

Poetry Series

**Sara Panicali**  
**- poems -**

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## Sara Panicali(august 28 1990)

I've been through a lot since I was born, writing for the most part helps me for the most part express what I am feeling, only the one about me standing by a window. All the rest of them weren't made up and is what I felt like doing at the time so I write trying to put my thoughts off hping that it will help.

### 3 Long Months

It's been 3 long months  
since we went our separate ways  
and everyday still  
I hurt the same  
I can't go  
without thinking of  
how much I wish  
things were the same  
I go out in public  
and see a couple  
holding hands with their child  
and picture that being us  
walking with our child  
they're laughing  
and smiling  
and I have to turn away  
because I start to cry  
and start feeling sad

Sara Panicali

# Abuse

I remember my mom hitting me  
til I fell  
I would scream and yell  
but no one could hear or see

Pulling my hair as she hit  
screaming out her lungs  
when I didn't do something right

Sara Panicali

# All I Think About

with you not in my life  
I'm losing my mind  
more and more everyday

I think how we used to lay at night  
holding each other so close  
talking about forever  
and no matter what happens  
we would be there for each other  
through good and bad

Everyday I think  
about the great times we shared  
the connection we had, couldn't get any better  
and the times we've helped each other through

Now, all that seems so far away  
without you,  
everyday that goes by  
there's not a time I don't think of ending my own life

Sara Panicali

# All Those Things With Her

after we broke up  
I can't do anything  
we used to see or do  
because everytime I try  
all I can do is picture  
you doing  
all those things with her

Sara Panicali

# Always Able

we were always able  
to read each other  
and knew when  
either one of us would lie  
when we asked one another  
how we're doing  
you keep asking  
If I'm okay  
and how I'm holding up  
and I tell you  
that I'm okay  
and things are going great  
even though  
I'm not even close  
to feeling that way  
and things feel  
like they couldn't  
get any worse  
Is it you can't  
read me like you think  
you can  
or do you not even care  
anymore how I truly feel  
even though you always  
tell me that you do

Sara Panicali

# Always Will Remember

will always remember  
the days we shared  
the times we had  
through good and bad

will always remember  
the look you had  
when you were mad  
the look when you did bad

will always remember the days you shook me  
when I didn't do something right  
and the fights every other night

Sara Panicali



# As Time Goes By

Things will be better off this way  
even though it may not seem like that now  
you will see it as time goes by

Things will be better off this way  
even though it may not seem like that now  
It wouldn't matter to you  
you never wanted me around  
all I ever did was cause you pain  
and argue supposedly all the time

Things will be better off this way  
even though it may not seem like that now  
no one in my fam ever cared for me anyways  
all they ever did was put me down  
and toss me around like I didn't matter at all

Things will be better off this way  
even though it may not seem like that now  
I was never any good  
from what I'm told  
all I ever did was cause my mom and dad hell  
and them to argue  
and so much more  
which I never would wish that upon  
I love them dearly  
so for that being said  
I will do everyone a favor  
and be gone for good  
things will be better off this way  
even though it may not seem like that now  
you will see it as time goes by

Sara Panicali

# Because Of You

because of you I am better  
because of you I am stronger  
then i was before

because of you  
i will never make that mistake again  
of dating someone  
as low and heartless as you

Sara Panicali

# Before It's To Late

&lt;/&gt;I wanted you more then life itself  
I put up with all your lies  
and even took you back  
after I found you with that girl  
all you do is put me down  
put your hands on me  
as I lie and try to cover it up  
like everything is fine  
the marks dont go away before  
you make another  
I don't know what it will take  
for me to wake up and let go  
before it's to late

Sara Panicali

# Before My Eyes

Falling apart  
All around me  
Everything is so confusing  
Such a blur  
My life almost  
flashing before my eyes  
The constant fighting  
The daily tears,  
Sleepless nights  
Of losing our baby and you  
Everything is becoming too much  
to handle  
I'm tired of everything  
being such a blur  
Next time it'll be more than  
Just my life flashing before my eyes

Sara Panicali

# Believe

I have come a long way  
But want to do so much more  
My faith soon to believe in you more  
Help my friends around me  
That may not be as fortunate as me  
I may not have a lot  
And struggling to get back on my feet  
But I am fortunate and blessed  
For everything I have  
I will not complain  
Because I know  
You and your love is all I need  
And I will be okay

Sara Panicali

# Better This Way

I'm sorry it ended like this  
Maybe it was better this way  
Don't look at it as a loss  
For you, this should be a plus  
me not being around  
you will only gain  
and have everything  
you ever dreamed  
with out me getting in the way

Sara Panicali

# Boring

You're boring in every way  
I don't know if it's making love  
Or just letting me do  
What I want to do  
But you lay there like a lump  
Spontaneous isn't a word that exists to you  
There's nothing new  
No matter how many times I bring it up  
You don't care, all you say is I'm trying to start shit  
It's been several months  
I'm tired of living this way  
Something needs to give  
If not, I'm sure I'll do  
What I never let myself do before  
You keep saying you'll try  
But I guess that's just another lie  
Something I should have already known  
That's the one thing you do so good

