plaything

Causing me a delightful thought to sing







Dogs help me escape

When home is a Jail

Where everything you do is a fail

You have to find an escape

Something that doesn't grind your nape

I found comfort in my dog

I would let him run through the fog

I would chase him and say

It was our game of play

The only way to get away

My dogs helped me run

Sometimes it was my only fun

The dog ran away I said

So that way we wouldn't end up dead

I feed him, my little friend

I hope we don't meet our end









Spiders are Amazing

I see a spiders web... amazed

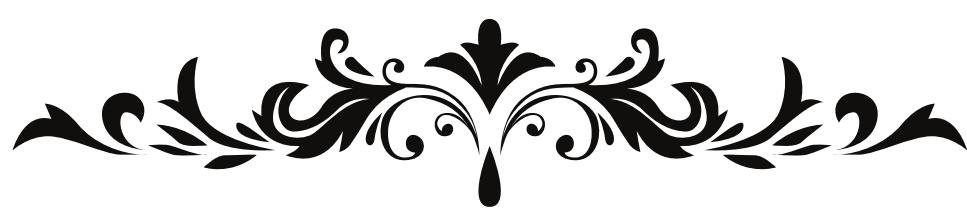
A strong gust of wind, it will not be hazed

a display of strength and faith, had me  
gazed

This patient-wise spider has left me dazed

To be so small, against a force, yet to not  
be fazed







Failures at school make life harder

School success leads to life

A C leads to strife

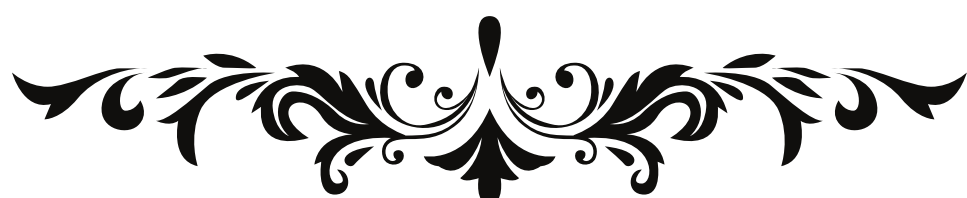
A D leads to a ditch

F there won't be a snitch

I have to try my hardest

Or he will throw me the farthest

I learned the lesson once







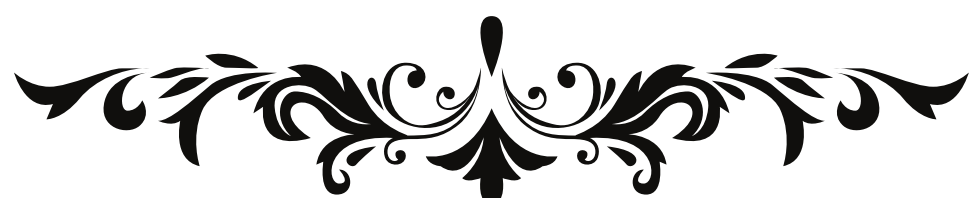
A Dark shadow hovering over me  
Deciding my actions, my eyes can see  
It has all control over he  
The body I was given, now stolen







A deep dark well,  
A story no one can tell  
Deep into the Void  
Do not be coyed  
It's relaxing darkness is not your friend  
It is how you would meet your end  
For as the void grows  
On you, your body... it shows  
Oh how the wicked knows  
When they coil in pain  
Because they know its name  
Misery is always coaxing at first  
But I plead with you to not thirst  
....  
For you will drink until you drown

