



**gunshots from the inside**

December 2015

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[www.qwf.org/programs/wic](http://www.qwf.org/programs/wic)

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Memories

I'm from lying on a hammock until the night got too  
dark and the air got too cold

I'm from ballet practices and bleeding feet

I'm from gymnastics competitions and applause and  
flowers

I'm from a house where jumping on the couch was okay  
and it was never too early or too late for dessert

I'm from hearing my parents fight and watching my dad  
leave

I'm from baking cookies with my grandmother and  
putting on too much makeup with my friends

Princess

**gunshots from the inside**

**Carolynn  
Curly  
indecisive  
Princess**

Don't Forget To Breathe

Breathe,  
You don't deserve this.  
You shouldn't be the way you are.  
Breathe,  
Why are you being such a bitch?  
You're not funny.  
Breathe,  
If there's no blood it  
doesn't Hurt.  
Breathe,  
I don't understand why,  
Why he left.  
Breathe,  
Why is everyone leaving?  
Breathe,  
Stop  
Breathe,  
Don't go.  
Breathe,  
I don't...  
Breathe,  
Understand.  
Breathe,  
Don't...  
Breathe,  
Go.....please  
Breathe.

Carolynn

I'm from reading Wattpad fanfictions,  
late at night under my covers,  
Dark, After, Psychotic

I'm from "no boys allowed"  
"no drugs allowed"

I'm from f#!% it, I'm young  
I'm going to make memories  
And do what I want

I'm from dreaming of being a writer, tucking  
myself in a room away from people and  
writing my imagination down on paper

indecisive

### Where I'm From

I'm from seeing friends, sneaking out  
to explore the city at 1 AM with a boy  
I thought I was in love with

I'm from listening to PTV, SWS, BMTH, CTE,  
ADTR and Lights on long rides to escape  
to everlasting days up north

I'm from locking myself in my room, not eating  
for days, marks decorating my skin, grey  
goose, and illegal substances

I'm from slush puppies, vector bars,  
sour candies, ice caps, and  
large cheese pizzas

### Dream Interpretation

I dreamt of cuddling with James and Kyle getting  
jealous  
My mom said it must be because of all those years  
That I spent craving Kyle's attention  
My aunt believes it must be a sign that the boys  
Have been fighting over me  
Ellen congratulates me and gives me \$10,000  
Nemo and Dory tell me to just keep swimming  
'Cause there is cuter fish in the sea.

Curly

### Cliché

Each second of  
seeing your face  
was like a hazy fog

Speaking to you  
and hearing you reply  
was like summer sadness

Having those memories  
replay in my mind  
felt like a tsunami of anger.

indecisive

## Habits

I'm from sneaking out to be with boys and lying about  
where I am  
I'm from bleeding wrists and too many hospital visits  
I'm from staying up too late and flashing cars from  
overpasses  
I'm from skipping school and splitting headaches from  
taking too many pills  
I'm from falling in love with my best friend and crying  
on the phone at 2am  
I'm from listening to Pierce The Veil and having  
unhealthy friendships  
I'm from not eating and having screaming fights with  
my mom  
I'm from going to parties and not remembering  
anything  
I'm from getting drunk with friends and doing things I  
know I'll regret  
I'm from adventures in the forest and skinny-dipping on  
hot summer nights  
I'm from lying under the stars and laughing too much  
I'm from crying over boys who don't care and making  
out with my friends  
I'm from hiding hickeys and smoking too many  
cigarettes  
I'm from wishing I could go back to the summer and  
regretting things I've said

Princess

## Regret

If I could go back and relive everything we've been  
through, would I? Would he?  
If I could go back to the day four years ago when I first  
decided I was going to stop eating, I would tell myself  
it wasn't worth everything I lost  
If only I could tell myself to stop focusing on the  
number on the scale, then maybe, just maybe I would  
have saved myself a lot of pain  
I wonder how different my life would be IF I had never  
decided to pick up those cold metal blades and slide  
them across my skin  
If I had never swallowed that bottle of pills and written  
those letters, would my mom still lie awake at night  
letting worry and fear eat away at her?  
If only I had never gone to that party, never accepted  
that mysterious drink and said no to the boy who  
wouldn't stop pushing, would I still be able to trust  
people?