Sara Panicali

# By Myself

I sit here by myself  
thinking of everything  
we did for each other  
and the times that we had  
I sit here by myself  
with the thoughts  
and confusion of  
what you truly want  
you tell me that you  
still love and care  
and that you want  
to be there for our son  
and myself  
but then now you  
found yourself with someone else  
I sit here by myself  
thinking of how I can hardly get through  
with the thought of losing you  
I know there are so many single mothers  
that do wonderful by themselves  
but I keep dreading about  
going through the birth of our baby boy  
all by myself

Sara Panicali



# Close To Letting Go

I'm trying to hold on  
but so close to letting go  
I wish he could see past  
all the rest  
and everything that happened from the past  
and see that we can be the ones that last

Sara Panicali

# Death

I slip the cord over my head  
and secure it around my neck

As I'm stepping off the chair I  
say aloud 'please make this be my last'

Sara Panicali

# Drunk Again

I called last night  
Needing the comfort of your voice  
I needed to talk with someone  
To hear you tell me that you love me  
At least one more time  
The time I needed you most

I called  
For once reaching out for help  
And all I received in return  
Was hearing you drunk again  
Nasty as hell  
Yelling at me  
For nothing I did wrong  
I guess I should be used to that by now  
You get like this almost everytime you drink  
Telling me to go f\*\*\* myself  
And to keep sucking some other guys d\*\*\*  
Because I left to stay the night with Cheryl?  
She needs my help too  
The world doesn't revolve around you  
I never cheated  
Or did anything wrong  
Always have been faithful  
I've proven that countless times

I called  
To hear the comfort of your voice  
As I am laying in my bed  
Bawling out my eyes  
Thinking how badly  
I want to talk  
Urning to be in the comfort of your arms  
And the thoughts that keep running through my mind  
Of wanting  
And how to end my life

Sara Panicali

# Ending My Life

So depressed  
Going through this time  
Unfortunately all by myself  
You said you would always be here no matter what  
Now here I sit  
Thinking about everything going on

So depressed  
I can't do this by myself  
I keep trying so hard  
To keep being strong  
Always pretending that nothing is ever wrong  
Even though when we talk you ask how I am

I am depressed  
Even though I don't say it to you  
Doesn't mean that I am okay  
I can't bring myself to tell you  
How I truly feel  
Almost everyday that goes by  
It's getting harder to fight these feelings  
Of wanting to end my life

Sara Panicali

# Endless Ride

This feeling of us on a merry go round  
At some point I thought it normally stops  
Seems like an endless ride to nowhere  
It just keeps going round and around  
I sat awhile, waiting for something to give  
Now all I want is to get off this ride  
Feeling sick to my stomach  
Everytime we go around  
Losing hope, nothing is changing  
Everything is becoming a blur  
Feeling worse everytime  
Please make it stop  
Don't know how much more I can take  
Before I fall over  
Because I know nothing will be able  
To get me back up

Sara Panicali

# Everything I Do

Everything I do  
You're always on my mind  
It makes the hours pass by slow  
The days long  
And the nights are depressing  
So lonely  
Without you by my side

The yearning to hold you near  
Feeling your gentle kiss  
Pressed against my forehead  
Before we say goodnight and fall asleep

Everything we always did together  
Now having to do them by myself  
Thinking of how much it hurts  
Wishing you could be by my side

Hoping on day soon  
That you will come back soon  
Because if not  
I know inside I will do nothing but hurt  
And you will always be on my mind  
No matter what I do

Sara Panicali

# Giving Up

I'm so close to giving up  
I cry out for help  
Hoping someone hears  
Its not for attention  
As everyone says  
I'm just really scared  
I have no one in my life  
Only ones that use me  
And say they're friends  
Everything going on  
I'm truly surprised  
I haven't completely lost my mind  
Im afraid one day  
And probably soon  
I'll act on my thoughts  
Because I'm so close to giving up

Sara Panicali

# Gone For Good

Even though you are gone for good  
there are so many things that I wish I could take back  
and tell you how I truly feel  
and apologize for the way I was  
even though I know it won't change anything  
of how things are now  
I wish I could tell you so many things  
But you are gone for good

Sara Panicali



# Grace

Our little girl  
Even words couldn't describe  
How beautiful  
She really is  
Her gorgeous blue eyes  
That look just like yours  
Oh lord, the temper  
She has on her  
The way she looks  
And the one eye closed  
Just like you used to do  
I already know  
Our little Grace  
Is going to be  
So much like you

Sara Panicali

# Hoping, One Day

&lt;/&gt;I sit here alone  
all by myself  
hoping one day you'll realize  
how badly I need you  
and how much I still love you  
til this day

I sit here alone thinking of you  
how I keep trying to reach out  
and express that I can't keep doing this  
and hoping one day soon  
you will reach out and help  
before it's too late

Sara Panicali

# How Much More

&lt;/&gt;I'm standing by the window  
with a 9x19mm parabellum automatic  
to my head  
thinking of all he has put me through  
my heart starts racing  
my mind starts going crazy  
I cant think straight  
how much am I supposed to take?  
how much more does he think I can handle  
before I break?  
I cant think straight  
what should I do?