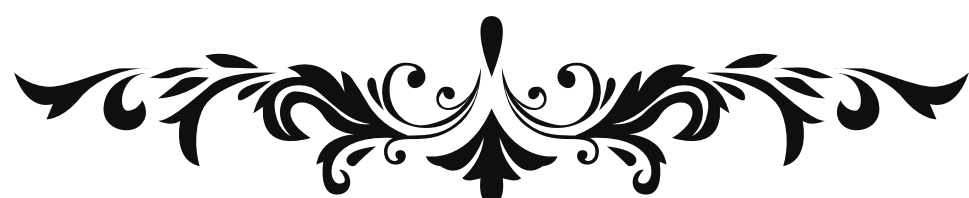




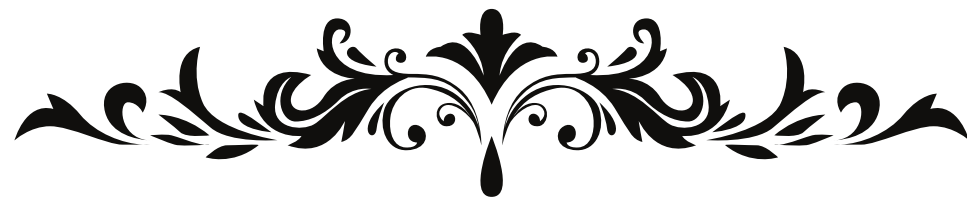




The stabbing in my gut  
Wishing for anything but  
This loneliness is insane  
I am losing every grain  
My soul is spilling out  
I try to shout  
The darkness creeping in  
I plead and beg for just one win  
Just a chance to be more  
Hoping there is something greater in store  
But all I see is the closing door







## PTSD Ghosts

Yells and screams they beckon my name

I appear instantly appearing sane

What is it? How can I be of service

Get out! Why are you here? So nervous

I slump and walk back to my room

On the way setting down the broom

Not the first time I hear their call

Running and rushing I fall

To the ghosts whisper in my ear

Their yelling screams now seared

Years and years I hear their voice

I have to put it off as just noise

The days may pass

But their voices last







Abused for Thoughtfulness

The sticks of smoke

Leading my parents to choke

I tear the pack

Throw it in the trash sack

Minutes later there is a scream

They abuse me as a team

One yelling obscenities till I'm numb

The other hitting, and hurting till dumb

What a lovely lesson taught

Thinking of Others was a terrible plot







Death of a close companion

My dogs are my life

They help me avoid strife

They are there when I need a friend

They have helped me not reach my end

Oh my sweet puppy, so joyous and cute

Your story has left me mute

When you crawled under the fence

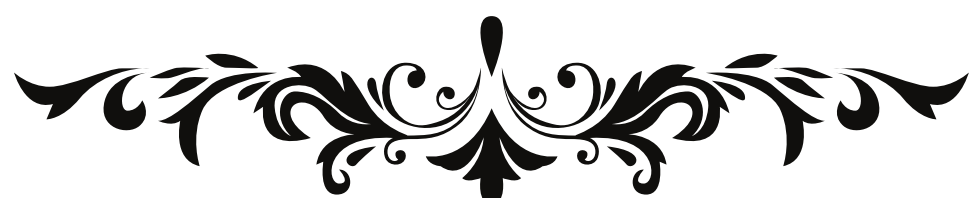
Still till this day makes me tense

Thinking of the tragedy of that day

Leaves me with nothing left to say

Mourning over a dear friend

Who has now met their end









Room of shit

I'll never live to his dream

Always I'll be punished I deam

This is my life of pain

Where the skies cry with rain

Anything to keep my mind sane

As the smells fill my head

Choking on the scent of the turd bed

The smell of piss

Clean air, the smell I miss

My vision going blank

My heart now sank

All because a bit of pee

Now I get to see

Feel and be

I am shit

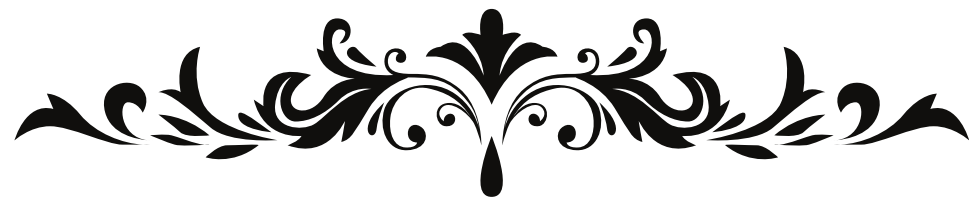
I have no wit

I am dog urine

I have no yearnin'







Bed falling on Sister

I scream, yell, shout

This isn't for clout

My sister is trapped under the bed

My arms feel so weak and scrawny on my  
head

Tears falling hot

Feeling smaller than a tot

Anybody, please run

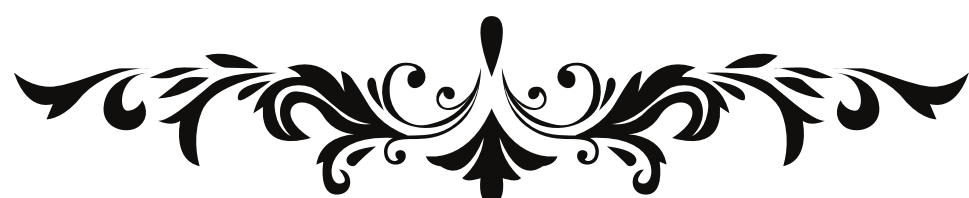
Come like the rising sun

Be my sister's savior

My strength has no favor

What a little person I am

Weaker than a lamb







## Stolen

I kept it in sight

I tried with all my might

I knew I had to keep it in a safe spot

But when I came back it had been sought

My soul went into a rot

A deep coil of regret

All my plans were fret

It was my fault, it's how I met....