Princess

I am

I put the okay in forever  
The pass in compass

I am Ed Sheeran so Kiss Me  
I want to be loved  
With *La guerre des tuques*

I fly  
And swim in the deepest Great Barrier Reef

I put the pain in painting  
The sun in your bonfire

I am the tsunami so put on a raincoat  
I will wash you away  
With my awesome fresh beauty

When I sink deeper in my universe  
You won't see me with your telescope

I put the forever in forests  
The troubled in the people  
The crayons in the box  
The med in medicated  
The alright with being yourself

Carolynn

untitled haiku

Lungs of a smoker  
Beautiful night skies, those eyes  
I can't see, it's dark

indecisive

Israeli Flag

Blue like the ocean,  
White like the clouds in the sky,  
Together; Israel.

Curly

Him

His blond whitish hair  
The crystal blue eyes he had  
I miss him so much

Summer Haze

I was swaying in,  
The cool blue water, golden  
Sun rays on my face.

Smell Tsunami

His nostrils flicker,  
The smell of salt washing salt,  
Whoosh the water went...

Carolynn

Party

The minute I saw Nik appear through the thick smoke  
that filled the room,  
I completely froze.  
I didn't know what to do other than run away  
screaming and crying.  
As soon as I saw Pearson I ran into his arms and  
collapsed.  
When I felt him let me go and move me to the side, I  
was scared for what was next.  
Before I could do or say anything, I heard his fist against  
Nik's face.  
Within a few seconds, everyone's attention was on us.  
Nik just looked at me with his sarcastic smile and blew  
me a kiss as blood dripped from his mouth.

Princess

The rainstorm has passes  
My rainbow is shinning

No more earthquakes  
The skies will stay baby blue  
The world will be bright and glow like the stars in the  
sky

Curly

### Someone's always fucking dying

Old people smell and someone's dying,  
The relationship is over and someone's dying,  
I made an awesome cake and someone's dying,  
Mums butt was in my face and someone's dying.

Someone found out and people are dying,  
I feel heavy and people are dying  
Dad started crying because that someone died,  
I'm floating in water like the dying people.

Carolynn

### Summer Nights

I remember the way you used to make me feel  
I remember all the late summer nights we spent  
sneaking around under the stars  
I remember how it felt when you kissed me  
I remember the way you tasted like vodka and  
cigarettes and her  
I remember all the times we questioned the universe  
I remember the way you would never want to stop  
hugging because it never felt like enough  
I remember wanting you in every way possible there is  
to want someone  
I remember screaming, crying, the blood and how I  
convinced myself I hated you until the next time I  
tasted the sweetness of your lips  
I remember how jealous of him you were, how mad you  
were when I decided to get on a train with him and  
escape  
I remember the way you tasted when I realized I was  
never yours  
But most importantly, I remember you telling me I was  
the most important thing in your life, so why was I not  
enough?  
I'm not saying I hate you but fuck you for the way you  
made me feel

Princess

### The She's dream

She dreamt of the girls pleasuring warmth,  
The homophobic grandmother said you're a disgrace go  
get blessed,  
The cute old lady said you've got yourself a keeper,  
Mum said bring her home,  
Amnesia couldn't remember what to say,  
The interior designer said I can't wait to meet her,  
The Press didn't care  
Staff said as long as it's safe,  
Angelina Jolie tipped her head and looked away  
A confused Jane Doe said congratufuckinglations,  
Spiderman said cool but I got to go,  
Melissa said in I'm so happy for you,  
The Babadouk said Tock Tock Tock BABADOUK,  
The molly's in the tank said blub in the tank,  
The baking employee said I'm happy for you ma'am  
Emma Stone said I feel like hugging you,  
The Flash just flashed away,  
Bombing the She's mind was pleasure, confusion and  
butts.