He walks through the doors  
looking so damn innocent  
'you dont want to do that'  
thinking that I wont  
he reaches out to grab my hand  
and I say goodbye

Sara Panicali

# How You Truly Feel

We still talk til this day  
and sometimes see each other  
whenever you find the time  
knowing that I'm pregnant  
and you deciding to up and leave  
me all alone  
to deal with the pain and loneliness that I feel  
you say you care  
and ask how I am  
even though I sometimes lie  
about how I truly feel  
I ask if you would even  
care to feel my belly  
and feel the baby move  
and you told me no  
It's hard to tell how you truly feel  
and if you only want one thing  
you say you care  
but then you want to push me away

Sara Panicali

# Hurt

I know when I see your face or hear you name  
Memories of us  
Will haunt me everytime

I tried everything I could possibly do  
The best way I knew how  
To try and make things work  
But no matter what I did it was never good enough for you  
Lately all you did was make me cry  
If you weren't so oblivious  
Maybe things wouldn't be  
the way they are today

I loved you so much  
Its clear to see  
You don't feel the same way  
Reasonings I'll never know  
So many things left unsaid  
It hurts to say you're just like all the rest  
Another guy from my past

Hurts me so much that you'll never be mine  
Or that I'll never cross your mind  
Yes it'll hurt  
And if you would ever ask  
All you'll ever hear me say is that I'm doing just fine

Sara Panicali

# Hurt, Love Pain And Tears

Love  
Hurt  
Pain and tears  
I feel inside now  
And have for awhile  
These feelings are tearing me apart  
Like a weight on my shoulders  
It's dragging me further down  
The look in my eyes  
Anyone can see,  
so many people ask  
And as always I cover it up  
With, I am fine

Sara Panicali

# I Breathe In And Breathe Out

I let you know how much I love you  
By saying and showing  
Almost every day  
The best ways that I know  
I tell you how hard  
It would be to not have you a part of my life  
Is that why you treat me like shit  
Especially when you drink  
Thinking I'll never build up the courage to leave  
Telling me as always  
That I will come running back  
Sorry to burst your bubble  
But I don't need you in my life  
I stay around and put up with your bs  
Because I am truly in love with you  
Remember the song  
I listen to all the time  
Chris Cagle, I breathe in and I breathe out  
Just as he says,  
I'll breathe in and out  
Take one day at a time  
And keep putting one foot in front of the other  
I will be the one you can't live without  
And I'll be alright  
Without you in my life

Sara Panicali

# I Keep Trying To Hold On

I keep trying to hold on  
to these feelings of being alone  
the times we've shared  
I never want to let go  
as painful as they are  
and all the pain we put each other through  
and all the broken promises you made

I keep trying to hold on  
to stay by your side  
to show she isn't the one  
for you  
and how she is  
hoping you'll wake up and realize  
before I'm gone

I keep trying to hold on  
and take the comfort from  
a stranger I hardly know  
to try and help from not going insane  
from the pain of losing you  
and everything we had and done  
no matter who I am by  
I always seem to think of you  
and always will

Sara Panicali



# I Should Have Known

I should have known  
I just got off the phone  
my heart is racing  
my mind is going crazy  
i can't think straight  
I'm pacing back and forth  
thinking what I should do  
I know this can't go on

I know this was to come  
I don't know why I bother to try  
or why I listened  
to all of his f\*\*\*\*\* lies

'I love you so much'  
'I want to be with you so'  
I should have known  
he is no different  
he is just like the rest

I know I should forgive him  
and move on with my life  
even then I know I can't  
I can't see my life without

him in it  
he still means the world to me  
I don't know why I can't just let him go

Sara Panicali

# I Try My Best

I try and be the best  
mother that I know I can be  
even being in the situation that  
I am in

I try and be the best  
mother that I know I can be  
but it seems like no matter  
what I do  
it never seems like  
its good enough

I try and be the best  
mother that I know I can be  
I try making it to all  
my sons appointments  
supporting my son and seeing  
him every time I can  
I love my son to death  
and would give the world to him  
but even though I try and be the best  
mother that I know I can be  
why do people tell me that he's better  
with his father  
and that I'm not a good mother

Sara Panicali

# If Only

If only I had close friends  
The suppprt I need  
To help me get by  
I know I wouldn't feel  
What I do inside

Sara Panicali

# I'M Only 21

Im only 21  
I heard the news  
That I don't have long to live  
Instead of crying  
Like someone normally would  
I look at the doctor and ask how long  
After everything that I've been through  
And the things going on  
I realized how much that I don't care  
Hoping that my time will be sooner  
then they think

Sara Panicali

# I'M Sorry

im sorry i hurt you so many times,  
i wasted your love as it were dimes.  
im sorry i told you all those lies,  
and never payed attention to those heartbroken cries.  
im sorry i never talked things out,  
but instead i would always scream and shout.  
its true you dont deserve me,  
you deserve much better.