## The scars

Bruises all different hues

The scraps and cuts so many blues

The scabs peel over, paying my dues

It's my fault, the torn skin

All this, mine, I am my own kin

No one goes through it like me?

The teacher lets me see

My hurt skin, my torn body

It was not cuz I was naughty

It wasn't my fault, I am a child

The CPS have now filed

They showed up and my stepmom ran

Crying because she didn't see this plan

She hurt me but it's not her fault

It's not like my father would put it to halt

Turns out I was the only hurt one

The secret bearing on my shoulders... a  
ton









## Mother to the Rescue

My mom picks me up from school  
I thought it was only for kids that were  
cool

She took me a different way

Where are we going I say

Somewhere you won't be hit

So there I stare and sit

Wondering what it'll be like

No longer being poked with a pike

I can just sit and feel

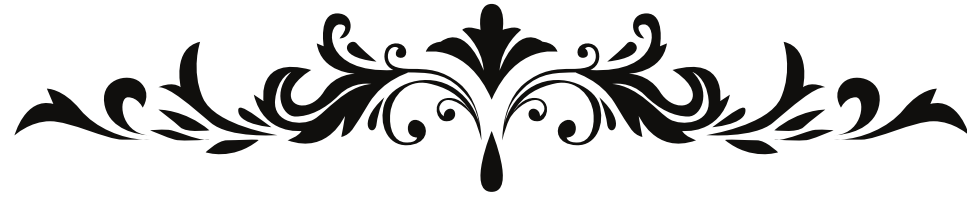
Blank eyes, what was my deal

I couldn't feel, no rejoice, no yell

Safety would be a hard sell...







## Redo Friends

We move so much I can't follow  
Losing my friends I wallow  
Again and again, we move places  
About to go to school, tying my laces  
I won't know anyone there  
They have already made friends, unfair  
A new school I won't know anything  
anywhere  
I'll have no help, when I get home  
I'll be sentenced to my prison dome  
So no matter where I go  
I'll continue feeling so low  
Not even a few months later  
I say goodbye to Tater  
Friends come and go so fast  
Not one of them last







Mother trying to do better  
She took me somewhere new  
No idea where I was, no clue  
She took me inside, gave me a bath  
She opened a door to a new path  
She cleaned my scrapes and bruises  
I disappear in the thought of cruises  
When the pain gets too much I leave  
My dreams, thoughts, I appear.. I weave







He will always power over me  
Again and again the pattern repeats  
It doesn't skip not one of the beats  
He shatters my will  
Until I feel ill  
I am being broken and bashed  
Until he crashed  
Only when he is asleep  
Do I have a chance not to weep  
My father everyday  
Takes a piece of my life away  
Separating me from those I love  
Falling from the sky, me a broken dove  
Mother oh mother help me please  
Help this soul full of unease  
I'm scared I'm scared  
Stop leaving me bared  
To being thrown in the air  
Defenseless and unaware









Father only succeeds  
I can advance my class  
I told my dad with no sass  
I'm smart enough to grow  
He thought of it, as a fake show  
He made me feel so low  
I did not deserve to succeed  
My dad always taking the lead  
  
My life is his to form  
That is my norm....







A new kind of friend

I have been so alone

I constantly polish my father's throne

No matter the action it won't atone

When I get to school I meet a friend

His parents aren't ones to bend

Situations with a similar end

Our relationship we tend

Friends to the end

Understanding of the bruises

Understanding of the noises

We get what's it like, restriction of freedom







I spoke up for myself  
I told him my thought  
I've fallen in his trap... I'm caught  
He screams yells and shouts  
My son doesn't leave me he bouts  
It erupts into a pity fest  
When it doesn't work he puts it to rest  
The anger flares and grows  
My broken things on the ground it shows  
Speaking up causes my strife  
I guess this is just my life







Negligent:

