

Emotional Rollercoaster

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Introduction

Since I'm officially a Dutchie, I used to write in Dutch. This book is a combination of some new poems and some old ones I've translated from Dutch to English.

These Dutch poems are now translated to English in a way they don't lose their meaning.

My poems are about my life, my thoughts, my emotions and situations I've had to deal with.

Not every poem should be taken the way it's written down though; some are metaphorical representations of situations or emotions.



Anger mixes with pain
Sadness screws up happiness
Days start to get harder

The nights exhausting

Life turns dark

The darkness starts to be attractive

The attractive part of darkness is peace

Peace for the soul

After times filled with darkness, light breaks through

But all of the sudden everything's black

There's eternal peace

Sadness

A day full of shame
A day full of sadness
Will there ever be a day without sadness?
Sadness comes along with everyone, but I can't handle it
It makes me feel sick

I'm trying to get away from it, but I can't
It chases me, even in my sleep
Until I lock it away
But until I lock it away, I'm being tortured

Times after I've locked it away, it frees itself and comes back
It chases me, again
There's nothing I can do
I can't resist it

I need help recovering
But I don't always get that
There are no alternatives left

I feel empty, but yet completely full
I can't feel happiness, because of what I'm feeling
It's crippling, wearing and exhausting

My life force and eagerness to live slowly flow away
I'm sinking lower, but I don't have the power to come back up
I feel all the tangible things slip away
I feel that I'm slowly dying

Just because of that little bit of sadness

Agony

Do you care or don't you?
Seeing me in agony, without even saying a word
Don't you feel my heart beating with sadness?
Don't you hear me think?
Don't you see me cry inside?
The day that I'm gone, will you notice?
Will you think it's your fault?
Will you try to avoid that day?
Doesn't it bother you at all?
That I'm dying with sadness; that I don't want to go on
That I don't have the strength to come out of the bottomland I'm
in

Can't you help me?
Or don't you want to?
Did I do something to you or is it who I am?
I'm trying to understand, but I can't find my understanding
I'm trying to relativize, but my relativizing capacity is lower than
low

Is this my life or is it a never-ending nightmare?
Is this how my life's supposed to be?
Am I supposed to suffer and to feel sadness?
What did I do to make this my burden?
I want to know, but I can't find it out
I'm trying to find the reason, but it's hidden
Hidden, deep inside of my heart

The day I'll know the reason of my agony...
Is the day I'll die

Coldhearted

I don't belong here, in this coldhearted world
I don't want to be here, I don't belong
I belong on a place, a safe environment

An environment that keeps me protected
Protects me against the coldhearted people
Their hateful action, which hurt others
Their disinterest that glows upon them
The remarks they make about everything

I don't belong here, I belong somewhere else
On a place filled with peace
A place where nobody is the way people are
A place you can't easily reach
Because there's no transportation there

This famous place, someday I'll get there
But until that time, I'll live
On the place that suits me the least
Until my time will come and I will go
To the place I so badly want to be

A rock-hard lesson

After days of crying
Weeks filled with pain
Months full of silent sadness

It starts to weaken
Feelings I'm losing
It's deep inside
Where nobody can see

The fear keeps fretting
Hope disappears
Smiles fade away
And are replaced by dark eyes
Anger bottles up
Sadness complements it

Happiness gets destroyed
Stops to exist

Days full of tears
Weeks full of stress

All that's left, is a damaged soul
That's no longer capable of feeling