

Poetry Series

Kat 'Happy Girl' Happy - poems -

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Kat 'Happy Girl' Happy()

Basically, these poems are based pretty much entirely on my own experiences of life. So yeah you will find a lot of stuff to do with love and other teenagery type things- it kinda goes with the whole being 17 thing. These poems are not written with care, love or precision, they are simply thrown together in the heat of the moment as I think them. I do it this way because I find it speaks right to the heart and soul of a person.

I hope you like it.

I would also recommend the works of Rachel Anderson- my best mate, she is a truly talented poet so if you liked my work, check hers out.

Ciaou x

A Song For Rachel

I watch you, sat next to me smiling,
Telling me things, sometimes, just sometimes,
I see that smile change,
Morph, into a grimace, for a second, pain flickers across your face,
And I want to make it go away

Why? Because I know, from all these years
You're the only one who does this for me
It's like you're my antidote, from the pain of reality
I hope I am the same for you
You deserve it.

Sometimes I remember back to my first day at school,
And I think thank God the teacher picked you to look out for me,
I think of the times when you were there for me
And I am grateful
More grateful than words could ever say

I know things are tough for you right now
So I want to pay you back,
I want to show you how you'll always be my friend
And how special you truly are.
I want to fix it all for you and be here for you

I look back at you and your smile, being jolted around by the bus,
I say something stupid so you grin some more and I watch your pain fade slowly
away,
We've had better days you and I,
But we're strong, we're a team, we'll pull through
Be selfish Rachel, this ones completely for you.

Obviously dedicated to the one and the only best friend and fellow poem hunter
Rachel frikin' Anderson!

Kat 'Happy Girl' Happy

Angry Girl

Hey, Angry girl,
It's not your fault
They didn't love you the way you needed
They couldn't be who you wanted

Hey, Angry girl
You shouldn't listen to what they say
Their thoughts never mattered anyway
You're better than this

Hey, Angry girl
Stop screaming and look at yourself
You are beautiful and strong
You've got what it takes to carry on

Hey, Angry girl
Pick yourself up don't ruin your life
Make it worth living for
Show them who you really are

Hey, Angry girl
Put your shield aside
Show us your lively eyes
And shine just like a star

Hey, Angry girl
I know you're hurt and promises can't be fixed
But I'll look after you
Maybe one day I'll see your smile again

Put your shield aside and show us who you are

Kat 'Happy Girl' Happy

Breaking

Breaking not broken
Lying to myself
But I've thought it through
I don't think we can make it work
Oh you don't know how much this hurts inside
And oh I wish you did
But I don't think you'd understand
I'm scared you'll run away- From me
But how do I tell you?
What do I say?
There are so many ways to say that you're the one
But would I say them anyway?
Or would I just let them slip away?

Kat 'Happy Girl' Happy

Chance Meeting

'm committing him to memory...
If I were a boy maybe I'd be him
Quiet, mysterious and addictively sweet
He doesn't mock, he laughs along
He's a chance meeting...
With a voice as smooth as honey
Music to my ears
A kid with a talent they said...
Someone I won't forget in a hurry
He's the opposite of my ideals
But in my thoughts I can't escape him
I know in time he'll be erased
He'll be gone within the week
And he won't know it but I'll be thinking of him.

Kat 'Happy Girl' Happy

Coffee Addicts/These Days

(For Leonie, Lorna and Izzy)

It's these days I wait the whole week for,
Days where as a group, we huddle over coffee cups
Trying to look older than we are
Bickering, giggling, just having fun, just being us
I can't ever erase those happy sounds
Nursing our sugary lattes
We discuss in depth such meaningless things-
Of paramount importance;
Certain guys and bitchy girls
Love, gossip and heart break
These are the days when we put the world to rights
Exchanging pearls of infinite wisdom
Whilst sipping on our caffeine fixes
Sometimes I look into the future
And see us in the same cafe corner
Looking tired but happy, maybe pushing buggies
Sometimes I look even further
When the buggies are gone and our hairs are greying
But we still feel like teenagers inside

We may not know it yet, but these are the best days of our lives.

