

# Mind and Morality

So mindful over the consequences of my words

That it does not make sense

The power that I hold with my tongue is like no other I know

The pain and pleasure of my sentences is

The way of my mind

The words that want to escape are trapped

Like a bird in a cage with a door that is too scared to open

The other side awaits for my honesty that I do not know where it has gone

So mindful over the consequences of my

Words that is does not make sense

The words are not trapped by my mind

Oh no, its trapped by my enemy, Mortality

She tells me to consider, rethink, and keep quiet

While he te tells me to he tells me to shout, be honest and liberate

She tells me to be strong, just wait, and don't be American, be better

While he tells me to speak up, express and vouch

The heart and gut has no say in this war

When they talk the inner ears don't listen

They are shouting and screaming for my benefit and don't listen

And guess who gets all the blame

# Self Control

Happiness doesn't last long

Not when the person around you can't stand it

For once I want to be around

I want to be look at and not looked for

But you can't stand it

My happiness keeps you quiet

My joy makes you question

My presence makes hateful

My smile makes you sarcastic and distant

I never understood why

For once I want to be around

I want to feel this

I want to be looked at and not looked for

But you make me want to run

My tears save my balled fist

Not tears of sadness or disappointment

Tears of self control and discipline

You talk and I control myself

I'm not ungrateful

I'm not disappointed

I'm just holding back

The picture I want to bring to life

Will make me a different person

Maybe it's not for me

Or maybe it's not for me

Or maybe I don't deserve it

But it was fun while it lasted

## Twenty- Eight

You're always here

In my good but especially my bad moments

You never leave my mind

You control my thoughts

You control emotions

You make me different

You're always there with me

I can never be alone without you popping up

You have been here for a while

No matter how hard I try to ignore you

Degrade you or forget about you

You always seem to find a way

You find a way to come back to me

But my sadness is not always your fault

Betrayal, anger, confusion, and trust issues

Have a major part in it

But I've learned to control you

And you have helped me a lot

You forced me to try and know me

You forced me to question people

Before I let them walk into my life

Now I'm not trying to ignore you

Or degrade you

Or forget you

Because you made me the person I am today.

# Smile

On the outside, not the best view

On the inside that she portrays

The most beautiful

What they don't see

Tears, suffering, at the edge

Abt to fall off

Can't make it

Can't fight anymore

No one can fix this

Your biggest enemy is yourself

The pain of betrayal and words

The loss of trust

The everlasting thought of self-love

That can never be portrayed

Who are you

Who are you truly

You can fix everyone but you can't fix yourself

You worry about everyone but yourself

Your mind is slowly falling apart

Too many thought wondering

Can't focus, get distracted

Not a single speck of confidence

Not a single ounce of happiness

Yet you still smile

You smile through the agony

You smile through the hurt

You smile through hate

And you smile through Pain

# The Knowing

Trying to get to know you

Trying to understand you

What makes you laughs

What makes you cry

What make you sad

What makes you happy

Trying to understand why this triggers you

Heard things that are supposed to make me mad, anger, and sad

But they don't affect me anymore

I turned off my emotions

So no one can use it against me

People may say little things

That should not affect you

But that's what hurts the most

# Expectation of Perfection

I'm done trying  
I'm done always trying to satisfy you  
I'm done doing what you would want me to do  
And not getting the credit  
Do you not understand?  
Your words are my mind  
You call me dumb  
Then I'll think that I'm dumb  
You call me lazy  
And suddenly I feel lazy  
You think of disowning me  
And I think of disowning myself  
You claim to understand me  
But if you did, you would never hurt me  
You would never say something to hurt me  
If you understand me, then you know I understand  
You would think highly of me  
You would cherish me  
You would be honored  
You would respect me  
But clearly you don't understand me  
You want me to be your creation  
You want me to be in your control  
You want me to be controlled by you  
You want me to be your expectation  
Of Perfection