

Poetry Series

Jessica Foster
- poems -

Publication Date:
2010

Publisher:
Poemhunter.com - The World's Poetry Archive

Jessica Foster(June 3)

I am a teenager in the United States who has been battling depression, ADD, self-harm, and Post Traumatic Stress Disorder since I was ten. It has been about six years and everyday I think about it at least once. I took up poetry as a way to cope and people tell me it is a talent of mine. I haven't posted on here in quite some time, but I am trying to get more stuff up.

A Kiss

When your eyes met mine,
I was electrified.
So long my heart lay still,
So much space to kill.
Your touch was real,
No need to make a deal.
I would wish for you every night,
Waiting till the morning light.
I couldn't wait to see your face,
Which always makes my heart race.
I would stare at your lips,
Feel your hands on my hips.
Look into your dark eyes,
Forgetting all their lies.
Wanting only this...

A Kiss.

Jessica Foster

All Of Your Lies

You said you would never hurt me,
then you shatter my heart.
You tell me that you will always love me,
then you cheated on my heart.
You said I was all you ever wanted,
then you turned me away.
You told me that I was the only one you wanted to hold,
then you gave her the same embrace.

Yet with every lie you told...
Every problem we had...
With everything you did to me...

I COULDN'T HELP BUT LOVE YOU.
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Jessica Foster

Alone In The Shadows Of My Heart

You said you could never leave me but your story changed,
She lifted her eyes to meet the truth when she saw you with me,
My cries are soft and weak with the inevitable fate you seek,
If she ever hurt you I could never forgive myself for your pain,
My jealous would prowl every moment I was with you,
For it knows that her heart has traded out mine,
You left me for Darkness to see if you could be her light,
So as I fade out of the world again and disappear into my darkness,
The last image I face will be that of my rival and my true love,
You cleared my heart of the shadows that once consumed me,
And now as they swallow me I feel as if I left you in reality,
But the pain will not subside,
As my worlds collide,
Darkness and light have always fought for me but not now,
Not when you fade out and into her arms,
I must face the shadows that have plagued me once more,
For now I am truly completely alone in the world.

Jessica Foster

Broken Girl

Little girl just fourteen,
tears are in her eyes.
Little girl all alone,
no one hears her cries.

Little girl just fourteen,
she can't do this anymore.
Little girl closes her eyes,
the tears fall down.

Little girl breaking down
And no one by her side.
Little girl all alone
and she gives one last cry...

Little girl just fourteen,
pain fills her heart.
Little girl giving in,
the blade against her skin.

Little girl just fourteen,
blood reaches her hand.
Little girl fading fast,
taking one last look.

Little girl breaking down,
and no one by her side.
Little girl all alone,
and she gives one last cry...

Little girl just fourteen,
woken by bright lights.
Little girl waking up,
by her mother's side.

Little girl just fourteen,
her mother saved her life.
Little girl once was gone,
now back to live again...

Little girl just sixteen
and her mother's by her side.
Little girl just in time,
and she's happy once again....

Jessica Foster

Butterflies

The way you would smile at me,
sent a rush of blood upon my cheeks.

The way you would hold me tight,
made me feel so weak.

The way you would flip your hair,
told me you were always there.

You made me feel like I was falling in love.
You were a gift from high above.
I couldn't tell you nearly enough.
The way you made me feel was loved.

And even now when your gone...

Just thinking about you....

sends the butterflies home.

Jessica Foster

Carry Me As Always [mothers Poem]

Carry me as you always have
in your arms or on your back
Carry me for you know you must
in your heart or in your womb
Carry me for you know i need it
in your mind or in your soul
Carry me one last time
just to show me that your love is mine
Carry me for one more second
just to show me you will always
Carry me in my moment of need
because your my mother and i love you indeed
Carry me forever so we can be close
because in my heart I love you most

Jessica Foster

Help?

I am tired of fighting,
fighting for my right to be here.
fighting for my life.
You are stealing me,
piece by piece.

I am tired of trying,
trying to prove to you,
that I am worth your time.