Kat 'Happy Girl' Happy

Cry (A Poem For My Friends)

It's ok to cry sometimes
To let your heart win
It's ok to feel the pain pushed down deep within you
Cry it out, let it go

Cry because the one you loved
Has been cruelly snatched away
Cry because the time moves on
And you miss them every single day

Cry because you have a crush
And they don't feel the same
Cry because they'll never realise
How much they caused you pain

Cry because you can give up
Though you'll never win
Cry because it's hard sometimes
To always hold it in

Cry because it's ok
To recognize you're not alright
When your mind returns to haunt you
Every single night

Cry because some people
Will never understand
What you did was try to help
Offering your outstretched hand

I cry because I love you
Great big happy tears
I cry because I miss you
More than I had feared

I am not ashamed to cry
My tears show I have lived
Tears are our release from pain
And proof our souls are true

I will always be here
To mop up all your tears
To say thanks
For mopping up mine

Kat 'Happy Girl' Happy

Daisy Chains

Daisy chains
Childish games
Times when all we cared about was to have fun
Tinged with blissful ignorance
So innocent and young

We didn't care who stopped and stared
We Just sat there and made them anyway
Feeling the heat of the glorious sun on our backs
And the grass under our feet
Like we did when we were kids
Basking in the memory of sunny summer games

The childish summer days have passed
But we're still here, Older but still us
Just not quite the same
I don't want to grow up, grow old, forget
I'm still clinging to my last shred of innocence
Not ready to let go yet,

When other girls are busy with there makeup sets
We're still out in that field
Smiling, Laughing
And making daisy chains

Kat 'Happy Girl' Happy

Drink Up

Drink up, drink up
Cuz girl we don't waste
I've never felt so free, so me
I've got both hands in the air, my friends by my side
And a bottle of liquid confidence
The music's good, my troubles are gone
I'm smiling as I'm sipping
Singing the night away
I'm not shy anymore, I'm normal
An average sociable teen
Can I feel this good sober? I don't know
All I know is the here and now
I raise my glass to this party year
Open my lips and drink it in
This year I'm going to live my life
Not sit around and hide
I'm going to be the girl who took them by surprise
So drink up!

Kat 'Happy Girl' Happy

Forget Me

□

When all this is over,
Promise me this:
Say you wont forget me

So I can rest
I don't want to lose you
But things change...

And I know I will do soon enough
I'll be out of your life,
And living my own

But please don't forget me
Remember all the good times
And the ones we're going to have

But I can't go on in this sweet denial
So make me feel safe
Knowing someone won't forget me when we part

Please don't replace me,
Because I can't replace you,
Oh, I wish I could be saying this out loud

I guess it's only my insecurities acting up
But please don't forget me
Because I won't forget you.

Kat 'Happy Girl' Happy

Hating You Would Make This Easy

I never meant to hurt you
I don't want to- never will
But I have to do this so we learn
I can't keep lying
I just don't love you anymore
And no, it's not the way I felt before
I've changed and nothing feels the same
Especially not you
When I'm alone I feel so much better
But it's not your fault, it's mine
Loving you shouldn't be a chore
I wish I could hate you, it would be so much easier
Because there's no way I can do this without hurting you
And it's that that breaks my heart
I can't bear to see you cry
But I can't bear for you to hate me

Kat 'Happy Girl' Happy

Hot Chocolate

□

Hot Chocolate in the dark,
There's nothing like it
Especially when it's with you
I don't have to pretend that I'm happy anymore,
Because I am when I'm with you
Huddled up on a bench
In the dark and cold
Drinking hot chocolate
And singing our favourite songs
I feel comfortable and safe with you
Enough to be myself, be crazy and let my hair down and laugh
Showing off my true colours
I'm so happy when I'm with you
Just kicking back, Whatever, Wherever, Whenever
For me, it's just like heaven
Somewhere I love to be
With you, under the stars
With two of the worlds most awesome people
Rachel and Ben
(I dedicate this to you!)

Kat 'Happy Girl' Happy

I Am...