I'm sorry I was not the amazing girl  
you were looking for  
after everything I did for you  
you told me when I asked  
why you speak so great of everyone else  
but never say anything like the towards me  
all you have in reply is  
'I guess its the way they looked  
and way they wore there hair'  
when it comes down to it  
its what people do for the other,  
not just how they look  
or wear there hair

i realize now what i lost,  
and im sorry for what my lesson costs.  
i wanna change now for the best,  
so someday i can stand out among the rest.  
you never understood the way I cared.  
but now life without you makes me scared!  
i hope i can be with you again someday,  
but for now it seems such a long ways away!

Sara Panicali

# I'M Sorry I'M Not Perfect

I'm sorry I'm not perfect  
like the ones you go on about  
how great they wore there hair  
and the things that they did  
Even though you told me  
you loved the things I did,  
that they never did for you

I'm sorry I'm not perfect  
or the girl that didn't last  
but I can at least say that I tried my best  
I took care of you when you were sick  
I helped you dressed before  
and after you were done  
and helped you bathe  
and sat in the room  
til you were done  
I gave you what you needed so you could relax  
sat straight up to sleep so you could lay on my lap  
even though I was sick myself

I'm sorry I'm not perfect  
but I hope you'll wake up  
and realize before it's to late  
the great things that we had  
and how much I would do for you  
before I give up, and move on for good

Sara Panicali

# In Memory Of Debbie

I didn't know you well or even that long  
But I still enjoyed talking when we did  
You definitely sounded like someone I could have got along with  
Your brother and I were looking forward  
To you coming down  
Its so unfortunate and was wrong in so many ways  
What happened and the way you died  
It's still so hard to believe  
that it was only a week before  
You were going to fly down  
To stay and visit for awhile

Sara Panicali

# In The End

No one ever said life would be easy  
But never thought it would be like this  
Don't get me wrong I am fortunate for everything i have  
And how far i have come  
No matter what life may throw  
I will never be kept down  
I am one stubborn bitch  
And will always get back up  
Keeping my head straight looking forward to what may be next  
Because all the struggles  
Will be worth it in the end

Sara Panicali



# It's Hard

It's hard  
Being with you  
Its hard  
To think that  
What you're the only one that can make mistakes  
Its hard to believe  
After everything we have been through  
Both ups and downs  
These long 9 months  
and I made 1 mistake  
and now you dont want to be with me  
Its hard  
The same night we broke up you're already sleeping with another woman

Sara Panicali

# Lies

I write how I feel  
Since I can't to you  
Without you saying I'm alway starting shit  
No matter what it is about  
You say they're good  
But honestly I don't care what you think  
I could never trust in what you say  
Because more than half the time you lie

Sara Panicali

# Lord

Father

I want to change my ways

I know you've been there since day one

I will admit I have been wrong

Even though I always turn my head

I need you by my side

Sara Panicali

# Losing The Ones I Love

I feel like there's nothing  
left to lose  
I feel like I'm losing  
the ones I love  
and mean the most  
I've had thoughts of ending my life  
and have tried before  
when my 2 boys and you came into my life  
I knew there was every reason  
to try and keep holding on  
when I feel down  
and have the thoughts  
I think of my 2 kids and you  
and my thoughts just disappear

I feel like there's nothing  
left to lose  
I feel like I'm losing  
the ones I love  
and mean the most  
I've had thoughts of ending my life  
and have tried before  
but now since your not here no more  
and feel like I'm losing my kids  
I feel like there's nothing  
left to lose  
and don't see anymore reason  
to try and keep holding on  
when I feel down  
and have the thoughts  
I know I will think of my kids and you  
and instead of my thoughts this time  
I know I will disappear

Sara Panicali

# Loss Of A Loved One, In Memory Of Debbie

You can shed tears that she is gone,  
or you can smile because she has lived.  
You can close your eyes and pray that she'll come back,  
or you can open your eyes and see all she has left.  
Your heart can be empty because you can't see her,  
or you can be full of the love you shared.  
You can turn your back on tomorrow and live yesterday,  
or you can be happy for tomorrow because of yesterday.  
You can remember her only that she is gone,  
or you can cherish her memory and let it live on.  
You can cry and close your mind,  
be empty and turn your back.  
Or you can do what she'd want:  
smile, open your eyes, love and go on.'