Your mom doesn't care for you he spat

You're just like your mom a rat

Disgusting habits like your mother

I should make a new son, your better  
brother

After that, I won't need another

Nothing new

It's my life, his cue



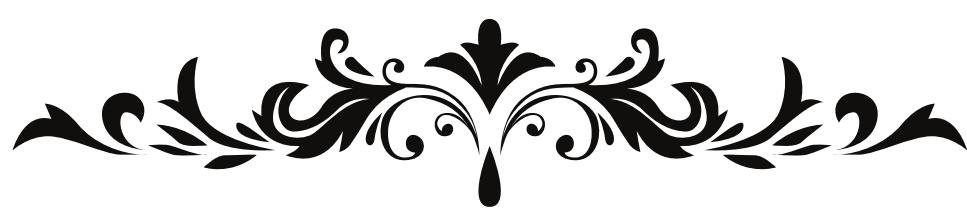






Knowing the wrong  
She makes these lies  
Coaxes money out of neighbors she tries  
She doesn't care, using her family ties  
Try she does but I cannot  
I know the present will not be forgot  
My conscience is clear  
I can be anywhere near here  
Her lies to gain  
Not for fame  
Merely for a pleasurable game







Yell to cry

All she needs to do is yell

Then I can feel the tears, a salty smell

I know they are coming, can't hold it back

The pressure building on my tear sac

If I cry, it'll be wack

But the tears flow down my face

Yelling...stronger than mace

I put my head down, stifle my cry

Asking oh why oh why

Does just the threat of a yell

Be my crying tell







Change does not change

All the schools seem the same

Always being called my “name”

Echoing through my hollow hall

All this strife making me fall

How I wish I could stand tall

Hold my head up high

Yet I sit there and sigh

No matter what I change or be

My father's shadow I'll see

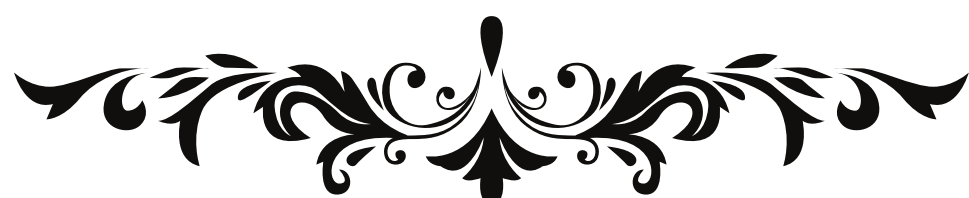
Nothing new to me

I am a shell of he

How the burdens chase

Leaving me to waste

Always leaving a vile taste







## Roaches

Every night when I crawl under the moon

The roaches are at high noon

Everywhere I step the roaches lay

Crawling, shitting, and eating they say

As soon as the light shines on the bay

They scatter and run with such dismay

I can see them run to my food

Callously thinking how rude

Infecting all that I chewed

Nothing left for me to eat

So I take my seat

Starving from the day I cry

Because I can't eat anything under my  
eye

How my stomach roars

Hunger constantly opening its wide doors









## Instruments:

Have you ever felt a tune  
A song that makes the girls swoon  
When their eye meet your gaze  
And they seem a bit in a daze  
Your fingers pressing the keys  
Creating tunes that sway the trees  
Like all of nature is with my breeze  
The instrument and I are one  
I feel like the morning sun  
Bringing life to all that hear  
Bringing all that can, near  
Just to listen to my sound  
Feeling like I struck a glory mound







## Lies and Happiness:

What if I didn't tell the truth

Not be coy or trick Ruth

But to give her a chance for a smile

She always wanted a friend like Kyle

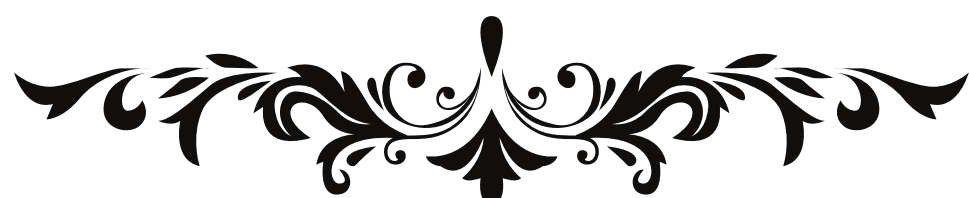
If I said I was like him who would know

I can put on some tights, give a good  
show

What harm would it do to play a fool

Use myself like a tool

If they are happier, would it matter







## Rules

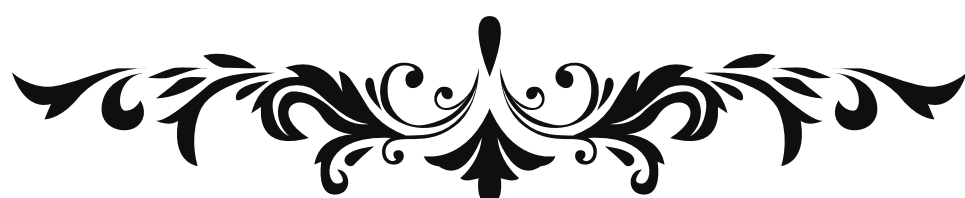
These are the words he said

“15 minutes early is on time  
30 minutes early is early  
On time is late”

