

Mama Please pt.1

*Mama please I know This is just how it is, And how it will be, the screaming and thrashing the bottles and but
mama please The biggest piece bullshit that was ever said, well you're going to even if you don't want to, your going
to hear it your going to feel it your going to going to going to. This is just how it is, And how it will be, the screaming
and thrashing the bottles. But mama please You're going to even if you plug your ears, Still hearing the cries of a
damaged soul, You're going to even if you can't see, The blur of a hand moving towards my face, You're going to,
you're going to your going to We have to talk this out, you say But what is talking if your voice doesn't exist, Throat
ripped out, your Words all gone, It's all my fault and never you My fault, My baggage, I don't know is not an answer,
You have to know the answer, You have to, You're the problem, You need to change, You need to answer me, You
need to be better, Listen to me, But how can I listen when your voice is a knife in my gut Why mommy, why Please
mommy please, Dont do it, Dont, Please just hear my words see my pain Listen to my words and what I have to say,
Please*

*mommy please don't go get another drink, after all I know you just throw it back like water in a bottle, So similar
to how you throw away my voice, The words you said cut deep, Like the sharp edge a knife, The blade newly
sharpened just for me, Waiting to be picked up A steel blade cutting through my flesh Only it wasn't just flesh, it
was my flesh, my blood, my wounded heart, The demonizing look, The paralyzing slap when jumping in the shower
You can never forget the past As well as the failure to hide behind the written on walls of the past you can't hide
behind the lies and pain you created You can only hide behind the authority have over everyone else Mental
institutions why mommy why send her way to Colorado Northbay just don't keep her at the house why mommy why
if you want her to get better why do you talk so bad if you want her to be successful why do you act so mad Please
mommy please just tell me she's alright The one glance and one look. Mama I know you are sick and I am too, I
know you can't change but I want you to. Mamma I just don't understand, I want to but I can't, mama I want a
hug I want you to tell me you love me I want you to hold me I want you to see me, but i*

*I guess in life we don't get what we want or what a child needs, we get what god has given and I guess I should be
thankful. Mama just smile, just be kind just be calm, don't throw me out of the house don't make me walk home from*

the side of the freeway, I didn't mean to hurt you I just want your approval, I just want you to be proud, but I guess mamma there is nothing to be proud of, mama you are right children are not to be heard or seen they are meant to be a punching bag and mamma the boxer, mamma we were just that a punching bag the shit you talk the hatred you spread the reality of your kids, I am 9 and see that I have to punish myself for being alive for breathing for doing the things that make you so angry. So here I go ill sit in the school bathroom cut myself then pour hand sanitizer over the cuts, I wont cry because I deserve to feel the way I feel, Ill pinch myself till I bruise, Ill starve cause I dont deserve to eat and Ill take these pills cause they keep me sedated. I just want you to be happy with me and Ill do anything to feel okay. Mamma Im doing things to myself to let you know I know that I don't deserve anything to let you know that I punish myself further cause I deserve it. I deserve the cuts I deserve to bleed and I deserve whatever else happens when I get out of school. Mamma I did it I did it for you everything I do I do for you I do it so you know I know that I am not worthy that I deserve every cut and every action you take. I know I deserve it and I know the solution. Im sorry mamma that I didn't die when you gave me those pills im sorry that I woke up and Im sorry I survived, I know Im not like my sisters mamma I know that they deserve the world and I don't, so leave me at the pool drop me off on the freeway, don't come to my events. Mamma I made it I survived and im 24 I know still I dont deserve anything I know these people will leave me and I know when she tells me she loves me it isn't real because how could it be, I know when she hugs me I have to cherish everyone of them because I don't deserve it, but mamma Im falling for this program, Im falling for the things my sponsor says and Im falling for the false love, mamma she says she loves me she says she sees me. I am choosing to believe her. I am choosing to care and choosing to love her unconditionally back whether I deserve it or not. Mamma Im sorry I disappointed you and furthermore I am sorry I can't be someone you love.

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