You have left me dying,
when you were my life support
My best friend abandoned me,
left me with my heart shattered.

I can't pick up the pieces,
I am running out of reasons,
I am screaming out to you.
Can you please come save me,
from myself and all the people around?

I am a danger,
a fighter and a lover.
I am a stranger,
alone and without cover.
I am unique,
mysterious and like no other.

I am lost and insecure.
I am losing my mind.
I am reaching out for help.
I am calling out to you...

Help? ﻿

Jessica Foster

Heroine.

You got me addicted now I'm involved in this sickness
I fell for you like everyone else
I kissed you and hugged you like I couldn't live without it
Then you dropped me to the floor
You hit me with the door
Left me for her and started all over again.
Now I'm in shock and going through withdrawal
Because I haven't had my fix
Since she stole your heart
You tore mine apart
Now I'm bleeding alone
With your heart made of stone
Making me wish I was dead.
Do they have Rehab for the brokenhearted?
For those who were supposedly smart
Those who would never fall for the image and danger
Or is that our punishment for living so reckless?
Maybe we all need a little "heroine".

Jessica Foster

Homicidal Suicide

The Pills are right there
There's enough to finally make you aware...
Aware of how you hurt me.
Aware of how you ruined my life.
Aware of how far I was willing to go to prove you wrong.
Aware of how pain and guilt truly feel.
Aware of how you are slowly killing me.
Aware of how your lies affected me.
Do you get it now that my life is on the line?
You killed me every time we kissed and you told me you loved me.
If I overdose would you remember it's your fault?
It was your lies and put-downs that brought me to tears one too many times?
Do you get the picture now...
My life is falling to the pavement
It's opened the pill bottle
It's holding the knife to my wrists
It's the stool under my noose
And I figure you can't forget me now...
Now that I'm gone.

Jessica Foster

I Need You

I need to feel your arms around me,
to truly be complete.

I need your hand in mine,
to really see straight.

I need your lips locked with mine,
to feel like I can breathe.

I need to see your smile,
to feel truly safe.

I need to feel that certain flutter,
to know you're really there.

I need to know if you truly meant you loved me,
to know if my love and time was wasted.

I only cared what you thought about me...

I only felt I could trust you...

I only know that I will always screw up and need your help...

But every time I think of you,
Everything just melts away.

Jessica Foster

Insults

You stole my breath tonight.
It wasn't a fair fight.
You pulled before I was ready.
You made a hole too deep to cry.
It was done opposite the sun.
I know its not right to run.
But you made a break with no repair.
I was shattered for so long,
My hope had gone.
When my life was finally through...
I really hope they knew.
For all those times they would talk,
About everything from hair to walk.
They slowly killed me with their lies.
If only I had realized.
For it ended far too quick,

I never should have died.

Jessica Foster

My So-Called Fairy Tale

Where's my one true love?
Where's my prince charming?
Where's my knight in shining armor?

No one is perfect whatever anyone says...
Face these facts that a frog is not a prince...
When we are Little Girls who dream of true love...
Everyone tells us the lie of the year...
Someday you will marry Mr. Right and live in a castle...
Your kids will be cute and servants to pamper you...
And you too will live happily ever after...

Well I have been waiting for thirteen long years...
And all that has happened is a huge fear...
A fear that I don't have a soulmate...
A fear that I will never marry...
A fear of no happy ending...

Where's my fairy godmother?
Where are my seven dwarfs?
Where's my glass slipper?

Where is my happy ending?

Jessica Foster

Once Again

Don't lie to me anymore.
Don't hit me with the door.
Don't leave me on the floor.
Don't go unless you're sure.

I can't take being without.
If only I'd know you were in doubt.
I wish you wouldn't shout.

How could I live without you?
How could I breathe without you?
How could I smile without you?
How could You?

Didn't you know that I was here.
Didn't you know I was near.
Didn't you know this was my fear.

So I am drowning in the ocean.
Making a commotion.
Really just hoping,
You'll Save Me Once Again.

Oh please save me once again.

