

Where the broken rest

Where the broken rest

Poetry from a broken soul

By - Bunny

WARNINGS

These poems are dark

Please read through this fully

These poems have themes of

Loss

Greif

Bullying

Self-Harm

Eating Disorders

Betrayal

Trauma

Mental Health Issues

If any of these themes are too dark,

Please do not read

These poems are made to showcase
the feelings people do not like talking about

Now

Here are all my poems

Please enjoy

Pleaseeeeeeee share these poems with others

All your support means the WORLD TO ME

From the bottom of my heart, THANK YOU

————— ୨୫ —————

Do not repost

Do not steal

This is my hard work

These are my art

Respect me
And do not repost

—98—

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Cracks In The Mask
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———98———

Bring back bullying, they say

Bring back bullying
That's what they say
It toughens people up
That's what they say

They will never see
the hours crying behind buildings

They will never see
The hurt in their eyes

They will never see
The cuts on the thighs and arms

They will not see
The self-destructiveness

They will not see
How a smile hides the pain

They will not see
How someone disappears into themselves

They will not see
How it kills

They will wonder
When they find a note and not a voice

They will be shocked
When they open their child's room
The room they have seen them grow up in
Where their child had their first nightmare
Where they took their first steps

Instead of a child
They find a note

They will sob and be confused for years
They will never see the reason
They said, "Bring Back Bullying."
They said that, and it killed their child

— 99 —

Fantasy Worlds

I disappear into fantasy worlds
Into new worlds
Into places that engulf me

I disappear into safe worlds
Into magical worlds
To worlds where dragons fly
And magic exists

I fell in love with the men
People ask why
People say it's stupid

They deal with men who forget anniversaries
Men who put in no effort
Men who buy three-dollar flowers and call it a splurge
Men who cheat

I deal with men who plan dates every week
Men who celebrate anniversaries for weeks
Men who care
Men who would give up kingdoms for me
Men who would quit their job as a CEO and fly to London to find me
Men who would burn the world to keep me safe

I use these worlds as an escape
An escape from this cruel world

I use those words to be safe

Those worlds are between the pages of books
These worlds saved me
Without them i would be gone

To all the authors whose magical worlds
I fell in love with their magical worlds
Thank you
I dedicate this poem to you

Moots

All my friends are across the world
All my friends are online

People say I'm crazy to trust them

They do not see
The hours of talking
They do not see
The comfort
They do not see
How since i met them ive been happier
How my smile turned from fake to real
How i have been safe

They are my safe space
Even though
We are across the world

Despite that we get along
We found worlds to escape in
World where dragons fly
Where magic lives
We escape into those worlds together

They are my safe space
I love them
They saved my life
They saved me

And they are the reason i keep going
I dedicate this poem to
All my moots

I love you so much
Without you
I would not be here
I love you

Murder Documentaries

Netflix makes documentaries on murder
They do not respect the victims
They romanticized the killers

the victims have no voice
no way to stand up for themselves
How can they?
That the thing
They can't

Netflix uses victims for money
They pick murder
They pick them because the victims have no voice

The victims are dead
Brutally killed
Assaulted
Taken from this world
They have no voice

Netflix uses them as money makers
They don't respect the victims
They never will
Why would they?
They don't care
They are using them for cash

It's our culture
it is disgusting
It is sickening

Growing up

I want to grow up!
I said that when i was seven
I said that
when the most stressful thing was picking clothes out
When life was nice
when i did not have to deal with issues
wars
when the world was easy

Now eight years later, i do
Im stressed all the time
there is never peace
all these heavy feelings
weighing on me
now i wish i stayed seven forever

Growing up
growing up is not fun
It is not easy
nothing is
why do we wish to grow up?
i do not know
i do know growing up is hard
it is painful
it is stressful
life changes
for the better or for the worse?
both
It changes for the both
Now eight years later
I wish I stayed seven forever

—————99—————

When will it end...