His words must be followed or I'll be dead

His words echoed into my soul it was sewn

When I disobey, my bones will make his  
throne







## Food hurts

I love popcorn the saltiness of the pop

Every time I am elated to the top

Friends know of me and my obsessions

A love that no one questions

Minutes after eating the Glory snack

My throat starts to crack

My lungs starting to lack

Run I go to the porcelain bowl

I hurl and hurl

All the contents of my stomach in water

Standing up I falter

Something is very wrong, seeing two

Knocking on the door of the loo

I drag myself to the nurse my skin red

Itchy itchy itchy I said

I don't understand what's going on

I feel like death's pawn

My throat is tight, skin on fire

Yet my father would still say I'm a liar

....."It's all in my head".....

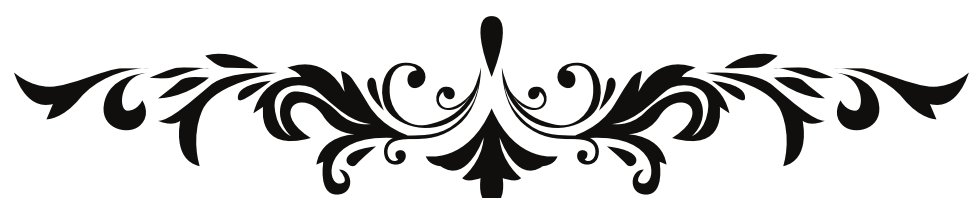








He hit me on my arm  
pain Searing like an animal on the farm  
Again right on the same spot  
Precision and strength he sought  
Again his hands sear my skin  
I cover it with my hand ever so thin  
Aiming at my tumor, At the wack I don't  
recoil  
Aghast in horror, a pain-popping boil  
Hell spreads through my body, it shakes  
The echo of pain rebounding quakes  
No sound comes from hollow cries  
Tears falling unable to breathe he tries  
He tries, for my death is next







Even when I run, I won't go far enough

Even when I scream, it won't be loud  
enough

Even when I cry, it won't be true enough

Even when I'm in pain, I am not strong  
enough

Even when I beg, it won't be worth enough

Even when I die, I won't be enough

I know I'm nowhere near enough







## Loopholes:

He said not to swim in the pool

But he did not raise a fool

In the river, the current will run

In the river, I have my fun

If he can't see my action

Then there could be no reaction

He may treat me like a tool

But I'm good at playing the fool







Not only at home

Whether they be big or small  
The toll takes all  
When someone has power over you  
You shall see it too  
They use it for their own gain  
Until their power starts to wane  
Power makes some insane  
The advantage goes to their brain  
I have been pummeled and punched  
Leaving me battered and hunched  
Promising when I grow older  
I'll use my power for something bolder  
To help others that have been through the  
same  
My mind dedicated, To help those left  
lame  
A small idea of growth  
A shred of self-worth  
It's just the start









## Dogs

When I need a reason to leave  
I can throw on my cotton sleeve  
Call my little husky over  
When raining we would run for cover  
At times I'd cry, she would offer her  
support  
My dad is screaming cutting it short  
My husky is a little furry fort  
Always so alert

The joy of making a friend  
Unfortunately for me, it always meets its  
end

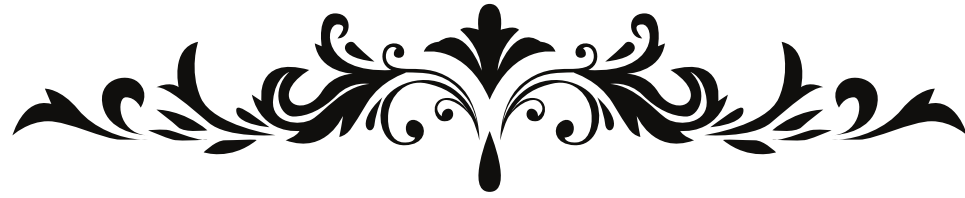
Always the same whether it's man or  
creature