I am the girl you brushed past today
The one you sent flying
But you didn't stop to care

I am the girl your eyes glazed over
When you looked my way
You didn't see me there

I am the girl in the corner of the room
Hiding away
But desperate to be seen

I am the girl who spoke to you
With something worthwhile to say
You didn't hear it though

I had to sit down next to you
I didn't know what to say
You didn't make the effort anyway

I cried, you didn't see
I'll be damned if you cared
You looked but you never saw

I am the girl 30 years from now
Who's name you will have forgotten
Lucky for me, Shame for you...

Kat 'Happy Girl' Happy

I'm Sorry, I Can't

I'm sorry I can't feel like this anymore,
I'm sorry I hurt you,
I'm sorry I let you think I was the one,
I'm sorry that I've moved on,
I'm sorry I can't take you with me
I'm sorry now there's someone new
I'm sorry I can't seem to tell you
I'm sorry I don't love you
I'm sorry I had to break your heart, to make it whole in time,
I'm sorry I can't explain
I'm sorry I can't quite erase you from my life to eliminate your pain,
I'm sorry for the tears I caused
I'm sorry I can't stop feeling guilty
I'm sorry I can't regret the words I said- I don't
I'm sorry I can't go back on what I did- I shan't

Kat 'Happy Girl' Happy

Imaginary Game

Tell me my wildest fantasies and dreams, then snatch them back
Tauntingly,
You captivate me with your words
Your words of relentless wisdom
With such nonsense entwined within
And elements of reality that bring me crashing back to earth
Oh I don't want to come back from here
Hiding inside the corners of my mind
Where anything is real and possible
And the imaginary can exist
When things go bad they can be fixed
By your simple statements of authority
You can create the monster from your own nightmares
And make it real inside my mind
Then- SNAP you come to save my life
Not my Knight in shining armour, just a Princess with a sword,
A fairy godmother, A mistress of imaginary.

Kat 'Happy Girl' Happy

Kites

My heart is a kite
Yours is the wind
Sending it soaring, somersaulting and singing
I am the child holding the string
Smiling and laughing
Holding on tight, hoping it doesn't get swept away by you
Wanting to be with you every minute of every day
Praying to see you come into view
With my heart in your hand
Just like you do when we're together
I love you, but even heaven is hell without you
When you're not here I'm incomplete
I'm just waiting for you to return and make me whole

Kat 'Happy Girl' Happy

Letters To My Love (From My 13 Year Old Self)

Dear Mr (sorry what's your name?)
I'm falling into your arms
Yeah, in my dreams
I'd cry, I'd scream, hell I'd even bleed for you
This is more than just a need
I keep trying to tell you something-
I've been keeping for a while
But you keep running away from me
I saw a look in your eyes today
That told me more than words could ever say
You seemed shamed and sad to look at me
It doesn't matter about our ages
(it doesn't factor in this equation)
I could be clever, I could be cool
I could be anything if you wanted me to.

Dear Mr (your name please?)
Is it to much to ask?
Why don't you talk to me anymore?
You say your waiting for opportunities
It's a lie, it's all lies, I know
When you look at me, I fall to pieces
And I'm left to pick them up alone
I'm trying to get over this, over you
But it grips me like an iron fist around my heart
Crushed and scattered yet not quite alone
Cause you're still here beside me

Dear Mr (just tell me please?)
I wish you'd leave me alone

Kat 'Happy Girl' Happy

Live For The Moment

Live, laugh, love
Live everyday like its your last
Laught through the good times

Don't cry for the bad
Love the way you've always longed to
Fight for the ones who love you

Smile when the others frown
Dance like no ones watching
Sing like they cant hear you

Kiss the one you want to kiss
Share this thing called love we have
Dream the biggest you can think

Live for the moment
Whats passed is past
Laugh at the silly things you have done

Love and tell that special one
Reminisce about the best times you ever had
And look forward to the ones your about to have...