I walk through the school halls
I see posters
Lots of them
They say

“End bullying”
“Kindness is key.”
My eyes glance over one
Suddenly.
I’m shoved into a locker
I groan
This is not the first time
It is far from the first
It has been happening for years

An hour later-
I walk into the office
The office is painted soft beige
It has many signs
Saying
Trying to stop bullying
The same reason I’m here
They promise to change it

Why
Why do they lie
I keep coming here
Over
And
Over
They say things will change
They say bullying will end
When
When will it end

—————99—————

Eating Disorders

eating disorders

when people hear that
they think starving

they never think
over eating

they never think
hoarding food

they never think
binge eating

they always think
starving
skin and bones

eating disorders are not always starving
it is never only starving

#EatingDisorderAwareness

———99———

Self Harm

when people hear “self-harm”
They think slits and cuts

they never think about the other types

they never think
about skipping meals
wearing hot clothes in hot weather
eating too much

no ,they never do

they always think blood
thats not always the case
self harm can be invisible
it doesn't have to be blood
no, it does not

when will they realize
when will they realize self-harm can be invisible
when

when will they
they never will

— ୨୫ —

One day

one day
one day I'm playing on the playground
the next im smoking cigarettes at 3 am

life passes so quick

life changes even quicker

in the blink of an eye
in the blink of an eye, things can come crashing down

people say life is easy
the truth?
the truth is that life is hard
life is never easy

life will never be easy

life can slip between your fingers like cigarette smoke
thats how fickle life can be

life is never easy
life
life is not easy

— ୨୫ —

Spring

Spring
The birds chirp, the flowers bloom

Everywhere colors bloom
It's a new beginning

Not for me
The birds overwhelm me
The colors are too much

A "New beginning," they say
If it is a new beginning, why
Why do I still have trauma
Why do I still have issues
Why am i still broken
Why am i still shattered

A "new beginning."
That's what they say
It never is
Spring is just another season
Spring does not fix anything
Spring is just another day
Days and Days
Never a new beginning

———98———

Eating Disorders

eating disorders
when people hear that
they think starving
they never think
over eating
they never think
hoarding food
they never think

binge eating

they always think
starving
skin and bones

eating disorders
are not always starving
it is never only starving

#EatingDisorderAwareness

—9s—

I wish

I used to believe the world was soft
I used to believe the world was fun
I used to believe the world was simple

gosh
I was such an idiot

The world is rough and sharp
The world is never fun
The world is complex

i wish i could go back
Go back to the time when life
was simple and soft

i can never go back
no matter how hard I wish
I wish forever to go back

I wish I had the innocence of a child
Back then, life was simple
not it is not
It never will be
No, it will not

Dual Enrollment

Dual Enrollment
It will help you
It will be beneficial
That's what the parents say
That's what the teachers say

They never did dual enrollment
They never did
college-level work as a teen
They never sobbed over work
They never debated
whether they would
make it through the work

Did
They
No , they did not
Why would they
Dual enrollment is a curse
Never a blessing
But the opposite
A curse
Dual enrollment is a curse

They never cried at 11:59 over deadlines

I did
I have
It's horrible

The students never have a choice
Why would they
Why
Why would the adults care

Why would they care that the students are harming themselves
Why would they

They say it's easier since it's online
The thing is
Its not
The adults will
continue to lie
They will
continue to say this and that and
spit lies like a viper
A viper that does not
care about the students
They never empathize
with the students
The viper never
sympathizes with the victims,
so why would they

No
No
No, why would they
Why would they
They never will
Dual enrollment is a curse
A curse disguised in an academic sleeve
It should be illegal

———98———

We break and We heal

It's human to fracture
Even the strongest glass
remembers
the sound of shattering

We are not built
from unbreakable things
but from broken pieces

held together by glue

Sometimes
sometimes the glue weakens
and when it weakens
we shatter

Shattering does not
mean we lose our beauty
Rather
it means we survived the fall

life is never perfect
it never will be

Healing does
not mean becoming flawless
it means we survived

———98———

Blood and Guts

People ask why I love murder docs
I say they are interesting
People nod and move on

Reality
In reality it's eerily calming
It makes me forget my issues
After all, it could be worse

Reality
In reality it's interesting
It's interesting how the killer's brain works
It's interesting how the killing
could have been prevented

