

Escaped in nothing but words

A collection of poetry, thoughts & anxiety.

Sharon

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Mom, Dad, Nienke, Romy, Vee, Shikhah & Tessa...

I want to especially thank you all for believing in me and supporting me through this journey of writing my own poetry book.

Hii everyone,

This is my 2nd poetry book, but this time I wrote it for me. Through this book I'll give you an insight of my mind, thoughts, anxiety & autism. Writing has always helped me, cause most of the time I can't voice my thoughts but I sure as hell can express them in my art. I just needed 19 years of my life to figure that out. But here I am revealing the darkest parts of my mind. So go ahead, read it, hate it, love it, feel every feeling & think every thought. But don't forget to close your eyes and breathe in, focus on that feeling, focus on that thought. Let every word run through your body. But don't let it consume you. Breathe out.

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Teardrops

18-10-2021

Nights like these

Strolling through the empty streets

With tears threatening to fall from the sky above

And rain dripping from the corner of my eyes

I think to myself

Wow this must be right

And finally I understood

The deepest meaning of life

Cause I look up at the sky

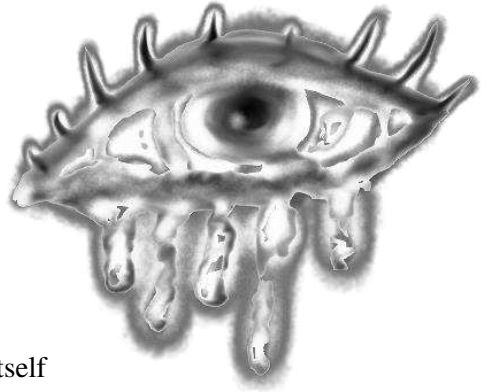
As it cries with my soul

A feeling so empty finally fills itself

With the understanding of the sky

The only friend that is always with me

Following me wherever



Failure

29-11-2021

Giving up feels so familiar

At this point

I'm almost convinced

Nothing was made for me

And nothing will ever be

It's all I know

How to do well

As disappointing as it sounds

And maybe that's all I'll ever be

Failure pt. 2

29-11-2021

My motivation is slowly fading

Am I really that big of a failure

Was nothing made for me?

Is this now really reality

I'm tired of everything

The empty feeling

Swallowing me whole again

Like I wasn't made for anything

I wonder do I even exist at all

Is this all some sick joke

To screw me over again

And if it was

Why would you even let me live at all

If not for me to succeed

Then what...

Nights

16-12-2020

Nights are breath-taking

Nights are comforting

But nights are lonely

Depressing even

Nights are everything to me



Lonely overthinker

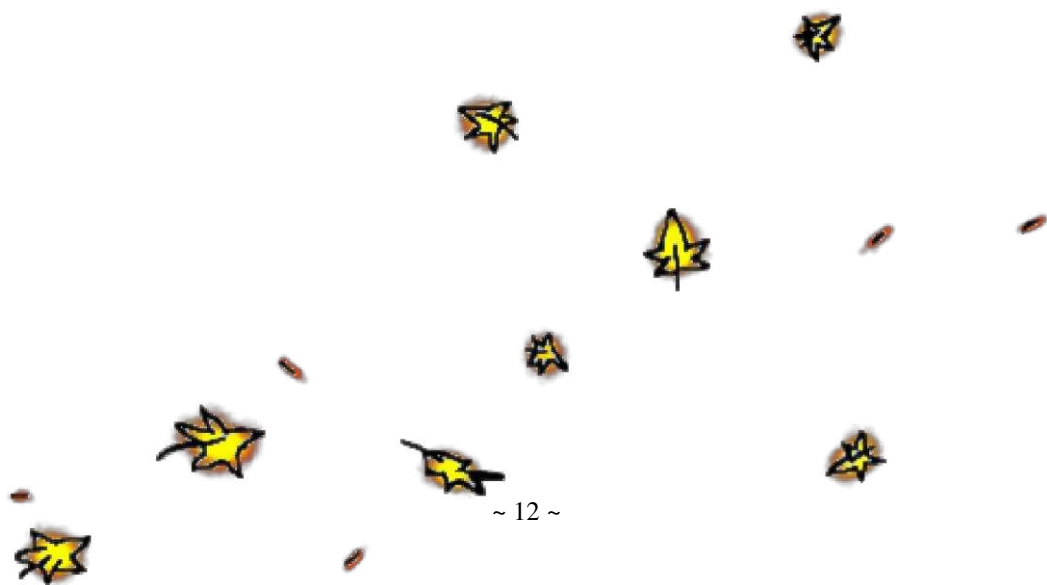
04-04-2020

Thoughts came back as soon as you left

Feeling like a bother when you're gone

Overthinking in my head non-stop

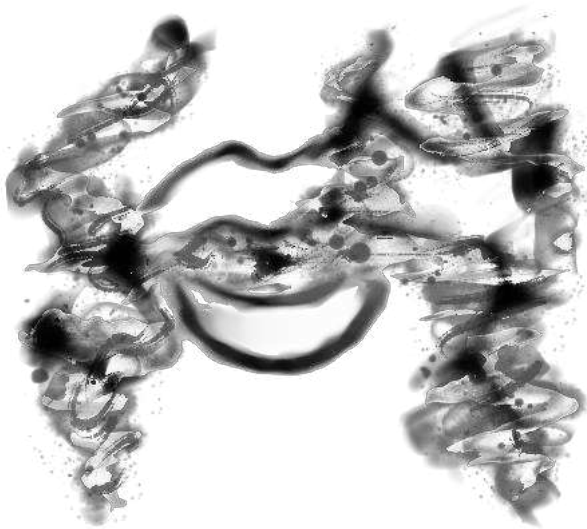
The voices getting too loud for me to shut them out



The voices

04-06-2020

I just want my mind to shut up
Constantly fighting this battle inside
Is eating me up I can't deny
I just want the voice to be gone
Leave me alone
It's too exhausting for me to bear
I just want to be happy without you near
Cause whenever you're there
You ruin everything for me



Unwelcome guest

05-06-2021

I guess you're pretty comfortable

And you made yourself at home

But you're an unwelcome guest

Invading my once peaceful mind

One day I'll be able to set you out

I will fight for as long as I have to

But one day I will heal and you'll be left behind

Left alone in the dust, alone with the burden

Of trying to ruin my soul for so long

Knowing you failed after all

I hope it was worth it