There are no difference in feature  
I move away, they are given away,  
Life taken away

Does not matter what I say  
Does not matter what problem I slay  
The relationship does not stay  
I harbor this pit of sadness  
The feeling filling me with madness  
Am I not worth a companion







Take me away

Home is an atrocity

Always holding so much animosity

When I step in the door it takes my air

Choking under the strain of their “care”

I know it's not fair

Kids go home with a loving embrace

I get home to feel punched in the face

With the thought that I'm not enough

All the reasons I'm not tough

All of them trying to determine my worth

Little did they know what I brought forth

Join a couple of clubs, a few hours of  
freedom

Creating an extracurricular kingdom

Picking up new skills, exercising the doubt

At least I won't have to hear them shout

Joining any group that can take me

If only the pain was visible to see







## Rare events

It seems very rare but sometimes I win  
I swore by how I reacted it would be a sin

When my life seeming so fin

The idea I won a raffle

Had me baffle

No way was it my name that was said

Someone pinch me I must be in bed

For once the world gave me a lead

Until he pulls it out like a weed

Still... the win planted its seed

One day it'll grow to feed







## Every night

When the days grew long and weary  
The night would open to me, teary  
Water gushing from my face  
My thoughts keeping pace  
Hands clasped to the heavens so tight  
Praying to a god to make things right  
Not knowing its name but hoping for  
change

My prayers having a large range  
From a pitiful cry to begging desperate  
pleas

Knowing if I was seen I would teased  
Every night hoping my prayers would be  
heard

That I would no longer be cast away as  
the turd

Whether it was a good day or a tragedy  
Being with them left me so raggedy  
Feeling so defeated and torn

My only hope was running worn

But no matter the night

I prayed like it was my fight

A fight to stay alive

Something, anything, to help me strive  
Hopefully, one day, my prayers will be told  
As the dream that even God was sold









## Sexuality

It's talked in a hush tone  
It's not something you speak over the  
phone  
You aren't to do it alone  
If you mess up your fate is sewn  
There will be no cutting the ties  
Nothing could cover your lies  
The evidence on your face  
The guilt leaving every bit of a trace  
Either you are stuck with a child  
Or diseases that leave you ugly and wild  
You cannot touch another human being  
You can't touch one's own dingaling  
The rules have been set in stone  
All the sins will be shown  
One mistake is what could cost your life  
Never think to do "it" except with your wife  
Leaving us feeling ashamed to have these  
urges  
Feeling animalistic with these sexual  
surges  
Now alone with my guilt  
I make a sinful quilt  
Full of all my mistakes  
Life is short, why put on the brakes?  
Either way I have been sold  
At least that's what I've been told...







Now gifted with a new life:

God has blessed me can't you see

Love always know who I was and is to be

Granting me a gift towards being me

Loving and strong as the tree

Loving embrace is to be free

It took one action

To cause the reaction

To change from hate to love

The forgiveness shove

Now I am gifted with a new life







Thank you  
Thank you  
Thank you

Thank you I am crying

Thank you  
Thank you

Thank you I am sorry for trying

Thank you  
Thank you

Thank you I know I was lying

Thank you  
Thank you

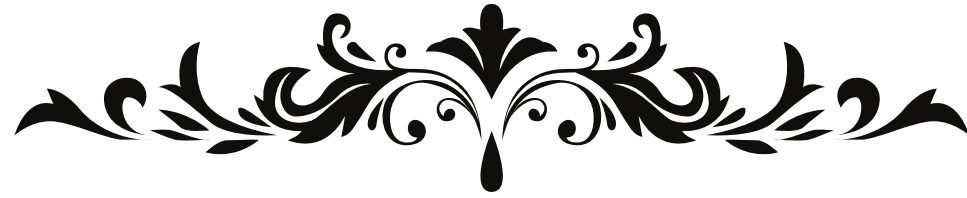
Thank you I am surviving

Thank you  
Thank you

Thank you I am thriving  
Thank you  
Thank you  
Thank you







## My Dream:

A dream of worry-less laughter and play

A world full of food and love without pay

Places where children can be free

Without the worry of a fee

Children new to the Earth

Looking and discovering from birth

Never knowing the pain of the past

The things we used to hold onto fast

The past of hungry kids and worries

The past of abused children and unheard  
stories

The children who were killed in silence

Now we no longer know this violence

A story which has been untold







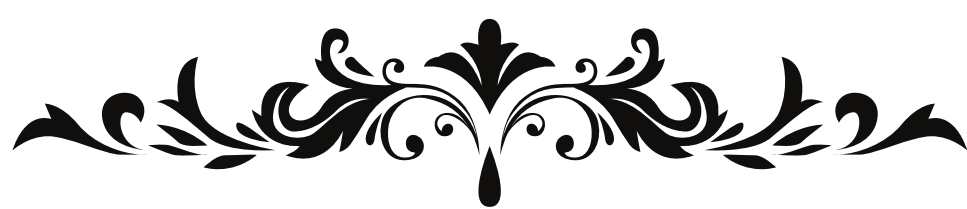
## My Dream:

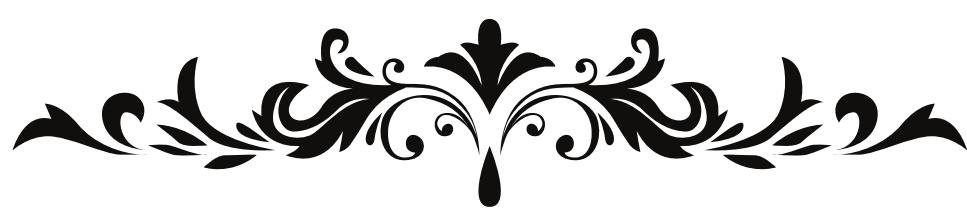
But here I'll give it to you, now sold  
The only thing that I hope and dream for  
A dream that I hope will be the lore  
The bedtime stories of a crueller past  
A story where the children were thought of  
last

Now our focus on the future is nigh  
But I still sit here and sigh  
For the past was so treacherous and  
insane

It has never left my brain  
I am the last one who tells the tale  
Of the world where the parents fail  
The world that changed its view  
Now we have a world of new  
A paradise created by our hands  
Holding onto the fans  
The fans of peace, love, and joy  
And our need for safety for every little boy  
No longer will children die  
From the unjust lie  
The lie we told ourselves, it isn't plausible  
But now we know it is possible



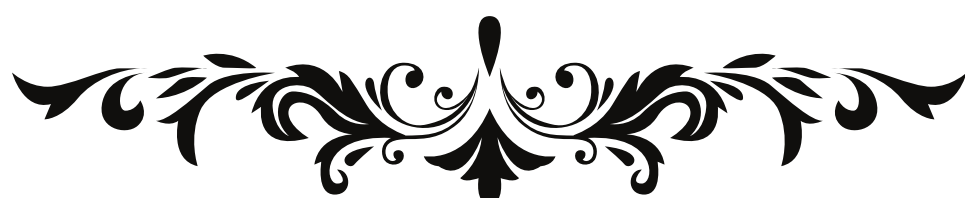






Love is the answer. If you were reading this book and Waiting... Searching... Hoping... that there would be an answer to your Pain. Your Sorrow. Your Trauma. An answer that would connect with YOU! In Hopes to see a brighter day for tomorrow. The answer is Love. Through Love all is possible. You can turn your life around in a day. It's not going to be easy, I promise you that. (I know all too well how hard it is going to be) It is going to hurt like the day you received these wounds. But hurt for the better. Hurt for all the times you wish you could have spoken up. Hurt for the pain they put you through, knowing you didn't deserve this. Hurt for the lies, you let yourself believe. Hurt for all of the broken promises, that you held on too long to see. Hurt for a better tomorrow. Because through this Hurt you find love at its deepest depths. For those of you who Hurt with all that is inside of you, it BURNS with a force. That force is Love, Trying to escape that terror that WE put it through. When we hold on to the hatred inside, It only hurts us more. When we believe that the worst is all to come,..it does. But when you hope and you pray and you give yourself all up to it. You let yourself love everything and anything that comes to it. Watch the rewards flow for all that come to it. Look to Love and your answers will be.

The day that I was ready to kill myself. The night I was to plunge the kitchen knife into my chest and see how far I could pull my heart out. The pain was just TOO much. I couldn't hold on to it any longer. The reason I am still Alive is this book. To show you, with me as, a running example. Love will cure all the hurt inside of you. On your worst days when you can't even think of a tomorrow. Just read these passages and know you have a friend plagued with sorrow. Love will be there for you if you let it. I know the pain. I know the trauma. I know what the end of my life should have been. But know this. I still look to a brighter tomorrow. If you want to know how I did it. I cried... a lot... I opened myself to what I was holding on to inside... then I prayed, I prayed. I prayed. I begged. For anything, or anyone to help me. I could not take it anymore. It hurt so much. Through that pain, I sacrificed myself for Love. Through Love, I have made it this far. My life was a tragedy but now I know we have turned it into a better reality. I promise you through Love I will spend my life making it a better place. For no child should feel such pain.