It's interesting the reason
they chose to kill
To pick the victim
It's interesting how the justice system works

People will never understand
They will never understand

how it makes my mind work

Maybe it's because
When I watch their tragedies
Mine feel smaller

—98—

Letters Never Sent

I wrote to you
But the flames read it before you could
As the flames read it, the edges curled
blackened, brittle

I thought about what I wrote
memories
confessions
apologies

You will never read them
The flames read them first

The letter I never sent
sits in the fireplace
Instead of a letter
It is cinders now

My confessions
gone
My memories
gone
My apologies
gone

The letters
never sent

———9s———

Forever Was Two Months

Friends forever?
of course
we smiled
Little did we know
forever is only 2 months
Yeah
That's it
That's how long forever is

People say romantic breakups are the worst
I disagree
Friendship breakups
Those hurt
Those are gut-wrenching
Those are painful

Imagine getting into a
fight with your sibling
Then never speak again

Yeah
That's friendship breakups
Unlike romantic, its final
You and your best friend
The person you thought
would be at your wedding
Not as the bride or groom
But as your best man or maid of honor

It's hard to explain
For weeks
For months
For years after

The little things that remind you of them
Maybe it's a color
A scene
A book
A place
A actor
A movie
It can be anything
It's something you will never get over
It's an emptiness that will never heal
It never will

—98—

Caged Owl

He walks by
I keep my face blank
But
But inside my heart aches

My heart *aches*
It aches for him
His kindness
His creativity
He seems so perfect
Too perfect for me
I hide my feelings

He smiles at someone else
It hurts
A beautiful girl walks over
She kisses him
My heart shatters
I know he will never love me

I'm trapped
I'm trapped with
the love I can never share
The love I can never express
The forbidden Love
I'm like an owl in a cage
I'm so ready to fly
To express my love
I never can

I hide my feelings
I bury them
I bury them in hopes they disappear
They wont
They never will

Our love....
is just a fantasy

———95———

Silent Scars

I smiled
I laughed
I nodded

It was nothing to you
A joke
A passing comment

It stuck on me like a leech
It scarred
It hurt

It was quiet
It was quiet as it dug into me
It was silent
as it sucked away at me
It was silent how it hurt me

No one realizes
They never realize how it hurts
How a comment
A passing
A comment can hurt
Can dig someone silently

I carry it like a curse
It follows me
It follows me even when you forget
It clings to me like a leech
It is a leech no apology can remove

—98—

Cracked Mirrors

The mirror breaks me
It breaks me before I even touch it

Each crack shows a version of me
A version I have never seen
A broken version

The mirror
The mirror hurts me
It shows the bad parts of me
It accentuates my flaws
My acne
My stomach
My thighs
My hair
My flat chest
All my insecurities on display

People wonder
why my mirrors are covered
They never understand
Every time I look at a mirror
It shows the broken parts of me

Never the good parts
Do I even have good parts?
Why would I?

The mirror shows the truth
Not the lies people say
The mirror exposes the cruel truth

The mirror hurts me
It hurts me before I even touch it

——98——

Invisible Chains

They don't see the chains
They hold me back
Every step I take,
the chains pull me back 3 steps

Everyone moved on
Everyone forgot about it
Everyone forgot
the moment that holds me back

I never forgot
How can I forget
How can I forget
The moment my life changed?
I can never forget

The chains hold me back
I fight them
The cool steel wraps tighter
They pull me back

They are smooth
Mostly
They have sharp parts

When i tug to hard
When I tug to hard,
the thorns come
They are sharp on my skin

The chans are invisible
No one sees them
No one but me
They will move on
I never will.
The invisible chains hold me
The invisible chains restrain me

———98———

Ashes of Trust

You promised me the world
You lied
You left it in ashes

Betrayal
It is harsh
You trust someone
You love someone
Suddenly
SLAM
Betrayal

You never see it coming
It is slow
It burns
It leaves you in ashes
Your trust is ashes

Its like a bomb
It takes a little bit to light
When it explodes?
It leaves everything in ashes