Kat 'Happy Girl' Happy

Naylor's Lament/ Love's Byrne

Love's Byrne

I am Joseph Byrne, a man split three ways,
My son, his mother and the girl I love
Her hair shines like the autumn sun- like a curtain from over her soft stone face
She has a heart of brittle fractured glass
That no-one ever gets to see- except me
Her walls come down again and I see the cracks
The cracks where I've smashed it one time too many
I can see in her eyes, she doesn't want to hurt anymore- though she hurt me first
But it seems every choice I make is the wrong one for her and me
Too many times, I've pushed her away and too many times she's pushed me back
I must have her back- I need to
She begs me not to do this to her again- so I silence her with my lips
Till she succumbs and I know how she feels
I love her, she loves me
She's always there and she's all I know that is real
But I know who I must choose

And tonight a heart will break.

Naylor's Lament

My heart is cold and broken
But not yet dead
Whilst he's still here
It will keep beating
I'm a damaged case, just so unloved
The ones I love, I hurt the most
Bitter I show no remorse
I always get what I want- except him
Heartbroken, heartless
But my emotions will not run riot
I have no weakness- except him
I had him, I hurt him

He pushed me away
Married another and she's here to stay
I am so angry, so full of love
He can't do without me- he won't
This is not just lust

I am Jac Naylor. And actually I'm in love...

Kat 'Happy Girl' Happy

Nothing

I'm tall
But the world is taller
I'm just another dot on the map

Like a particle in space
A nothing
But you make me feel so right

I get lost sometimes
But I don't mind
We're just two people loving and sharing the world

Lost in this beautiful universe together
Through out space and time
I want to be there with you

On your mind all the time
In this vast space we are so small
Almost nothing

If only everyone loved like I love you
Imagine the things that they could do

Kat 'Happy Girl' Happy

Photo

Take this moment,
Capture it's beauty,
The trees, the field, the autumn sunset,
You and me,
Oh I love this simplicity,
You can take a photograph,
But it won't hold the feelings
-at least not for long,
The warmth and the glowing happiness,
Make it last forever,
Until we meet again.

Kat 'Happy Girl' Happy

Poison Kisses

Oh my heart bleeds for you
You poor innocent little girl
I think not
I hope you know you're not fooling anyone
Not with this sh! t you're spreading
You've sunken to an all time low
And no-one can ever pull you out
When will you see?
You can't force the world around you
To bow to your every need
You're no cupid dearie
Your poison kisses will hit their targets
But will they kill him dead?

Kat 'Happy Girl' Happy

Promises

I would never get in your way
I would never hurt you
I would never push you away
I will never hate you
I will always hold you dear
I would never break you up, but-
I will not deny you
I will always put you first
I will tell you how I feel
I wont make it awkward
I will always be me around you
I will let you have me
I would try to make you smile
I would be your angel
I would be your best friend
I will never judge you
I will always be here
I might just keep my heart for you.

Kat 'Happy Girl' Happy

Ready

You and me
Me and you
No one thought we'd see it through
I was scared before
By my own love
I'd never felt so strong
But now I'm ready
For you to take me somewhere new
I'll go anywhere with you
I'm ready to hold you in my arms
I'm ready to feel your charms
Take my hand
Show me the way

Kat 'Happy Girl' Happy

Save Your Breath

□

So you look at me
What do you want me to do?
I havent any idea
This isn't insolence, I really don't know
The earth is falling apart around us
And its our fault
And I'm past caring now

Sorry's just a word
It means nothing now
You used to be my friend and Cherish me
Now you call me weak and needy
And I'm drowning in your eyes with one hand clasped round my heart

We sit here in tatters
In our lies, our hearts torn to shreads
suddenly I feel naked
Stripped bare with nothing to hide behind
I told you everything, my everything
And you just threw it away

I loved you
Would've done always
But you didn't have to say that
that was unfair
Just save your breath next time

Kat 'Happy Girl' Happy

Setting Me Free

Purse my lips
Lock my heart

I'm watching it all fall apart
Hating love doesn't help

It only makes me hate myself
I'll always be the quiet one

Holding back, bitten tongue
Invisible to all but me

These words will always set me free

Kat 'Happy Girl' Happy

She-Devil

She resides in a hot and smelly Hades
Rife with hissing, spitting fires

Her moodswings leave me whiplashed
And broken to the bone

Somedays she smiles, but to my back she sneers
Somedays she's just a b! tch

She doesn't have the patience
And never has the time

Her only skill is drinking
And all she does is whine

She's like my very opposite
-like anger undisguised

She's small and dark
I'm tall and fair

She hates the things I love to do
And loves the things I hate

I smile when she grumbles
She curses when I laugh

She makes the place a living hell
Yet no-one sees her for what she is

Leave me, She-devil
Be gone.