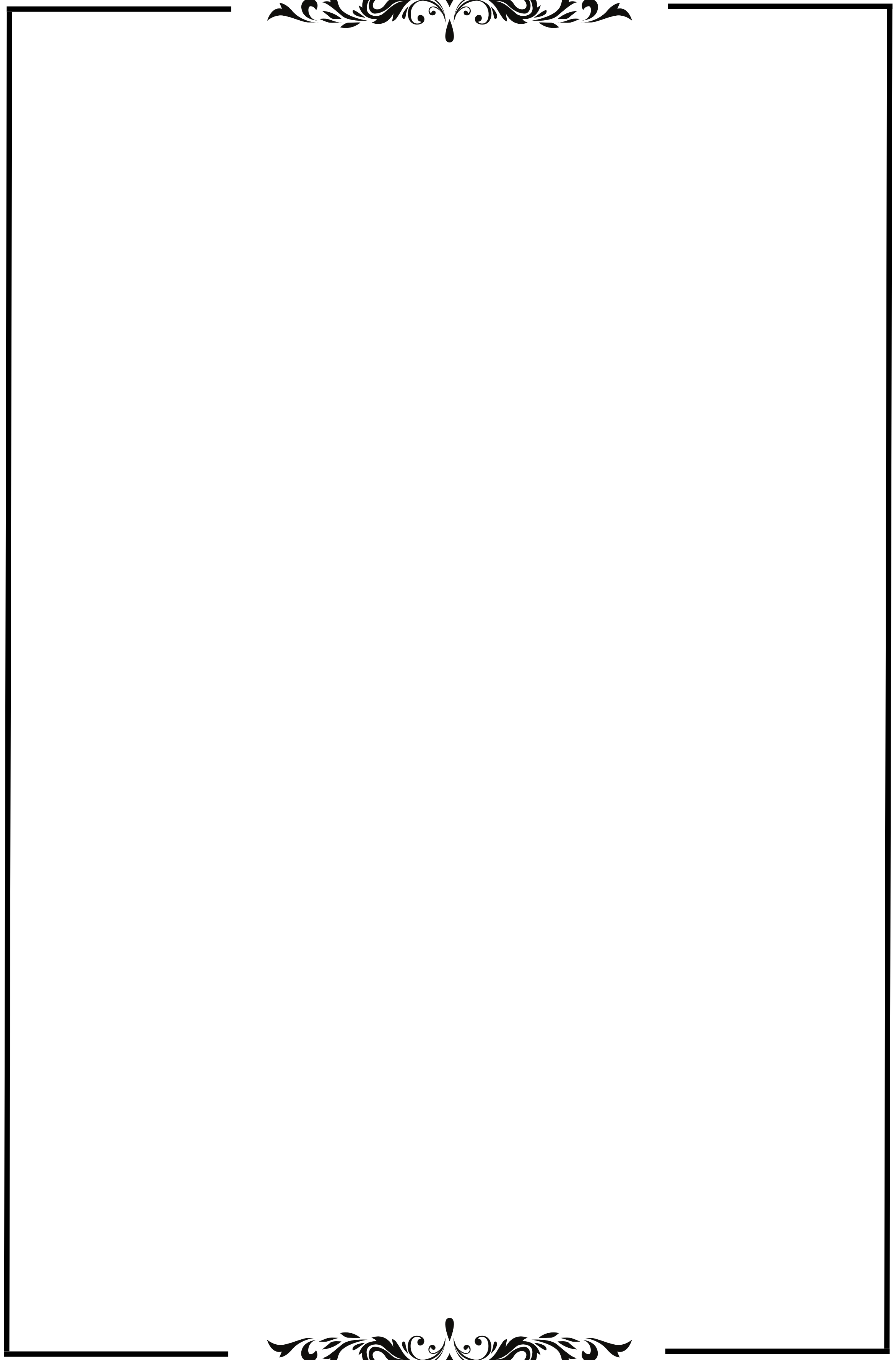




All of this Just to learn:  
That I will make it farther  
than he  
Because he beats me to be  
free  
To teach a lesson that has  
yet to be understood  
Knowledge is in pain, hiding  
under the hood



**We Love you**



**The Way You Are**