

Poetry Series

**rebekka bear**  
**- poems -**

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rebekka bear(4-6-96)

# Can You Fix My Heart

ok so ya  
you aggravate me  
you push my buttons  
i think  
you do it on purpose  
you lie you break promises  
and you don't bother to tell me anything until its to late  
babe i love you but if you r going to do this  
uhhhhhhhhhgggg  
i cant take it it just ticks me off so bad  
y do you do this to me i hate it  
you break my heart every time i give it to you  
should i keep it locked up in a box for the rest of my life  
or should i just keep letting you have it  
what should i do  
can you help me decide please  
should i keep letting you shatter my most prized possession  
or should i hide the broken pieces from the world  
babe you have no clue how much i love you  
how much i miss you  
you dont no understand when i say 4ever i mean it  
ok so i think ima let you have the key to the box my heart is in  
so if you want to piece it back together you can  
dont be suprised by all the little pieces  
but if you an fix i its yours forever  
I LOVE YOU

rebekka bear

# Dad

I shouldnt miss you  
But i cant help but to miss you  
You where there for me through everything  
And then one day you up and leave  
Leaving us to fend for ourselves  
Leaving mom  
It not only hurt her  
But it hurt me  
You where the one i could talk to  
The one i thought i could trust but  
Now im not so sure  
Youll always be my dad and i want you to know that  
Ill never forget you  
You where always there when i needed you  
When mom and david needed you  
Nows the time i need you most  
Since you left ive tryed to fill  
The broken parts of my heart  
But its not possable  
All i do is make it worse  
I miss you  
You where supposed to be there forever  
Like you promised  
You where supposed to watch me grow up  
See me turn 16 and 18  
you where supposed to be there when i graduated  
When i got married  
And when i had kids of my own  
I know we didnt always get along but  
Dads and daughters fight  
My biggest fear is that  
When your daughter gets here  
Your gonna forget about me  
Because shes yours and im not  
I used to think i was  
When you left i cryed  
For days i wouldnt talk to anyone  
I slept all the time  
I didnt know what was going on

I got up went to school in my pajamas  
Cryed all the time  
Because i didnt want you to go  
Loosing you took a big part of me  
A part ill probly never get back  
I try to forget  
But i will always remember  
How you used to put me to bed  
How you used to hug me everyday  
How when i wanted something all i had to do was ask  
How you used to stand up for me when me and mom fought  
I miss being able to say thats my dad  
I miss always having someone around that could help me  
Since you left everyones life has changed  
Mines gotten worse  
Moms got worse and davids too  
But they are gettin better  
David has a dad a grandma and grandpa  
Who love him  
Mom has friends to keep her sane  
But me i have noone i can talk to  
I have two true friends lizzie and bailey  
Some days i wish i was dead  
Ive cut myself  
Ive thought about suicide  
But i know how much it would hurt mom  
She lost you she couldnt loose me too  
As much as i think she doesnt need me  
She really does  
Her life without me would be destroyed  
She has a big heart  
I just wish she could find someone  
Who cares as much as she does  
To be honest and i wont ever say this out loud but  
My moms my hero  
Shes stayed strong for me and david and  
To watch her go through everything shes gone through  
Has made me a strong person  
I try not to talk about you in front of mom  
Because i know deep down it hurts her when i do  
She trys not to show it but i know its true  
I know she misses you

Ive herd her say so  
I know david misses you  
Because everytime i say your name  
He gets this little look in his eyes  
As much as you think we dont need you we do  
Well i do anyway  
I miss you so much it hurts  
And writing is the only way i can express my feelings  
About anything  
Writing is the only thing im good at  
One day im going to be published  
And i hope that when that day happens you go out and buy my book  
And i hope you read every poem or story in it  
Because ill never for get you and  
Im sure there will be something about you in it  
Because you made a big impact on my life  
You may not relize it now but you did  
I miss waking up to the smell of coffee  
And the sound of your voice  
I miss being able to say i love you dad  
But what i miss most is  
How you used to say youd always be there for me and  
Youd never leave  
Now i wish i would have never belived you  
S(he) be(lie) ve(s) s(he's) br(ok) en  
^ says she believes shes broken....he lies hes ok  
Some times i feel that believing you  
Would always be around was a stupid mistake  
But some times i hope you come back  
I will always love you  
You will always be my dad even if your not my real dad  
Because you where a dad when mine wasnt  
And i want to thank you for that  
I miss you and i love you and i just had to tell you  
How i really feel about you leaving  
And i hope you have a good time with your new daughter  
And i hope one day ill see you again  
And maybe get to meet her  
It would be nice to meet my (little sister)  
Well thats all i have to say  
Stay safe be strong ik ill try my hardest to  
Love you GOODBYE

rebekka bear

# Do You Love Me?

Do you love me  
do you love you  
do you know me  
do I you no you  
what do you see when you look at me  
what do I see when look at you  
can you see my pain and secret thoughts I hide  
do u see my pain down deep inside  
when I look at you I see your pain  
I see your secret thoughts  
I see all the pain you try to hide way down deep inside  
why would you hide your pain from me  
I can see your in pain when you say someone's name in vain  
do you know how it feels to feel the pain of another  
it hurts you inside  
its another secret you have to hide  
I hope you see my pain  
when I say your name in vain  
how can I hide my pain so no one knows  
but maybe your one of those  
one of the ones who can see my pain  
someone who loves me  
so how could you hide your pain from me  
why should I hide my pain from you  
do you see my pain  
do I see your pain when we say the names in vain  
do you love me  
I need to know  
because I love you so! !