Everyone leaves footprints in your memory, but the ones that leave footprints in your heart are the ones you will truly remember.

Sara Panicali

# Memories

Even though you tell me  
the times we had  
you could never do again  
with another lover  
that it was our thing  
I'm afraid that over time  
I will begin to fade  
and you'll be able to do  
all those things  
without me  
ever crossing your mind

Sara Panicali

# Memories We Had

the memories we had  
for you will fade  
as you make new ones  
with her  
It's hard to bare the thought  
of how easy this is for you  
you already moved on  
and are engaged to her

the memories we had  
for me will never fade  
It's been some time  
and I still can't move on

Sara Panicali

# More Than I Can Bare

This pain I feel inside  
Hurts almost more than I can bare  
It bothers me so much  
That it seems like it doesn't even matter to you  
I want us to be together  
But things between us are just getting worse  
We argue all time  
no matter lately what I say or do  
Or even how I feel  
You're to oblivious  
Or just don't care, even the times I need you most  
I know I should just walk away  
that will hurt as well  
I don't know what I should do  
I know I can't live without you  
But I don't want to see us hurting like we are  
I want things to be like they used to be  
It's frustrating we can't figure things out  
Why we're going downhill  
Either way it'll be hard  
No matter what we choose  
I'm madly in love with you  
Sometimes I rather deal with our downs  
At least I would be with you  
And keep hoping that maybe things may change

Sara Panicali



# Move On

I wish I could move on  
Everyday that passes I'm still depressed  
sometimes more then before  
even after all this time  
I wish I could just move on  
like everyone tells me I should  
as much as I want to  
and stop wasting my time on you  
thinking n being depressed  
about how things used to be  
I wish I could move on

Sara Panicali

# My Little Man

I will always remember  
the moment I first layed eyes  
on my little man  
the first touch of his little hand  
the cute print on his band

I will always remember  
the first time I held my son  
thinking how his life had just begun  
and the many years ahead

Sara Panicali

# My Son And You

I don't know if it's a phase or not  
but when I see my son  
I feel he doesn't know who I am  
It's the hardest thing I've ever been through  
and when you walked out of my life  
It only made things worse  
my son and you mean everything to me  
My son and you  
are the only reason I got out of bed  
and going on, living everyday  
I've been trying to hold on for my son and you  
and now losing you both  
are the reason I'm letting go

Sara Panicali

# Never Cared

Sad but so angry  
I feel all alone  
I cry every other night  
And it's pathetic to say  
That you're right next to me  
And that you don't even see  
Because now I realize  
That you truly never cared

Sara Panicali

# Never Happen Again

I lay here at night  
wanting to feel  
your strong arms around me  
holding me so close  
wanting it so bad  
but knowing it'll never  
happen again,  
the wanting of something  
that will never be  
is so hard to bare  
I felt so safe  
with you by my side  
I slept so good  
but since we've been apart  
it hasn't ever been the same  
I still wake up,  
thinking you will pull me tighter  
kiss my forehead and whisper, you love me  
just like it used to be  
and all the countless  
sleepless nights  
that will never go away

Sara Panicali

# New To Me

Tick tock went the clock  
And so did Johnny Bottomrock.

Ding dong went the tap,  
And there stood big sweet Mother Black.

Clip clop went the horse's hop  
And there rode Old Joe Knickerbock.

Oh my, oh me this town is new to me  
Said Little Miss Mary Fussbee

Sara Panicali

# Night

Never thought I could  
But missing you more and more  
Wish we could be together for good  
It hurts every time we say goodbye

Nights are the worse  
Laying in bed  
Thinking of you  
Wanting, needing, yearning to be by your side  
I go to sleep with you on my mind  
Dream of you, I wake up,  
look over hoping you'll be by my side  
Start weeping i hold my pillow  
Til I fall back asleep

Sara Panicali

# Only A Matter Of Moments

sitting here alone  
with the thoughts of how things used to be  
going crazy of wanting things back the way  
they used to be  
I kept trying to call and text  
asking you for help  
or at least just hear the comfort of your voice  
I'm sitting here with a bottle of vodka and a razor blade  
only a matter of moments  
before I lose it  
and run the razor down my veins

Sara Panicali



# Only A Matter Of Time

I still miss you the same  
every day that goes by  
thinking about you and what might have been  
I'm going out of my mind

you know my past  
and the stories for the scars  
that are on my wrists  
I'm going out of my mind

I text and call  
giving you clues  
that I cant hold on much longer

Every day I sit here  
alone, by myself  
with just the thoughts of how it used to be  
and how I'm going to end my life

I keep putting it off  
crying til I fall asleep  
or by getting drunk  
but its only a matter of time  
before I go out of my mind  
and end my life

Sara Panicali

# Our Little Girl

I wish you could have been here  
To see the birth of our little girl  
She is gorgeous  
More then words  
Or pictures could ever describe