Carolynn

### Transformation

I put the rage in outrageous  
The fear in feelings

I am only human so expect a reaction to your actions  
I will cry, I will yell and I will hide  
With the memory of your earthquake in mind

I cry causing waterfalls across the universe  
And my yells will transform the skies from blue to black

I put the darkness in the world  
The nightmares in your dreams

I am stronger than I was so don't be surprised when  
your hear me say no  
I will stand up for myself and I will love who I am  
With the strength I have gotten from life away from you

When I get out of this place, and I see you on the street  
You won't be getting kisses, no.  
All you'll get is a nod and to watch me fly away

You are no longer in my mind  
You don't have a place in my life  
This chapter is over.

I put the confidence in myself  
The self-respect in my head  
The inner beauty in my eyes

## Representin'

I'm from a time of playing hide n' seek  
Playing with the hose  
With the boys  
Across the street

I'm from frosted flakes after school,  
Aero chocolate and watermelon candies,  
While watching South Park and Ellen.

I'm from hearing YOLO, Justin Bieber,  
You can't do this, Katy Perry  
All around me like my dolls and drawings.

I'm from a place where dancing and  
Soccer was fun.  
But what your parents really  
Wanted was doctors and Mini-Mes

Carolynn

## Emotions

I am a self-destructive mess of emotions  
It turns out lit cigarettes burn after all  
Hiding a boy in your room isn't as hard as it seems  
Stop messing with my mind and get out of my life

It turns out lit cigarettes burn after all  
I should never have let him affect me so much  
Stop messing with my mind and get out of my life  
I wish we could go back to the way things were

I should have never let him affect me so much  
Hiding a boy in your room isn't as hard as it seems  
I wish we could go back to the way things were  
I am a self-destructive mess of emotions

Princess

Peek-a-boo

I opened *"you're not funny"*  
And found uncertain eyes  
I peered inside and found a green door  
Behind the door I saw daring Chihuahuas  
In the Chihuahuas I found a rude older sister  
In her were the divorce papers  
Written on the papers was hard pressing red and black  
In those stains I read giggling adultery  
I chopped that down and saw the uncertainty that ran  
in the family  
The family that I've discovered is no longer a family

Carolynn

Worth The Sunburn

An afternoon in the yelling wonderworks of La Ronde.  
All three of us are in the air I'm in the middle,  
I'm clammy, petrified, pumped up, the people on the  
bench are looking up at us.  
He yells fly and gabby pulls the cord holding us.  
I'm scared and free, I'm higher than the trees.  
I let go, see the fish in the water beneath, feel the air  
I feel pumped, too much so, I let go and swing,  
Flying through the sky like Super girl.  
We catch the hook, its over but it was amazing.  
So worth the sunburn.

Carolynn

ME

I'm from Barbie's and baby dolls  
I'm from the dancing girls  
I'm from changing my baby dolls diapers  
And wanting to be a mom  
I'm from the Jonas Brothers fan girls  
I'm from the years of loving Zac Efron  
I'm from singing Black and Yellow  
While chewing Hubba Bubba  
I'm from the hours of watching  
High School Musical  
I'm from no yelling or hitting rules.

Curly

to love me

and the way  
your love used  
to make me feel

alive, beautiful,  
free, blessed  
ecstatic

I would give anything to feel that love  
again but I don't love you  
anymore

you are nothing but a  
stranger with all of  
my secrets now

indecisive

### Lessons Learned

People aren't who they appear to be and you can't trust  
everyone

Friendships get broken and you can't trust everyone  
I won't tell anyone and you can't trust everyone

Rumors are spread and you can't trust everyone  
Scars on my legs and you can't trust everyone  
I won't do it again and you can't trust you

He lies and he cheats and you can't trust everyone  
They'll take you to the station and you can't trust  
everyone

I won't hurt you and you can't trust everyone

High school isn't that bad and you can't trust everyone  
Friends are forever and you can't trust everyone  
Basically you have to learn that you can't trust  
everyone

Curly

### Giggle What?

He kissed her like a Madness Knife  
He slithered away like a Bakery Snake  
They punched each other

The Snowman crashed in the tree like a Demented  
Snowman  
He swivelled the other way  
The crash hit him back

Blue and Red came together and made like a Pasta  
Hamster  
Red pushed Blue away like a Fog Lizard  
Red and Blue created a Purple like Lollipop Monopoly

Carolynn

### Chapters

My throat has been carved.  
I taste your acidity.  
You're always welcome.