rebekka bear

# Everyday

Everyday I think of you  
I miss you  
I wish you were still here  
Why did you have to die  
Why that day  
Why so young  
I wish it was me  
Everyday i cry  
Every time i close my eyes  
I see you  
I love you  
I miss you  
I wish i could have seen you grow up  
I wish you could have seen how ive grown  
How we all have grown  
Everyday i think of you  
Cry for you  
and live with the memories  
You left behind  
Everyday lasts so long without you here  
I cant do normal stuff because of you  
Everyday i think of you  
and every time i do i cry  
When i close my eyes i hear you scream  
I see your moms face  
How sad she was  
Everyday i pray for you  
Every night when i try to sleep  
I dream of you  
I wake up screaming and crying  
Why you why then  
Everyday I miss you  
and some day i'll be with you

rebekka bear

# Feel Like Letting Go

Feel like letting go  
I feel like just letting go  
letting no one else in  
letting my world crumble around me  
but is that possible or  
do I just have to keep living life the way I was before  
a trapped life where I never got to do anything with anyone or  
can i just disappear into the world around me never to return  
lost in one moment for the remainder of my life  
trapped with nothing and no one  
just alone in this world  
how would you feel if your life  
felt like the world was crumbling around you  
would you be scared of what you would loose  
or would you be happy from what you would have gained  
do your understand your not the only one that feels this way  
there are several people in this world that feel the same way  
that you do and your not the only one  
some times you jut have to break out of your shell  
and let loose be yourself  
don't let others define who you are  
don't trust anyone with your life  
it's yours and you may never relize  
how fast someone can take all your happiness  
and all pretty much your whole life  
and flip it upside down

rebekka bear

# Fighting Tears

Fighting Tears back  
All i wanna do is cry  
But you cant see me like that  
You cant watch me slowly die  
So i fake a smile and go along my way  
Nothing left to do  
Nothing left to say  
All alone just me in this world  
Whos here to help me through my pain??  
Not you.... Thats for sure

rebekka bear

# Forever And Always

When you say forever and always  
What do you really mean  
Do you mean  
I leave u as soon as someone new comes  
Does It mean  
You'll stay till the day I die  
Does It mean  
I love you  
Or  
I will always pick her over you  
Forever and always  
Such a long time  
It never lasts how long you think It will  
I dont ever want to hear the words  
forever and always come from you lips  
I can hear your voice say It I my head  
I can see your handsome face close to mine  
When I thin about forever and always  
I just want to cry  
B/c you said forever and always  
It lasted a week or so  
None else can say that to me  
I wont let them  
My forevever and always  
Is with you not him  
I want you forever and always  
B/c I told you I would never lie to you  
So i'm not lying  
All this Is Is the truth  
So I will love you forever and always  
I promise so when you change your mind  
And want to be with me  
Ill be here waiting for you  
When you want me I will be here for you  
When you ask for help  
I will be there  
forever and always  
I will be there  
I love you so much

And I will forever and always

rebekka bear

## Forever... Ill Love You

i love the way you cal me sweet names  
and how you make me bite my lip when we talk  
i love your smile  
the way you brighten up my day  
i love how your the 1st one i talk to in the morning  
and the last person i talk to at night  
i love you now as i have from the moment our eyes 1st met  
and ill love you forever with all of my heart

rebekka bear

# Guardian Angle

She sees that you're in pain and she wants to help  
She knows about all your troubles  
She sees you everytime you're happy and everytime you're sad  
You never know when she's watching  
She is always there she is the sun  
That brightens up each day  
And the stars that shine at night  
She is the wind beneath your wings  
She is the cool summer breeze  
She is always with you  
No matter how hard that seems  
She's right there in your heart  
And always on your mind  
She's always there beside you  
To support you  
To take care of you  
She is your guardian angle  
You are her life now  
She is in a better place  
But don't worry one day you'll see her again

rebekka bear

# Haunted By You

im haunted by the thought of you  
my dreams yuo have distroyed  
sitting in a puddle of blood  
wrist cut wide open  
heart filled with pure hatered  
leaving  
deceving  
haunting my every thought  
i cant get your voice out of my head  
you like to break down my every happy thought and turns it into an evil one  
you like to destroy everything i love  
you like to put me through pain  
its like in you mind my pain is something funny  
well your sick and you need to quit haunting my thoughts