I wish you could have been here  
To see the birth of our little girl  
I know lately things have been rough  
And that you would've been there  
If you could  
I can only imagine  
How truly hard it is  
But when you get out  
Both myself and our little girl  
Will be right there waiting for you

Sara Panicali

# Pregnant

we found out we're expecting  
and you dont even seem at all excited  
no wrapping your arms around me  
or even telling me that things will be okay  
all you have to say is we need to get an abortion  
then you up and leave

Sara Panicali

# Pulling Away

Watching you pull out  
Onto the dark winding roads  
Just as always  
When you don't get your way  
You run away  
And say it's because of me  
You come running back all the time

Watching you pull out  
Onto the dark winding roads  
Just as always  
I start thinking  
How much  
I don't care anymore  
If you even come back  
I'm tired of getting blamed  
Even for things I never did

Sara Panicali

# Sad And Lonely (The Mask)

No one here to comfort me  
I wear a mask that smiles  
To hide my feelings behind a lie  
Dealing with your shit  
And feeling nothing but pain inside  
Deep down i feel empty and all alone  
Something only I'll ever know

Nobody hears my cries  
It's pathetic to say  
You're right next to me  
And you don't even see  
Glad to know  
That you truly never cared

Behind the smiles are tears  
Behind the comfort are fears  
Everything you think you see  
Wasn't everything there is to me  
Not like you would know or understand  
You hardly ever have time for me

Every day that goes by  
I'm slowly dying  
More and more inside  
Feeling like I can't go on  
Like something in me is missing...

Til that day comes  
I'll keep staying strong  
Searching,  
For the person who will stop my crying  
Someone who will wipe my tears  
Since you were hardly ever there  
When all I did was cry  
For someone who will erase my fears  
Something you were not willing to do  
So til that day, I'll keep on smiling  
Hiding,

Hoping one day I can truly smile again  
Til then I'll be here waiting  
Hiding behind the mask I wear so well

Sara Panicali

# Said Our Goodbyes

I'm afraid I'll never  
be able to get you off my mind  
we said our good byes  
and went our seperate ways  
but your on my mind  
all the time  
we talked just the other day  
and you seem like you already  
put us behind,  
no matter how hard I try  
I can't do the same

Sara Panicali

# Since You Left

Ever since you left  
Feels like I'm falling deeper  
Into a never ending hole  
I never laugh or even smile like I did  
when I was with you

Ever since you left  
my world has changed  
I tried to be happy  
and started going out  
after all this time  
but everywhere I go  
and almost everything I do  
reminds me of you  
and brings back memories of  
when I was with you

Ever since you left  
I tried to be happy  
but it only reminds me of you  
so now all I do  
Is sit in my apartment  
drink til I'm numb  
and cry myself to sleep  
ever since you left  
I have completely changed  
and I know myself  
and everything else will never be the same as  
when I was with you

Sara Panicali



# So Soon

your able to move on so soon  
doing what you normally would  
with no thoughts of us  
or missing me

The memories of us,  
for me will never go away  
Everyday we're not together  
It tears my heart apart

Every night and day  
your constantly on my mind  
thats one thing that will never change  
no matter how much time goes by  
the littlest thing will bring everything back  
the feelings and what happened  
the day we went our seperate ways

since we've been apart  
there hasn't been a time  
I haven't cried myself to sleep

I miss your smile  
the way you laugh  
I miss the way we used to touch  
the cuddling and the way we held each other at night and  
the amazing love that we made

I know you won't feel the same  
and even though we'll never be together again  
I want you to know  
I've truly never felt like this before  
when we were together my love  
for you grew more n more everyday

I know what I've done before  
and we've hurt each other bad  
so many times  
I wish I could take everything back

One thing I know for sure  
is that these feelings and  
my love for you  
will never fade

Sara Panicali

# Someone Like Her

She has you wrapped around her finger  
you don't see past  
her pretty face and little white lies  
you know how she was before  
when you talked about me  
how I used to be  
and the things I did for you  
now she's starting to change  
to be like me  
In so many ways  
you told me you wouldn't want  
someone like that  
but your so damn oblivious  
It's frustrating to me  
knowing your so much better than that  
to be fooled by somebody  
like that

Sara Panicali

# Still In Love

never been so in love  
as I was with you

it's been years  
but I still shed tears  
when the day is near

I am still so in love  
I think about you everyday  
thinking about what I could have done  
drives me out of my mind

Sara Panicali

# Suicide

Suicide

It's all i think about  
Can't get it out  
So hard to resist  
resist the urge to slit my wrist  
wishing i had a gun  
all i have is a small razor  
so i drag the blade across my arms and legs  
wishing to do myself much more harm  
however, I only wake up  
soaked in blood  
cuts all over my body  
and im still somehow alive  
deep long gashes,  
lots of blood gone  
how am i still here?  
I really need a gun  
one day... one day  
Suicide