Kat 'Happy Girl' Happy

Sleeping In The Sunlight

Sunlight streams on to your sleeping face
It caresses you in my warm embrace

I love how you're happy even when you're fast asleep
And yes, I know I should be sleeping too

But I can't help but sit and smile at you
There's a fugitive hiding in my heart

And she's falling for you hard and fast
Just sleeping in the sunlight, not quite next to you
I can't breathe for fear of waking you

But I'm breathless anyway,
With your defences down you're beautiful-how you're meant to be

I can't help but marvel at the peace you bring me
And whatever mistake I make by watching you

It's one I won't forget
As you stir, I stretch my arms

Our fingers brush and sparks fly
I feel a rush, I can't deny

All I can do is hope that you felt it too
Or else this will be the only moment where I truly loved you.

Kat 'Happy Girl' Happy

So Damn Perfect

I'm so addicted
You're so lovely
I couldn't ever give you up
You make my heart pound
This is so onesided- I don't do the same for you
Why do you have to be-
So damn perfect for me?
I want you for my own
But I can't have you
And it kills me everytime
To think I've fallen in love again
But all I'll feel is pain
Your crooked smile drives me crazy
Your voice makes me melt inside
You speak the voice of passion which I love and cannot hide
I wish I could get to know you
Without breaking my heart
I wish I could fall in love with you
But where would I even start?

Kat 'Happy Girl' Happy

So Long (A.K.A The Escapism Song)

So long to those lifeless days
Those days we felt so numb
Days spent staring through the glass
Waiting for the sun

So long to those people we met
Who tried to bring us down
They told us we would get nowhere
But look where we are now

So keep on running, don't look back
We're taking the train, going off the track
We don't know where it's going
And there's no way of knowing
So long, So long

So long to the summer
As the days passed us by
Sitting barefoot in the grass
Staring at the sky

So long to the best friends
We had to leave behind
Their faces now a memory
Kept safe inside our minds

So long,
We're off into the sunset
So long,
We've escaped you're lies
So long,
We're running away now
Somewhere you will never find

(I'd like to dedicate this to my gorgeous boyfriend Ben... I love you xxx)

Kat 'Happy Girl' Happy

Son Coeur

Did you know?
You've stopped the girl who was always happy from smiling
You build her up and let her crumble
Are you aware the tears she weeps are your doing
Maybe you never meant to hurt her
But you did- and now she's in pieces
How could you not notice? ?
She loved you with all her heart
Yet you just cast her away
I hope no-one ever loves you the way she did
I hope you realise how much she talked about you
And the guilt hits you hard
So you know how she felt
and how you crushed her heart under the weight of your disregard
You stopped her smile and wilted her faith
I never saw anyone fall in love so quickly
And I never saw anyone so hurt

Kat 'Happy Girl' Happy

Super Girl

If I was supergirl...
I could turn back time,
Right the wrongs,

If I was supergirl...
I'd try to save the world
Save us all from ourselves

If I was supergirl...
I'd be the girl I am today
Only stronger, wiser, braver, better

If I was supergirl...
I'd have the strength to tell you I love you
And you would love me back

I am supergirl
I can't turn back time or save the world
I can't be better than who I am or make you love me
But sure I can try.

Kat 'Happy Girl' Happy

The Best Of Me

I think you've seen the best of me,
The me that fits,
That isn't shy,
But when you go, will that person ever be seen again?
I know it seems selfish but...
I want you to stay
And I can't remember what caused me to ever feel that way
Because I'm changing, everything's changing
I'm scared and this is on my mind
I'm losing a friend and I don't want to
Why can't things stay the same?