rebekka bear

# He Broke Me

he breaks and shatters me  
he hurts me  
he says he loves me  
he said he'd never hurt me  
and i believed him  
but i never found what was true  
i only heard the lies  
so he said he loved me then his friends didn't  
so whats he do he picks them over you  
he said he wanted me  
that i made him happy  
he said we'd be together forever  
he said he could fix my heart  
then he shatter it even worse  
he said he would always be there  
and then he leaves  
and the one thing he never mentions was the thing i never wanted to hear  
its that he loves her more than me  
but the part you think could never happen to you always happens  
you always believe all the lies and i no this b/c i was you once

rebekka bear

# Help

she is in pain no one cares  
they only like her for her looks  
they hate her for her personality  
they hurt her call her names  
ya she looks tough  
but what you don't know is that she hates the pain u cause  
she cry's b/c you hurt her and don't even relies what u did  
the only thing that could help would be you help be nice to her  
then maybe shell be nice to you  
ya shes loud  
she cant help it  
she just wants some friends come on now help her out

rebekka bear

# Hi, Mommy

Hi, mommy  
Im your baby  
You dont know about me yet,  
Im only a few weeks old  
Your going to find out abOut me soon,  
Though, i promise  
Let me tell you somethings about me  
My name is Angel  
And im a girl  
And ive got beautiful brown eyes and black hair  
Well i dont have it yet  
But i will when im born  
Im going to be your only child  
And youll call me your one and only  
Im going to grow up without a daddy mostly  
But we have each other  
We'll help each other and love each other  
I want to be a doctor when i grow up  
You found out about me today, Mommy!  
You where so excited  
You couldnt wait to tell everyone  
All you could do all day was smile  
And life was perfect  
You have a beautiful smile, mommy  
It will be the first face i will see in my life  
And it will be the best thing i see in my life  
I know it already  
Today was the day you told daddy  
You where so excited to tell him about me  
He wasnt happy mommy  
He kinda got angry  
I dont think that you noticed but he did  
He started to talk something called wedlock  
And money and bills and other stuff  
I dont think i understand yet  
You were still happy though  
So it was ok  
Then he did something scary mommy  
He hit you

I could feel you fall backwards  
And your hands flying up to protect me  
I was okbut very sad for you  
You where crying then mommy  
Thats a sound i dont like  
It doesnt make me feel good  
It made me cry too  
He said sorry after  
And he hugged you again  
You forgave him mommy  
But im not sure if i do  
It wasnt right  
Yu say he loves you  
Why would he hurt you  
I dont like it mommy  
Finally you can see me  
Your stomach is a little bit bigger  
And your so proud of me  
You went out with your mommy  
To buy new clothes  
And you where so so so happy  
You sing to me too  
You have the most beautiful voice in the whole wide world  
When you sing is when im happiest  
And you talk to me  
And i feel safe  
So safe  
You just wait and see mommy  
When i am born i will be perfect just for you  
I will make you proud  
And i will love you with all my heart  
I can move my hands an feet now mommy  
I do it because you put your hands on your belly to feel me  
And i giggle  
You giggle too  
I love you mommy  
Daddy came to see you today mommy  
I got really scared  
He was acting funny  
And he wasnt talking right  
He said he didnt want you  
I dont know why

But thats what he said  
And he hit you again  
I got angry mommy  
When i grow up i promise i wont let you get hurt  
I promise to protect you  
Daddy is bad  
I dont care if you think hes a good person  
I think hes bad  
But he hit you  
And he said he didnt want us  
He doesnt like me  
Why doesnt he like me mommy  
You didnt talk to me tonight mommy  
Is everything ok  
Its been 3 days since you saw daddy  
You havent talked to me  
Or touched me or anything since that  
Dont you still love me mommy  
I still love you  
I think you feel sad  
The only time i feel you is when you sleep  
You sleep funny  
Kind of curled up on your side  
And you hug me with your arms  
And i feel safe and warm again  
Why dont you do that when your awake anymore  
Im 21 weeks old today mommy  
Arent you proud of me  
We're going somewhere today  
And its somewhere new  
Im excited  
It looks like a hospital too  
I want to be a doctor when i grow up mommy  
Did i tell you that  
I hope your as excited as i am  
I cant wait  
Mommy.....  
Im getting scared  
Your heart is still beating  
But i dont know what you are thinking  
The doctor is talking to you  
I think somethings going to happen soon