Sara Panicali

# Thank You Father

With everything I've been through  
I know I wouldn't be here today  
The thoughts I had  
And coming close to death  
I thank you father for saving me  
And making me the better person  
That I am today

Sara Panicali

# The Hardest Thing

I've been battling my sons father  
for almost 3 years  
through the heartache and court  
and so much more  
the hardest thing  
thats even worse then that  
is my son watching  
as I'm pulling away

Sara Panicali

# Things You Told Me

there are things you told me  
you dont care for  
about her  
you tell me that she drinks a lot  
and she doesn't do much in bed  
you gave her little hints  
and she still didn't change  
but now since you said about  
not being with somebody like that  
and how I used to be  
the things I did  
and ways in bed  
now she's starting to change  
what gets to me  
is you dont see how she is  
and that she's only doing this  
to be with you

Sara Panicali



# This Will Be My Last

I can't keep putting this off much longer  
I try so hard to get through these times  
without you by my side  
I've been doing okay  
well at least for now

I can't keep putting this off much longer  
these thoughts and feelings  
of wanting to end my life  
night after night  
I sit here and think of  
which way would be best

I can't keep putting this off much longer  
I keep crying myself to sleep  
getting drunk til I can't even stand on me feet  
and writing hoping these thoughts will go away  
I know I won't be able to put this off much longer  
these feelings and thoughts  
of wanting to end my life  
and which way would be best  
because next time I get like this  
it will definitely be my last

Sara Panicali

# Thought Of Losing You

I can't take the thought of losing you  
I thought with time it makes you stronger  
to help ease the pain, and easier to move on  
Everything we had seemed so great  
Like things would never end  
But now everything is to far gone

I can't take the thought of losing you  
I thought with time it makes you stronger  
to help ease the pain, and easier to move on  
But everyday that goes by  
I still think about what we had  
and all the good times we shared  
I feel the same as when we went our seperate ways  
I keep thinking how much I want things back  
But I know everything is to far gone

I can't take the thought of losing you  
I thought with time it makes you stronger  
to help ease the pain, and easier to move on  
everything we had seemed so great  
the times we shared  
our friendship and so much more  
as much as I want what we had  
after all this time  
the toll it has taken on me  
even if you would change your mind  
everything is to far gone  
and so am I

Sara Panicali

# Trying To Start Over

I moved to Lubbock  
after everything that happened  
not because I wanted to  
but so I can try and start all over  
you ask if I like it  
and how things are going  
I tell you I'm going to school  
and working full time  
then you tell me  
about coming home,  
and how there are so many things out here  
I can do

Because one does things  
and acts like they are happy  
or seems like they're doing good  
doesn't mean it's something they want to do

I moved Lubbock  
after everything that happened  
not because I wanted to  
but so I can try and start all over  
and do things  
that might help me from going insane  
you tell me it was my choice to leave  
that I can always come back  
but it will just be the same  
the daily routine,  
same people,  
same places,  
everything like it was before  
but with out you in my life  
I know if I come back  
I will definitely lose my mind  
maybe it's best I stay in Lubbock

Sara Panicali

# Untitled

When I am gone, release me let me go—I  
Have so many things to see and do. You  
Mustn't tie yourself to me with tears, Be  
thankful for our beautiful years. I gave to  
you my love. You can only guess how  
much you gave to me in happiness. I  
thank you for the love we each have  
shown, But know its time that I traveled on  
alone, so grieve awhile for me, if grieve  
you must, Then let your grief be  
comforted by trust. It's only for a time  
that we must part, so bless the  
moments within your heart. I won't be far  
away, for life goes on. So if you need  
me, call, and I will come. Though you  
can't see me or touch me, I'll be near and if  
you listen with your heart, you'll hear, all  
my love around you, soft and clear, and  
then, when you must come this way  
alone, I'll greet you with a smile and  
say—"welcome home"

Sara Panicali

# Used To Be

We used to be friends  
and said we would  
be there for each other  
til the end  
no matter what through  
the good and bad

We used to be friends  
til you found that girl  
and pushed me away  
no matter how hard I tried  
to stay by your side

We used to be friends  
til you said you wanted her  
and never wanted to hear  
or see me again  
you loved her  
only a month or so  
of knowing her  
after almost a year were together  
everything we went through  
I see how much you don't even care

We used to be friends  
til you pushed me away  
and now you find  
she's in love with another guy  
so now I'm okay  
and you want me back as a friend

We used to be friends  
til you pushed me away  
but after the struggle  
I went through, by myself  
and all the long and lonely nights  
I think I woke up  
and finally realized  
I don't need you anymore

and glad 'we used to be friends'

Sara Panicali

# Waiting And Hoping

we knew each other for about a year  
did every thing for each other  
anyone could ever believe

this chick  
you knew for only two months  
on and off  
knowing we're having a rough spot  
you told her how you feel  
and that we are expecting  
and she should have backed off  
and let you sort things out  
but instead  
asked you to marry her on Christmas day