That's what betrayal is
It's a bomb
It leaves your trust in ashes

You promised me the world
I should have known
You lied
All's that's left
Is ashes
Cold
Grey
Endless ashes
Ashes of trust

—98—

Fading Voices

A familiar laugh
echoes through my mind
I turn
Expecting you there
The room is empty
You're not there

I sigh
Why would you be there?
You were my best friend
You're gone now

You absence echos
I still hear your laugh
You're cunning remarks
I still smell your perfume
You always put way too much on

I miss you
I see you in our favorite TV shows
I still see you
I miss you

Growing apart is hard
Your presence still sticks everywhere
Your favorite books
Your favorite coffee shop

Your sock that's still at my apartment
I still haven't given it back

I still smell your perfume
It has long since faded

Your presence sticks

It echoes through my life
Is it the same for you?
I will never find out
I never will

———98———

Black Fearrii

The sky darkens
The soft
pit pat
of the rain reminds me
It reminds me of the memory

The memory comes back
Soft at first
Then harder

We were cuddling
My bed is so soft around us
He leaves little kisses on my neck
I giggle
I turn around and smile
"I love you."
I say
I had no idea
It was the last time I said that

An hour later, he stretches
"I got to go, babies."
He uses that stupid nickname
"I love you so much."
He says
He leans down, kissing me
He walks out

I decide to turn on my phone
I wish i never did
The notifications were insane
I click on one

Deadly car crash on I-95

The car description makes my heart stop
A black ferrari
It was his
It was his
It repeats in my head

Tears run down my cheek
before I even realize
A sob bubbles up
The worst noise I have ever heard
escapes my throat
My parents run in
"What happened?"
They ask
"He is dead, he's dead."
I repeat over and over

The next few weeks are
horrible
The sound of knocking on my door
pulls me out of the memory
It's my brother
"You good?"
He asks
"Yeah"
I say
That's a lie
I haven't been ok since his death
I grab my shoes, shoving them on

I walk out of my room and out of the house
It's the last time I'll ever go home

"Girl found dead
at the scene of a
deadly crash 2 months ago."

The news reporter says
They zoom in on my face
I'm gone

I'm finally with him
Finally

Shadowed Corners

Fears
Everyone has some
I have some
I hide them

I hide them
where no one looks
Where the light doesn't reach
Where I even hesitate to look

Some fears are normal
Like heights
Like Spiders
Like death

My fears whisper deep
They are deep inside me

The fears i never speak
If I speak them, what would happen

The fears i hide
I hide them so deep
Where light doesn't reach

I hide thoughts
Even from myself

Everyone has fears
Some are hidden

The girl I built

I built her
piece by piece
So no one would know me
the real me

I worked hard to build her
the me they like
the perfect me

They will never understand
Why would they?

They will never know the real me
the broken version
the weird version
the imperfect version

She is the version I pretend to be
the perfect version
the girl I pretend to be

and maybe
If I pretend long enough

I will forget
who I really am

—98—

Just to feel

I wake up
But I'm not really there
I get up
But I'm not really there

My body moves
Gets dressed
Talks

Walks

It is not me
It has not been for a while

I smile
I laugh
I giggle
I flirt

I invite men over
They come in
They touch me
They leave

They call me names
They don't understand

Just for a moment
For a fleeting moment
I *feel* something

I wish I were not like this
I desperately wish I were not
I'm broken

I lost the only good thing
The best thing in my life
My rock
I lost him

Now
I chase the feeling
In places, they are not

——98——

Fingers Sharp as Knives

They point
They always point
their fingers point
sharp as knives
their fingers
sharp
hurtful
The whispers follow
sharper than screams
louder than screams
The whispers follow me
They never leave
They sharpen with time
they point
again
and again
their fingers
sharp
like knives
that never miss

—98—

Weightless

I let it fall... and for the first time

I breathe.