Im really really scared mommy  
Please tell me you love me  
Then i will feel safe again  
I love you mommy  
What are they doing to me  
It hurts!  
Please Make them stop  
It feels bad please mommy  
Please please help me  
Make them stop  
Dont worry mommy im safe  
Im in heaven with the angels now  
They told me what you did  
And they said its called an abortion  
Why mommy  
Why did you do it  
Dont you love me anymore  
Why did you get rid of me  
Im really really really sorry if i did something wrong mommy  
I love you mommy  
I love you with all of my heart  
Why dont you love me  
What did i do to deserve what they did to me  
I want to live mommy i want to smile  
And watch the clouds  
And see your face  
And grow up and be a doctor  
I dont want to be here  
I want you to love me again  
Im really really really sorry if i did something wrong  
I love you  
I love you mommy  
Every abortion is just....  
One more heart stopped  
Two more eyes that will never see  
Two more hand that will never touch  
Two more legs that will never run  
One more mouth that will never speak

rebekka bear

# How Can You Know Them

how could you know someone  
when they dont even know themselves  
how can you see what they are  
when they dont even know

when they cant seem to find who has there heart  
when they cant even think for themselves  
when they just dont care anymore  
how can you know someone  
who has faced all there fears cried all there tears

someone who hides everything and when you look in their eyes  
they look like they are always trying not to cry  
when all they have left is the feeling of lost and abandonment the feeling of no  
return  
when they cant even ask you whats wrong  
when they absolutely know that something is wrong

how they cant seem to tell the complete truth  
how they cant seem to make there words come out rite  
when they make fun of others to help their own insecurity's  
when all they can do is hit and abuse people and that's all

they want all they ever want to do is talk  
never about themselves only about everyone else and  
if the person you think you no is always searching for something  
try to find out what it is try to ask

whats wrong and if they say nothing  
then you shouldn't ask them again the next day  
just leave them alone for a while let them collect their thoughts  
let them just be them and then  
only then can they find themselves and let you in

rebekka bear

# Hurt

why do you put her through pain  
she loves you so much  
she wants to be with you forever  
she loved you  
you hurt her  
she wanted you  
you ignored her  
she flirted with you  
you just laughed at her  
she needed you  
you left her  
she kissed you  
you smacked her  
she trusted you  
you broke that trust  
she loves you  
you just wanna be friends  
so yet again i ask why must you put her through the pain  
she loves you  
why do you hurt her  
she needs you  
why would you leave her  
she wanted you  
and you wanted someone else  
when she flirted with you  
why did you laugh  
when she kissed you  
why did you smack her  
don't ever lay a hand on her again  
she is not a piece of meat  
she can do way better than you  
but you are the one she wants from now till forever  
so please just open your eyes and look  
look at the beautiful girl in front of you  
she wants you even though  
she knows she could do way better  
and you know she can do way better  
so open your eyes and please stop her pain

rebekka bear

# I Love The Way You...

i love you  
i love the way you smile  
i love the way you laugh  
i love the way you star into my eyes  
i love the sound of your voice  
i love when the first thing i see in the morning is your face  
i love the way we text little kisses  
i love the way you call me sweet names  
i love the way you say i love you  
i love how i cant see you but i no how you feel  
i love you with all my heart  
i hope this feeling lasts forever

rebekka bear

# I See

I see us walking holding hands  
A kiss here nd there  
I see u saying I love you  
Ur beautiful  
Ur warm smile  
I feel the warmth of ur body when you hug me  
I see how u feel when I look In ur eyes  
I see u love me  
Ull never leave me  
Trust you  
Plzz dont break tht trust  
Uve given u the key to my heart  
Plzz dont lose It  
If u lose It u lose me  
I wnt to tll u how long Ive felt this way  
But Its hard nd now all I have to sy Is  
I love you nd Ill see u soon

rebekka bear

# I Want To...

i want to break him  
the way he did me  
i want him to go through everything  
he put me through  
all the pain  
all the love  
all he tears  
i want to punch you  
till you bleed  
i want to kick you  
i want you to love me for me  
not for her  
i want you to stop playing games  
because if you wanna play games with me  
haha you got another thing coming  
you no just as wel as i do  
i can play the game better than  
any man an woman any one  
i love you  
i want you in my life  
i don't wanna lose you  
but if your going to act like this  
than i dont want you in my like  
all you do is play with my heart  
hurt me bruise me kill me inside  
i love you  
i want you to love me to

rebekka bear

# Its Finished Now No More Pain

its finished now  
there are no more feelings of being alone  
no more feelings of being helpless  
everyone is happy now  
happy to be alive happy to be living in the present  
noone is scared of anything anymore  
isnt it strange how almost loosing the ones you love can change everything  
isnt it amazing that after everything you have been through  
he still gives you butterflys  
dont you love how it feels to be back in his arms  
safe and warm  
never wanting to let go  
the world is quiet its time to sleep  
nothing bad can happen he is there to keep you safe