I still wake up at night  
reaching out to you, to hold you close  
then I check my phone  
to see if I have a missed text or call  
like we used to do when we couldnt sleep  
then reality sinks in  
that you rather be with her  
holding her close  
then like every other night  
I cry myself back to sleep

I'm tired of waiting on the sideline  
waiting and hoping  
you see how she is  
and that you will come running back

this time  
I will be on the sideline  
waiting and hoping  
that she does the same to you  
like you did to me  
and I will be there to laugh at you  
and the huge mistake that you made





# Was

sleepless nights  
physical fights  
night after night

was 5 months pregnant  
now I'll never know  
what might have been

Sara Panicali

# What I've Become

Ever since you left  
I'm changing from how I used to be  
I don't want to be like this  
or like what I've become  
But it's the only way I've learned that gets me through  
and keeps me from going insane

Ever since you left  
I'm changing from how I used to be  
I started using drugs  
and drinking almost all day and night  
I can't find anything that makes me happy  
and the thought of my son not knowing who I am  
and losing you  
I never laugh  
and smile yeah but only here and there  
til I can learn other ways that get me through  
this is how I'm going to be

Sara Panicali

# What Will Never Be

It's only been 3 months  
already you moved on  
for you the memories  
of us will fade  
no matter what you say

It's only been 3 months  
I haven't moved on  
I know these memories of us  
will never fade  
and I will still be here  
alone holding on  
to what will never be

Sara Panicali

# When I Feel I Can'T Go On

my son and you  
are what gets me through  
the times when I am completely down  
and feel like I can't go on  
I've had thoughts to end my life  
and have tried before  
since you both came in my life  
when I feel really down  
and feel like I can't go on  
I think of you both  
and how much you both mean to me  
the reason why I'm still here  
and the way I'm feeling  
and thoughts I'm having just disappear  
like they were never there

Sara Panicali

# Where Were You

&lt;/&gt;where were you  
when I was feeling down  
no body to talk to  
or anywhere to go

where were you  
when I needed help  
and tried ending my own life  
I was in the hospital ready to die  
and so close to letting go  
the doctors didn't even know why  
or how I was still alive  
where were you  
when I needed you the most

Sara Panicali

# Why Do I Bother

I keep trying so hard  
to help and see him through  
I tell him that I want to help and will always be there  
all he has to say in response  
'you're crazy and falling head over heels,  
you're just like all the rest'

I don't know what else to do  
or how much longer I can last  
I am far from others  
I don't know why I even bother

Sara Panicali

# Why Is It?

I'm lost when I'm with you  
Can't stand what you put me through  
We fight and argue  
Just like an old married couple  
I think of just leaving  
You and everything else behind

Why is it,  
That when we're apart  
I can't stand to be  
Without your touch  
To hear your voice  
It drives me mad

Why is it,  
That I still love you  
the way I do  
After you treat me  
Like I'm nothing  
Or even better  
Like I'm just an option  
Like on lay away  
Where you can come pick me up  
When you have nothing better to do  
Why is it

Sara Panicali

# Why So Young

Father  
My nephew  
Has been taken  
He was only only a year and a half  
Why so young  
I know he is in a better place  
But at the same time  
Its hard the lives he has touched  
Even though it is hard  
I know he will always have a place within our hearts  
And never forgotten and never far away  
And one day he will be with us again

Sara Panicali



# Will Always Love You

I'm sorry things ended this way  
I wanted things to work  
And I always will  
Nothing we did  
But things are getting crazy  
And It hurts to bad  
I hope you know I'd walk a million miles to no where  
And back  
Just to be with you  
Sometimes unsure of how you feel  
Because of everything going on  
But I know deep down you still love my crazy a\*\*  
By the sweet tender words you tell me everyday  
I'll always feel the same  
I will love you forever  
And no matter what you say  
My feelings for you will never fade

Sara Panicali

# Won'T Make It Through

&lt;/&gt;&lt;/&gt;I'm sitting here  
so close to letting go  
usually crying  
and getting drunk helps get me through  
I can't get these thoughts out of my head

I'm sitting here  
thinking about attempts from my past  
I've came so close with a few  
which one would be best  
If I should try them again  
or something else  
this time I don't think  
I will make it through  
Like I did before

Sara Panicali

# You

I'm tired of the lies  
I'm tired of you  
The way you treat me  
Like I'm just like anyone else  
how you treat another woman  
With more affection  
better than me  
And I'm just supposed to be okay with it

I'm tired of the lies  
I'm tired of you  
I try 110%  
To make things work  
And you don't even care  
I Sacrifice everything I have  
Just to be with you  
I can't do it anymore  
I'm so fed up  
With all the lies  
And everything to do  
with you

Sara Panicali