Kat 'Happy Girl' Happy

Torment

How long before I screw it up again?
And throw myself into this pain
Go too fast, get in too deep,
I'm in the dark, but I can't sleep
It's like he's tormenting me

I really thought I'd gotten over this
Escaped this dark and twisted bliss
Thought I'd lost him in the mess of my head
A time I thought I'd be better off dead
But he's still here
He's the wind that whispers in my ear

Was I ever really better?
Or will he be haunting me forever?
I truly thought he'd gone away
But now it seems he's here to stay
I'm addicted to him, his love, his pain
Got back on the crazy train

Stuck now, can't go back
This train's headed off the track
I'm tangled in this Beautiful disaster
And I'm scared theres nothing after
Will I always play the host
Of this sweet intoxicating ghost?

Feeling so alive, its killing me
When will my love finally see?
Under lock and key, I've kept my heart
But it still tears me apart
Knowing she wants him and I can't share
Even if they make a better pair

Kat 'Happy Girl' Happy

Under The Angels

Throughout space and time
You're always on my mind
There's a place in my heart that's yours forever
We've seen everything together
You've been my rock in a sea of life
You pulled me through my worst days
And my heart beats solely for you
Oh this is beautiful
Lying here with you next to me
Under the angels
and over the rainbows

Kat 'Happy Girl' Happy

Wasted Breath

You're standing at the foot of this huge mountain
About to make the climb
You don't know you're going to get to the otherside
But I know you will
I'm worry you won't take me with you
You deny it but you know you will
You can make it, like you have so many times before
You've come so far, just a little further to go
'Just be the fabulous creature you are' I said
And you'll be on your way,
It was cheesy but I believed in you
Even though you never tried to notice or care
So now I am alone, just mourning my wasted breath
Realising that you would never do the same for me
Yeah you climbed the mountain,
But you left us all behind
All because we let you think
You were one of a kind.

Kat 'Happy Girl' Happy

Why?

Why am I so petrified of you?
Why can't I speak when your around?
You're so amazing
You take my breath away
Why do I run from you?
When I know you like me here?
Am I running from my soul?
I don't want to run away
But you steal my head, my thoughts and feelings
So theres nothing I can do
In your presence I feel so dead but so alive
So forgive me when I hide
But I'm far too shy to face you yet
You don't scare me its the thought that does
I have to run before I scream and fall
You're my life, my breath, my everything
So if thats true
Why doesn't my heart open for you?

Kat 'Happy Girl' Happy

Wishes

They used to take me to a wishing well,
In the heart of a run-down shopping centre,
Seemed like thousands of pennies lay there dead,
Drowned by the shimmering blue water.

Hardly magical to an eight year old.
A few wasted pennies or a pathway to my dreams?
I didn't understand, wished for things I didn't need or that wouldn't come true
anyway.
Money, Ponies, Beauty, Fame; Love didn't cross my mind.

Funny, now I need a wish, to save my breaking soul,
I wish I could control the world around me
I wish I didn't say the things I did,
I wish you didn't have to leave,

I wish we could stay friends forever,
But only nothing lasts that long.
I wish we could be eight again, carefree and happy,
Chasing the rainbows and dreams in our minds.

I wish I could find someone who returns my love,
Enough to refill the empty heart,
That's beating in my hand.
I wish that wishes came true.

Five years later they knocked down that shopping centre,
In its place stands a snazzy new housing estate,
Built on the wasted wishes and broken dreams of the hopeful.
The local people have gone back to hanging their hopes on the stars.

Kat 'Happy Girl' Happy

You Loved My Best Friend

Falling in love is like taking a drug
Once you've had a taster, you find yourself pining for more
I know that you know, that I am aware...
That you love my best friend-
Who pretends you don't exist
I'm also aware that you know, how I felt about you
You've tasted her love and now you're addicted,
You even feel ill sometimes when she's not present
I've mopped your tears
I've held out my hand to guide you
But love has blinded you, so you can't see my reaching hand
It's sad to see what love has done to you
That's why the only person I ever intended to fall in love with...

Was you.

Kat 'Happy Girl' Happy