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# Just To Different

who are you to say i cant  
who are you to say what i am  
i am who i am if you dont like it  
get out of my life  
because your not worth it  
your not worth the tears  
your not worth me waitin years  
you are noone to me  
just like i am to you  
we are strangers  
why should i listen to anything you have to say  
thats write i shouldnt  
and i wont  
im noone to you and your noone to me  
we are just too different for anything to be

rebekka bear

# Let It Out! ! !

How can you sit there say your fine and nothing's wrong  
When clearly there is something wrong  
You think if you don't talk about it it will go away  
But trust me it will sit and eat at you until one day you explode  
You can't keep yourself hidden from the world forever  
One day you will need to adventure out try new things  
Try to trust more people  
Tell your friends what's bothering you when they ask  
Don't keep it in because when you do finally snap  
You may lose everyone important to you  
And if that happens you will never be the same  
You will feel even more lost  
You will hide yourself from the world  
For fear that you can trust no one and  
You'll fear that no one will love you for who you are  
You'll lie to everyone  
You'll never tell the truth  
You'll just never be the same

rebekka bear

# Love Story

love story  
love story  
oh so sad  
love story  
love story  
almost always ends bad  
love story  
love story  
tell me the truth  
love story  
love story  
i never want it to end  
love story  
love story  
please be my friend  
love story  
love story  
ill love u till the end  
love story  
love story  
dont end in tears  
love story  
love story  
dont end for years

rebekka bear

# Mentality

when you talk  
i hear your words  
but i don't know what to say  
when you look at me  
i see your eyes  
they peer deep into my soul  
when you kiss me  
i feel your lips  
but there isn't any passion or any sparks  
these words i say  
you'll never hear  
because of all my fear  
i cant tell you  
i love you  
i cant tell you  
i need you  
because none of it is true  
you tell me you love me  
you say 'it'll be okay'  
but i'm not sure it will be  
my head says one thing  
my heart another  
and at this moment  
its my head i'm listening to  
because its the one  
that wants you  
my heart just  
wants me to let you go  
but if i let you go  
i wont have anyone  
that loves me  
because i wont have you  
and if i lost you i wouldn't know what to do  
i feel that at this moment you are my lifeline  
if i lost you my life would end  
so tragic but true  
all because i don't love you

rebekka bear

# My Little Baby Angle

who would you have been if you would have lived?  
would you be a beautiful baby girl or a handsome young man  
would you grow up and be strong stay close to mom  
i wonder about you how life would be if you were here  
your my sweet little angle and i want you to know i didnt chose to let you go  
i wanted to keep you its not my fault at all  
its just the way god wanted  
you were only alive a few weeks but i still loved you like ive known you for  
years  
i hope one day to see you again  
believe me if i had a choice you would be here with me  
but mommys got problems with her body i hope you understand that  
i couldnt care for you and give you what you needed: (  
i miss you so much youll always be in my memories

rebekka bear

# My Own Little World

help me get out of this nightmare  
im trapped in my own little world  
its scary in here  
terrified of whats gonna happen  
alone in this world  
noone else knows how it feels  
broken beaten left and alone  
in my world this is all ive ever felt  
i will never have a happily ever after  
i will live til i die  
i will sit and cry  
i will be trapped in my world  
with noone but me myself and i  
alone with my bloody wrist  
drip drip drip  
it hits the empty ground  
noone to save me  
noone around  
i am trapped in my own little world  
and noone can save me here  
im all alone in this world of my own  
with the blood coming out fast  
i hope i get out fast

rebekka bear

# Needles

It feels like a thousand needles  
stabbing me  
not wanting to  
release my heart  
my chest about to collapse  
the tolerance for the pain  
I've given up  
there is no more  
I feel like you are repeatedly  
stabbing me in the chest  
not letting my heart beat any longer  
it hurts to know  
what we used to have  
it hurts to remember  
it feels like forgetting  
has to be the best thing  
for me right now  
but I just can't bring myself  
to up and forget about you  
so until I do  
I'll just have to endure the pain  
what hurts me  
makes me stronger  
and when something doesn't hurt  
either I'm stronger than I thought  
or it wasn't supposed to be

rebekka bear

# No One To Love

She can't breath  
He holds her down  
Rapes her  
Beats her  
She tells her mom  
She doesn't believe her  
She says shes lieing for the attention  
She says she just wants to start drama  
Her life changed after that day  
She became a loner  
She hated everyone  
She trusted no one  
Her and her mother always fought  
She started to cut herself  
Blame herself for everything  
She lied to her mom about the cuts  
Said they where an accident  
All she wanted was for someone to believe in her  
Someone to love her  
Someone who wont hurt her  
She wants to be pain free for once in her life  
She hates people  
She can trust no one  
Help her  
Give her someone to love  
Someone who believes her  
Someone she can trust  
Someone who is always gonna be there for her  
Thats what she needs rite now  
She needs to feel safe

rebekka bear

# Perfect

He's easy to fall in love with, dont u relize that? His eyes... There beautiful and remind me of a puppy. He acts sweet, he makes u laugh. He makes u think he's living life fully. I've seen it happen. I don't get why u want to date him now when u like him because u know deep down inside you'll fall farther than you planned and you won't be able to escape. Why do u want to date someone who you know is bad and a cheater, who you know is so easily lovable? He's dangerous...