### They Don't Lie Humans Do

You lied to me, why  
Is it still there, I feel it.  
Why do numbers lie?

Carolynn

### Stranger

I don't love you  
but I still miss you  
so much

you're in the back  
of my mind, always

the scent of your  
cologne still hides  
in the pages of Birdie

The taste of your  
lips still linger  
on mine

your goofy smile  
flashes in my  
head

your stupid jokes  
roll off of my  
tongue

I can feel the ghost  
of you holding  
me at night

I still remember the  
way you used

I'm sorry you blame me for the reasons my mom took  
me from you  
I'm sorry that "I'm the reason" you never moved to the  
U.S. to start your life  
Dear daddy,  
Our relationship hasn't gone back to "normal" since I  
told you that you're part of what got me into the  
hospital  
Dear daddy,  
Please stop crying  
I know that now you finally understand what you've put  
me through but I'm still your little girl and ill still give  
you a chance  
Dear daddy,  
I love you

Princess

### Looking Back

At my worst I lash out and I shut myself down  
A blank room means follow your parents rules  
I can sneak all the cookies with big pockets  
I told you to leave me alone but I want you to stay.

A blank room means follow your parents rules  
Friends become strangers while family stays family  
I told you to leave me alone but I want you to stay  
Be proud of who you are and think before you act.

Friends becomes strangers while family stays family  
I can sneak all the cookies with big pockets  
Be proud of who you are and think before you act  
At my worst I last out and I shut myself dOwn.

Curly

### The Pity Mirror

At my worst I'm a clown glaring in the pity mirror.  
On my knees sleeping, no talking at night to sis.  
Step. Step. Step. Walking pooh look candy. Mine.  
I don't want to see you anymore please leave.

On my knees sleeping, no talking at night to sis.  
Although he was never there he put me to bed.  
I don't want to see you anymore please leave.  
Dark hair, Dark eyes she stared at me looking sad.

Although he was never there he put me to bed.  
Step. Step. Step. Walking pooh look candy. Mine.  
Dark hair, Dark eyes she stared at me looking sad.  
At my worst I'm a clown glaring in the pity mirror.

Carolynn

### It Doesn't Hurt

He told me if there's  
Water bottle, chicken wing  
No blood it doesn't hurt.

### It Doesn't Hurt II

He said grandpa said,  
if there's no blood it doesn't  
hurt, but that's a lie.

Carolynn

Dear Daddy

Dear daddy,  
What were you thinking when you left? Were we not  
good enough for you?

How could you walk away when your innocent 5 year  
old daughter ran after you screaming "daddy don't  
go"

Dear daddy,  
How dare you come back? How could you bring me to  
another woman's house and then have me watch you  
come back to my mom as if nothing happened

Dear daddy,  
Do you think I'm stupid? Don't pretend I don't know  
what happens outside my bedroom door at night.  
After all, maybe you're the stupid one if you think I  
don't see you punch holes in the walls until you're  
now broken knuckles leave a puddle of blood on our  
floor

Dear daddy,  
You think I'm asleep when you leave the house at two  
am after a drunken fight with your girlfriend. But how  
do you expect me to sleep when I'm too scared to  
breathe

Dear daddy,  
I never thought it would get to this point  
The last thing I wanted was to be scared of you  
But at this moment I'm paralyzed with fear and all I can  
do is agree with your screaming nonsense and try not  
to puke at the smell of your breathe

Dear daddy,  
I'm sorry I didn't speak to you for five months