Jessica Foster

Our Midnight Dance

The moonlight shines as you twirl me around,
As if to give us a single Spotlight.
We could dance for hours or days,
but our spell will end at the stroke of twelve.
You spin me and kiss me all the way long,
moving in perfect rhythm with the song.
As the chime rings out and the hands move,
our perfect dance is ending so soon.
We run away with tear filled eyes,
Only to keep from hurting each other further.
Our sickness will grow as we are farther apart,
leaving us to forever wish...
We can dance in to midnight moonlight once more.

Jessica Foster

Pain Replaced Your Love

Is she really what you want?
Are you really sure she's the one?
I'm trying to be happy with your hunt.
I try to hide the sorrow in my voice on the telephone.

How could you just desert me?
Does it really have to be this way?
We both know no one sees what I see.
I can't believe you think after this I will be okay.

Will you love her more than you loved me?
Will you promise to never hurt her?
Will you hold her and truly not see the pain I face?
Will you need her when those certain thoughts occur?

My face is pained and tear stained.
My eyes are ready to burst with tears.
My mouth tastes the salty drops running down my cheeks.
My teeth will keep my screams locked in tight.

What will I do now?

Jessica Foster

Pretending To Understand

I'm tired of being the girl...
The one who's everyone's friend...
I always help with the love everyone finds...
But I still have yet to find my own...
And if I get that rare abysmal chance...
Before you see me in his embrace...
My tears start to flow and I lose my glow...
Sure they always steal my heart...
Yes they always tear me completely apart...
They say that love can be replaced by friends...
But they never say that they will say it in the end...
I told you so and you must not forget it...
And when they say that you must choose...
whether you put it behind you or fall apart....
It only leaves you saying they don't understand...
You are never the one the guys choose...
You are never the girl they want to chase...
But when you need me I will be here again...
I will always pretend to understand...
Because you are always alone with your heart in hand...
shattered and abused...
Because he'll never be there again...</3

Jessica Foster

Puppet

You can't see the strings,
nor can you see the thread in rings.
I am not in control,
nor are you.

I am simple and used,
in plays that reek of wood glue.
I am fake as can be,
but you can't see through me.

I am complex and new,
my thinking is too.
I long to be real,
flesh and blood.

I am adored,
applauded and encored.
I am unharmed,
safe and never alarmed.

I am unloved,
abandoned and unsure.
I am alone,
unknown and unseen.

I am not of my own.
My inside is a mess,
It has company less.
Outside is used,
hurt and abused.

I am not in control,
I wish I was.
I am a puppet,
and always will be.

Jessica Foster

Relapse For The Better

This is a relapse,
a time capsule.
I haven't felt so free,
so much like me;
The years have to pass,
and sorrow came to this lass.
I felt cold and alone,
my fate was unknown.
Then came a light,
one to brighten my sight.
I saw a future worth living,
and gifts that were worth giving.
My talents have bloomed,
I no longer feel doomed.
I feel my life had only to renew,
And I must thank you.

Jessica Foster

Sharp Trends

You all have heard of a new trend,
A trend for when you fail to grin,
They say the only thing you need,
Is not as sharp as the deed,
The deed is the reason you feel so bad,
The deed is the reason you feel so sad,
Any knife at all should suffice,
Raise your wrist and slit the skin,
Blood will surely spill again,
Along with all the emotional and physical pain,
Your mind will freeze and be filled with ease,
The pain will stop but your heart may not,
leaving the addiction frayed at the end,
Don't cut to deep or it will be the true end.

Jessica Foster

Shine On

She held her breath as she took the stage,
Room was full and silent as she walked.
She was shaking with nerves,
Regretting her choice.
She wanted to be heard,
She wanted to share her heart.
They told her she was talented,
They told her she was unstoppable,
They told her she was too great to go unknown.
She stood at the mike, sweating so badly.
"Where are they", she almost said.
She couldn't see them and her voice choked.
She was feeling dizzy and couldn't go on.
She started to turn towards the exit.
Suddenly she heard them.
They chanted and screamed.
They told her to go ahead.
They held a sign she could not read.
Suddenly, she knew what it said.
She opened her mouth and the words flowed like honey.
She was elegant and graceful.
When she was done, everyone clapped.
She met her parents out in the lobby.
She was right about the sign.
It said only this,
"Shine On! "

Jessica Foster

Soar

I was losing faith in everything,
Refused to let my heart sing.
You left me empty and alone.
How could I have known?