rebekka bear

# She Cries

She cries everyday  
She has been broken and bruised  
She gets beaten and neglected  
She cries over her lost love  
Over her grades and her school work  
She cries for abused children  
She wants to help the world  
She wants to change her life  
But she cant change b/c none will give her a chance  
She cries herself to sleep almost every night  
She dies a lil inside everyday  
She tries to stop  
She tries to ignore the pain  
She tries to ignore everyone and everything  
She helps her friend with there problems  
They never notice how she feels  
She goes home and cries  
She really wants everyone to know how she feels  
But none ever does  
So she hides her tears  
She wants to tell you  
But shes scared of what you'll think of her  
Plzz help her stop crying b/c she really needs you

rebekka bear

# Sisters

a sister is there to help you when you fall  
they help with break ups nd lost friends  
thy help with school nd work  
my sister is always there for me even when shes mad at me  
she helps me weather we r close together or far apart  
no matter wat i do i no shell always be there  
as long as i dont hurt her  
then i hope she will always be there  
she is my sister nd i love her the way she makes me smile  
nd the way she lets me go with her nd her friends around every where  
im going to mis my sister when i leave  
ya we fight ya we dont tlk softly  
but shes y sister and ill love her till the end

rebekka bear

# Stay Strong

Everyday goes by so fast when im with you  
and when im not im your arms the days feel like a life time  
i love you and never wanted you to leave  
i miss you every second of everyday  
when your away for a long time i feel lost  
like a part of me just left and has yet to return  
this is why i call, text, and email you every day  
it shows you that the part of you you left behind (your heart) is still here  
and will be it also shows that i love you  
and that i need the part of me you took (my heart) to come back safe with you  
soon  
so never forget i love you i miss you stay safe and ill keep your heart in a safe  
place  
as long as you do the same with mine  
never forget the ones you love and the ones who love you

rebekka bear

# Step Father

i told you every thing  
i trusted you with my life  
i hoped you could save me  
but soon after it ended my life  
all the tears you see come down  
all the time i sit and frown  
all the days i thought noone cared  
all the nights i lay awake hoping you'd return  
you left after 12 years  
do you no how bad that crushed me  
i wish you could see how much you hurt me  
how sad and screwed up i actually am  
you where supposed to always be there  
you where never supposed to leave  
i want you to know you will always be my dad  
and nothing will change that  
but i dont know if i can trust you any longer

rebekka bear

# Stop The Pain

crying deep inside trying to hide her pain  
why cant she see she is loved by so many  
why cant she see that shes pretty and smart  
she cant see anything  
she only believes the lies  
he tells her  
never the truth  
how can she be free from pain  
when all he does is lie  
she works so hard  
for nothing at all  
he takes her love for granted  
he breaks her and shatters her  
he makes her feel worthless  
why cant he see  
the only reason she is with him still  
is because of how much she loves him  
after he beats her and her kids  
she still loves him  
she has always loved him  
she always will love him  
but love shouldn't hurt that bad  
none should have to go through the pain  
she has gone through  
and all that pain is because of you  
are you happy you break her  
make her cry  
do you like to see her bleed  
do u want her to die  
please don't hurt her anymore  
please just let her live her life  
with no pain  
no sorrow  
no worries  
i no she loves you  
i no you think you love her  
but if you hurt her like that  
you have no clue what love is

this is to anyone who has been hurt by someone they love  
i love you all

rebekka bear

# Thank You For The Good Times

talking to you makes me remember our first kiss  
the first time i looked into your eyes  
the time i thought we would be together forever  
all the good times we had together  
the stupid way you could always make me laugh  
how you where always there when i needed you  
even if we where fighting  
the way you looked in the moon light  
the way your family was always so nice  
your thoughtfulness and how you hardly ever made me cry  
the way i missed you when you where not around  
even when you hated me i still loved you  
even if i got sick of your crap i needed you there  
im glad your still my friend after all we've been through  
and just remember im always here for you  
in times of happy  
in times of sad  
if you need to talk ill always be here

rebekka bear

# The First Kiss

the first kiss is it the best or do they get better?  
and can you ever forget your first kiss?  
you no the feeling of butterflies in the pit of you stomach the first kiss can also  
come as a shock  
i would think that would be something people remember forever  
the warm fuzzy feeling the lasts for hours on end  
the happy feeling you never want to let go of  
thats the feeling im talking about so just remember to enjoy your first kiss  
because it can stay with you forever

rebekka bear

# The Lieing And Cheating

The lieing the cheating  
The not talking to u for days  
Hearing u say I love you over and over  
Knowing you never mean the words you say  
Missing me  
missing you  
it's hard to do  
The thoughts of you  
Lieing to me  
The memories  
we've shared  
I'll miss it all  
its true  
But I love you  
You may not think  
it's true  
You may no believe  
The words i say  
But everything I say  
to you  
Everything I've ever said  
to you  
It's all been true  
When I said forever and always  
I ment it  
When u said forever and always  
You ment til I found someone better  
And so i guess all i have to say  
Is forget you  
And have a nice day

rebekka bear

# The Phrase I Love You

i love you is a word we hear alot  
a lot of people say they love you  
then say not in that way  
i love you is a strong phrase  
that i can't stand to hear  
b/c you said i loved you once

and now you've disapeared  
they've taken you away from me  
they've broken our love  
never again will i love  
b/c u are my one love