The chains release me
It feels amazing
Finally
I float

The burden
The burden is gone
The weight is gone

I always felt so heavy
I never understood why
I never understood
until I let go
When I let go
When I let go,
it was amazing
I felt weightless

I was weighed down
So heavy the chains were
Chains holding me down
Finally
I found the key
That key
It freed me
Suddenly
I was weightless
Suddenly
I was floating
Finally
Free

—98—

Heartbeat Love

It lasted so short

Just a heartbeat
I still remember
I was perfect

I loved him
So fiercely
So intensely
And yet...
It lasted a heartbeat

He loved me
So fiercely
So intensely
And yet...
It lasted a heartbeat

Our love
So fierce, so bright
And yet...
It lasted a heartbeat

People ask
They wonder
We wonder too
Why did it last

just a heartbeat?
It felt like a million years
And yet...
It lasted just a heartbeat

———98———

Cracks In The Mask

Beneath the surface

I'm breaking,

piece

By

piece.

I try to keep up the façade.
Sometimes
Sometimes the real me
It slips through the cracks
Slowly

The façade cracks
The cracks
The cracks are terrifying
The real me slips through

The carefully built me
The meticulous built me
Cracks
Slowly
It cracks

I'm terrified
I'm scared
The people who
know the façade
Will they leave

If they leave
If they leave me alone
Lonely
No one will love the real me

The broken me
Its unloveable
But
But the facade?
They love it
The facade is perfect
Mature
Kind
Beautiful

They all think they know
The real me
But no one does
I barely know the real me

Hidden under many layers
Despite the layers
The deep cracks
They show the real me
Will they leave?

—98—

Echoes of Me

I reach for parts of me
I grab them
Just to have them slip
through my grasp
Like smoke

These parts of me
These parts of
me are just echoes

These parts of me
They slip away
No longer part of me
They are like smoke in the air
Gone...

These parts of me
These parts of me are just echoes
Almost gone
They echo in my head
When I try to reach for them
They slip through like smoke

These parts of me are just echoes
Echoes of me
Slipping through

like smoke
Slipping
Through
Like
Smoke

—98—

Weight Of Words

They said it was nothing
Nothing?
It was never nothing to me
It buried itself in me
Deep

That small comment
A fleeting comment
It cut through me like a
knife through butter
So smooth
Sharp
Painful
It was invisible
No one knows
No one but me

That insult?
The insult to
"Impress"
your friends
It stuck with me
It lingered
Longer than you remembered
It was not "funny."
It was a painful cut
Invisible
Invisible to others
Not me

Jokes

That's what they call it
To me?
It was a cut
Deep
Painful
It was never a joke
Why

It was an insult
masked as a joke
You thought it
would be just a
fleeting moment
It was not
It stuck
It stuck to me longer than I realized

The weight of your joke or insult
It hurts

It stuck

—98—

Paper Hearts

Handle with care
They said
You knew
But
But you didn't

My heart
So fragile
So
Fragile
My heart
Made of paper
So easy
So easy to rip

So thin

If you cared
If you cared
You would have
handled it with care
But no
You did not
You held it
Then ripped into shreds
Why?

My paper heart
So fragile
So thin
So easy to rip
My paper heart
Destroyed
My paper heart....

—98—

Threads of me

Pieces of me
Scattered
Across the floor
Scattered across

the floor of my mind.

I try to reach for them
I try
But
They slip through my fingers like smoke.

Each part of me
Pulls in a different direction.
I try
I try to hold myself together

But
I slowly unravel
With every sigh,
Every movement,
Every thought,
Every memory.

Some threads
I recognize.
Some are foreign.
Some I didn't know I had.

I gather them,
Patch them,
I try,
But they barely fit.

I look in the mirror
And only see a tapestry
With frayed edges.

A tapestry
Of broken parts,
Barely holding together,
Held together
With hope
And trembling hands.

I am a tapestry
Falling apart—
The threads of me
Falling apart.

———98———

Vanaishing Breath

I exhale
a piece of me drifts away

I with every breath
With every breath
A piece of me disappears

A piece floats away
Gone
Like smoke in the air

I'm slowly vanishing
Vanishing
But
But no one realizes
No one but me

Every movement
Another piece of me
Disappears
Poof
Gone
Like smoke in the air

I feel like this
Always
These moments
Moments when pieces of me
Chip off
Fall onto the ground

When they hit the ground
They poof
Into smoke

These moments
When pieces of me
Disappear

My vanishing breath

