

English "Poem of the Month" Competition – March Winner

For Those Moments

For those moments when you're so bored that you're mentally frozen
When you're all out of love but your heart is wide open;
Only feeling cold and broken
See those unbearable lonely moments;
Filled with unkempt and unwanted emotions
See for all the moments that they don't understand
no matter how hard you try to meet their demands;
You cut into yourself looking for control
though you end up self-hating because nothing exists
They tell you they relate to your pain, like they know how it feels
but you know if that were truth, they wouldn't leave you like this
They leave and let you soak up the pain
but the nothingness takes over and you're alone again

Don't get lost
Don't let it take over
Keep those fingers crossed and hope to god when you're sober
You'll be free of this negative worm hole of anger
and you can carry on with your life
You'll have the strength to turn on the lights
So forget the girl that won't look in your direction
Forget that guy that just added you to his f**king collection
Forget the people that made you feel like sh*t for looking different
Forget all of it, you see they're just ignorant

Understand that I know how it feels
don't you worry, I've been there before
I've had my head in my hands and my heart on the floor.
I know what it's like to force them to see you
to lose so many words on the tip of your tongue;
that get swallowed with spit when you're forced to chew
on all that anger inside that manifested itself deep within you.
You see, this is for all those that know what it is
to feel like a memory that won't ever be relived
to feel invisible like we don't even exist.
That pain that you feel, it's like a pinch when you're dreaming
it brings you back to reality or at least lets you know you're still breathing.
You cut into yourself just to make sure you're still real
You numb your mind and your body just to hide how you feel
If only you could rewind back your life, so you'd know where you went wrong
You see it's been like this now for so god damn long

And those moments just carry on and on.

By Elacia Vaughan

UWE English student