the 1st love i've ever had  
the love i can't let go of  
the one i want to be with  
the voice i hear at night  
the one i'm never gonna get over  
so now you no why i love you is such a strong phase

rebekka bear

# These Days Without You

These days without you I can't stand  
My days drag on my nights even longer  
My life slowly floating down a stream of water  
Like a raft just waiting to be popped  
Entering a waterfall  
Falling lower and lower to the ground  
The empty feeling you left behind  
Is filling up my entire body  
Slowly makin me fade away  
Out of this world  
Into a deep dark place  
Nothing left but the empty body  
Yes it looks like im still alive  
But the truth is that  
My heart and soul have been destroyed  
And no longer exist  
They where ripped out and  
Cut up  
Slashed and  
Scraped  
Nothing left  
You set them on fire  
As i watched them burn  
I saw you walking away  
Nothing left of you  
Nothing left of us  
All alone i stand  
Just an empty body  
Full of sorrow and pain

rebekka bear

# Think

So you think you no me  
Well you dont  
The truth is i dont evern no me  
so there is no way you could  
nobody knows who they are  
or who they appear to be in anothers eyes  
noone really knows  
not you and not me  
because we are what the world makes us

we act the way we do because of the world, tv, and music  
tv empowers our lives  
who cares whats poppular  
dare to dream  
be different  
nobody has the rite to judge anyone else  
and yes i no we all still do judge each other  
the weird thing about it though is that  
we dont even have the right to judge ourselves  
we are who we are

people should like us for who we are  
not what we wear  
how we act  
or how we look  
dont change because someone told you to  
change because YOU want to  
and if you dont want to  
stay just the way you are  
because someday someone some where will love you just the way you are

rebekka bear

# Tired Of Not Being Me

Tired of being compared to everyone else  
Tired of never being good enough  
So sick of being hated for something I am and loved for what I'm not  
I'm sick of coming last  
So now I'm putting myself 1st  
I'm not going to waste a single second of my life trying to please anyone else  
Why bother wasting my time on them when  
I have to face my own fears and fight my own battles  
I can't do everything for everyone  
I can't make everyone happy even though I try or used to try  
Because now my life is about me  
Yes it may sound self centered  
But when you think about it I have lived my life trying to please everyone else  
I'm sick of playing games  
Sick of pretending to be something I'm not  
I'm sick of hiding behind this mask  
So I give up now  
Its time to take a stand  
Time to be my own person  
Take my own hand  
No longer trying to please anyone but me

rebekka bear

# To My 1st Love

I miss you  
I wish i would have never broken up with you  
The day i did that  
I made a big mistake  
I wish i couod take it all back  
Now i relize you where the one for me  
But i relized that to late  
I wish i could have kept  
My emotions locked up inside  
Because i really did and still do  
Love you  
You where my heart  
My breath  
My life  
My whole world  
If only i would have been smart enough  
To relize this before  
I do know now that  
We will be friends till the end  
And if you ever need  
Anything or anyone  
Dont hesatate to ask  
Im always here like i told you before  
When i promised id never leave you  
I ment it i still havent left you  
Im still right here waiting for you  
Waiting for the day you relize  
How much u truely mean to me  
The day you understand  
That my world still revolves around you  
And always will  
I miss ur smile  
Ur laugh  
Ur sweet gental kiss  
I miss ur hugs  
The way we used to joke around  
I miss everything about you  
About us  
I know that we will probly never be together again

But i love you  
I cherish you  
I need you  
Im so glad you forgave me for  
Everything ive done to you  
And even though i dont see why  
You did  
Im really thankful ur my best friend  
We have been through so much  
We have had fights and break ups  
Kisses and make ups  
I miss how you always knew  
When something was wrong  
I love how even though ive changed  
You still know everything about me  
I love that if i need you  
I know you'll always be there  
I miss being able to call you mine  
I miss our late night phone calls  
I miss everything we used to be  
I miss you and me  
I miss being able to see the love in your eyes  
I miss the feel of your lips against mine  
I miss how we used to text  
And flirt  
Ive tried to forget about you but its to hard  
Ive tried to be mad at you  
But then i just get mad at myself  
Because im mad at you for something you didnt do  
But the thing i miss most of all is the way our hands fit perfectly together  
I hope one day we could be together again  
I hope one day  
You'll show me your love is true  
I hope that when you relize what  
Ive relized  
That youll know exactly how i feel  
I feel your pain weather you want  
Me to or not  
Its not your choice its who i am  
And even though sometimes i may be a bother  
I want you to know im always here  
Forever and always like i promised