It was hard to lose you,
Hard to figure out it's true.
I never meant to cry,
But you never meant to say goodbye.

You send my head in a spin,
I'm in a fight I will never win.
Can't bare the pain anymore,
I need to spread my wings, and soar!

There was nothing left to do,
I had to move away from you.
I was off for bigger and better,
When I was torn by a letter.

You told you missed me,
This can't be happening.
I need to move on,
You were a little to late, doll.

You sent my head in a spin,
I was in a fight I could never win.
Couldn't bare the pain anymore,
I finally learned,
To spread my wings, and soar!

I finally learned to soar.

Jessica Foster

Still

I should have stopped it,
but the fire was already lit.
How could I not see...
See what you were doing to me.

I still feel your touch on my skin.
I still see the position I was in.
I still feel the excruciating pain.
I still hear the soft rain.
I still feel my bite on your bed.
I still have my vision lined in red.
I still hear my screams held inside,
and still a big part of me died.

I remember it all.
The start of my fall.
Help would never come.
How could I be so dumb?

Jessica Foster

Tonight

You were here,
You were near,
You could hear.

Why didn't you stop?
Why didn't you help?
Why didn't you save me?

How could this happen?
How could you sleep,
After what you did to me?

Now I am gone.
You knew it was wrong.
So why did you hurt me?

This is the last you'll hear of me.
This is the last time I will cry.

For it all ends...

Tonight.

Jessica Foster

Trying For Even

I have that sickening feeling that you seem to always give me.
Your momma raised you better than this.
She taught you to always do as you promise.
I told you not to mess with me.

You should have seen that I would let her know.
I was weak when you took advantage of me.
It's painful that you are all I see.
I still don't see how it was so easy for you to let go.

Well, I called her on the telephone.
Did you even hear it ring?
I bet you didn't expect a thing.
You really thought you would have known.

My heart was racing when she said hello.
The words came up before I could stop them.
I even called her by her first name, Kim.
My heart dropped when she had to go.

Well, I heard you got in trouble that day.
I am glad you lost something, too.
I am happy glad I told on you.
Who would have known she'd listen to what I had to say.

I want you to know that we aren't even.
I don't think we're even close.
I just gave you a small dose.
You should have thought about it when you were leavin'.

Jessica Foster

Where Are You Romeo?

You were there one day,
You came for me.
It was love at first sight,
We talked until the morning light.
Now you're gone...

Where are you Romeo?
Why did you have to go?
Please Come Back Romeo!
Please,
Oh Please, Romeo.

It got to be unbearable,
Being apart for so long.
You left tears in my eyes.
Waiting for you to come along,
But you're gone!

Where are you Romeo?
Why did you have to go?
Please Come Back Romeo!
Please,
Oh please, Romeo.

I decided to check it out.
Found you lying down.
You weren't breathing,
No heart beating.
Now you're gone...

Where are you Romeo?
Why did you have to go?
Please come back Romeo!
Please,
Oh please, Romeo.

I followed you,
Into the darkness.
Drank the poison you left.

Fallen to the ground,
I'll be joining you now.
Now We're...

Gone.

Jessica Foster

Wishing Until Blue

Your smile made my heart grow strong.
You were here all along.

It's hard for me to admit i'm wrong.
That's why it comes in the form of song.

I couldn't be without you,
So I held you all night.

I couldn't live without your breath,
So I gave the kiss of death.

I pulled you in oh so tight.
Hoping you would think I was worth the fight.

You went through pain because you loved.
I couldn't give you quite enough.

When it came for me to fear,
Those words far too near.

I wish it wasn't over.
I wish it wasn't so.

I wish that I hadn't caught you.
I wish I hadn't made you cry.

I wish so many things,
But I wish this one to be so clear...

I wish that you had loved me,
So I had never feared.

Jessica Foster