You where no you are my world  
Till the last day of my life  
You never forget you first true love  
So ill never forget you  
Your always on my mind  
Even when it hurts me the most  
I hate to admit it but i  
Get so jelouse when you talk about other girls  
Because i want you to be mine  
Forever but i screwed that up  
And i know you probly dont trust me but  
One day i hope you will again  
I know your always wondering why  
I did what i did  
Well the truth is  
Im scared  
Scared that if i tell you im falling for you  
You wont catch me  
Scared that if i tell you everything thats happened  
Youll think im crazy  
Scare that if i stayed with you  
Someday you were gonna find someone better  
Someone cuter smarter and  
Most of all iom scared to love  
Because every person ive ever loved has hurt me  
My heart is in pieces  
And you dont deserve that  
You deserve someone who  
Has a good heart  
Someone who can talk about there feelings  
Someone who can just be themselves around you  
What im trying to say is  
That the fact that my heart  
Is cut up into pieces  
And has been beat and slashed  
Scraped and stabbed  
It has been set a blaze  
Because of all i go thorough evryday  
Im trying to say you deserve better  
You deserve way better  
And i was scared that one day you where gonna find  
That better person

And she wouldnt be me  
When it comes down to it  
It simple and true  
Im scared of love  
Not of being with you  
If i could take back every bad/ hateful / mean thing  
i everr said to you  
I would because without you my life feels empty  
My days drag on  
At night i cry  
I wake up thinking of you sometimes with a tear in my eye  
Try to tell me im lieing  
Time and time again i try to tell  
You how i really feel but it never happens  
I know you didnt want a long old poem  
I know i hurt you  
I wish i could take it back  
I wish we where still together  
But now you with her  
Im glad your happy  
Im glad your better  
I hope one day ill change just like you  
I really admire you  
And i when i promise you something  
You know ill never breake that promise

this is dedicated to my 1st love he knows who he is and he will always be in my heart and i will always love him and yes he is my best friend

rebekka bear

# True Love

he found her shattered into a million pieces

they hung out all the time

they fell in love

Boy: will you go out with me

Girl: yes

they went out a year later the girl found out she had cancer

Girl: i don't no how to tell you this

Boy: whats wrong

Girl: i have cancer

Boy: i have something to tell you

Girl: what?

Boy: i have cancer too

a few days go by

Boy: WILL YOU MARRY ME

Girl: yes i will

they got married it was the most beautiful wedding

on their honey moon they both passed away laying rite next to each other

she had a note from him and he had a note from her

Boy's note: i will love you even after i die

Girls note: i will always love you though thick and thin and through life and death

they where berried rite beside each other so they will be together forever

rebekka bear

# What Do You See When You Look Into The Sky

when you look up at the sky  
what do you see  
do you see what used to be  
do you see me  
do you see that everythings changed  
or do you see everthings still the same  
when i look up at the sky  
i see what used to be  
i see you and me  
i see that everything has changed  
and that nothing will ever be the same

rebekka bear

# What If Its True

Message body What if it's true  
What would they think  
What would they say  
How would he take it  
Trapped by my mind full of questions  
Yet to figure out how to escape  
Want no needing to know the truth  
The truth will help the decisions easier  
But how will he take it  
Will he be happy or sad  
Depressed or mad  
What about when he finds out it's no his  
How could I tell him  
Would he up and leave me with no one  
And nothing or  
Would he stay and work things out  
Where would I go when the truth comes out  
I won't have a home  
A job or a car  
I will have nothing but the clothes on my back  
The day I find out the truth will be the day my whole life changes

rebekka bear

# Why

why did he say he loved me  
when he was with her  
why wont he talk to me  
i told him how i felt  
he said he felt the same  
but i should i believe that  
yes?  
no?  
maybe?  
i think if he breaks up with her  
i would be able to believe him  
i love him  
he says he loves me  
i hope i dont screw it up

rebekka bear

# Why Does He Love Me?

why does he love me?  
i'm ugly  
i need to be hidden from the world  
locked in a room  
or in a dark place  
why does he love me  
why is he sill with her  
i want him allfor myself  
i dont wanna share the love of my life  
with her  
hes mine he loves me  
i love him thts how its been  
thts how it will be  
afteri breake ur face  
for trying to steal my love  
go find ur own  
he is taken  
call me ugly  
idc call him ny thing  
lets go for a walk  
on this walk ill give u a hint  
ur going to need an ambulance  
cuz i will break ur fae if u touch  
or even talk to him  
nd ya i no i sound crazy  
but u no if i was cheating  
nd he found out there would be blood shed too  
so back off my man  
be4 i have to break ur face  
ya im ugly  
ya i need to be hidden from the world  
but if he loves me he wont care  
he will be there throu thick nd thin  
throu laughter nd tears  
from now until 4ever

rebekka bear

# You Dont Love Me Anymore

all the thoughts of you stuck in my head  
all the memories of you left in my bed  
all the places we have been  
all the fights we got in  
after all of this you leaving me alone  
all the broken pieces left all alone  
all the pain and the heartbreak  
i have to regain the strenght  
as i go through all of this i cant help but think  
about how much you mean to me and how much i love you  
ive loved you since the begining and way past the end  
all the love i once knew faded black when i left you  
all the broken fallen tears that have left through the years  
tahy are nothing compared to the feelin that you dont love me anymore

rebekka bear