

Poetry Series

Theresa Dunn
- poems -

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Theresa Dunn(10/20/1974)

Mother of 3 that suffers from Depression and Anxiety

Broken

You broke me in pieces all over the place, then make me feel like an utter disgrace. You're mad at the world and take it out on me, breaking down with each hateful word that you say you don't mean. I'll never be fixed because you say I'm not worth it, but you're so wrong you don't even deserve it. If I wasn't worth it, God wouldn't have made me a mother, so sorry I'm such a bother. No respect for me, you have none, but it's only you that's undone. A crappy example you are for your son to see, but he's better than you, he's also a part of me. Not all bad, I have a good heart, unfortunately yours is cold and sad.

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Theresa Dunn

Butterfly

Butterfly where are you at? The weather is getting warmer, hopefully I'll see you when I turn the corner. With your wings so big and bright, You look like an angel taking flight. You remind me of loved one's passed, like my Grandmother who is gone. I put a blue butterfly barrett in her pocket and I have never forgotten. I love you butterfly your my favorite so pure and majestic. You remind me of hope and fairy tales, like a boat in the ocean with the wind blowing in its sails. I will never forget you as long as you fly, You are my favorite my butterfly.

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Dad

Hello Jack, I am Theresa your daughter nice to meet ya. I know we just know each other's name. I would like to know more about you and you the same. So let's start a question 's your favorite color? Mine is Blue, I love Country music and Pizza to. Another question I have to ask its a doozy, but I'll ask its fast. Why didn't you want me? Did I do something wrong? I heard you like to sing so let's sing a song. I had my brothers they were the best, but nothing like a daddy's girl to put me at me what I did, I don't know. I was just a kid. Im sorry if that's what you need, but your the one that planted the passed many years ago, but I would like to know the answers to my questions. I need to know, maybe some other time. Now I have you my mind, I'll let you go, until another time.

Theresa Dunn

Happy Birthday 01/02/00

Your 18 today, my how time flew by so ng you were little just didn't doctors said you would never do the things you do did they know? Thats all I can only son and my first born, not to mention an awesome big brother! Im so happy God chose me to be your Birthday Brian Keith Elswick II! Your 1/3 of my heart, unconditional love for you and your two getting so big along with your heart, just know our bond can never be torn apart.

Love, Mom

Theresa Dunn

Missing You

I think of you everyday even when the season's g was your favorite time, hummingbirds and Butterflies. It's been seven years since you passed.I called your phone everyday after that, praying you would answer and say hi.I talk to you often, well when I need you the most, you also visit me well your ghost. My memories I hold dear to my heart, It kills me that I didn't do my beat daughter no I wasn't, I could of been better but of course Im a rebel. I am proud ro be your daughter now and forever, our bond will never sever.I will be with you again someday. Until then I have pictures and memories two get me through, and hope that I always told you how much that I love you! !

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My Darkness

Im in a dark place please show me the light, The demons are real and filled with hate. I guess my happiness will have to wait. I scream so loud but nobody listens, Please someone hear me im in a bad condition. Im blind and Im hurt can you give me a hand? I feel like a grain of sand. So small in my world as I fall thru the cracks, it's empty Im here such a tiny space. There's no air in here and Im starting to fade, just thankful if I live to see another day. Please heal me Lord this pain is to much, your with me Lord. I pray everyday, but you already know. I pour my burdens into your ear, then I feel better because I hear your voice, It will be alright child the pain only lasts a little while. I feel there's no light at the end of the tunnel, but you have faith in me Lord there is no doubt. Im with you my child and my love shines through, You love me and I love you.

Theresa Dunn

Smile

There comes a time when you have to be happy, if even for a day.
Everyday shouldn't be grey, the Sun should shine for a little while.
What a beautiful day, Did I just smile?
Depression sucks and makes you feel ill, it makes you crazy like a bunch of pills.
Oh look there's a rainbow, if I follow it will I get a pot of gold?
I did get to smile if only for a minute.
Depression didn't take that away!
So I will keep faith that I will overcome, it will take some time.
I can wait, My happiness will come sooner or later.
I have to be patient and that's fine because getting better takes time

Theresa Dunn

Sunday Morning

Good Sunday Morning, with the sun shining so bright. It's going to be a good day because I had a great night. Kids slept in, but of course it's Sunday. Now they are hungry! An easy day for us today, some of the stresses got washed away. So enjoy this beautiful Sunday Morning, Thank God up above for all his Glory, for once again it's Sunday Morning.

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Thoughts

You don't want to know the thoughts in my head, Honestly someone ends up dead.

If i had a gun it would be over and I would be in. the pool playing Red Rover. My thoughts are my own as twisted as they are, Id leave if I had a take it no more, Im tired of your s***.Why don't you go find you a perfect b****!

Alone I will be cause that's what I'm used to, love would be nice just not in the cards. I would really run away fast and doesn't exist in my world, Just put downs and stupid girl.

If I could go back and do it again, would I do things the differently or just be friends?

I dream of a fairy tale love, but I guess he's right and don't deserve it. I have love from above and that's great you see, My kids are all that matters so I have my happily.

Theresa Dunn

To Be Free

Im damned if I do and damned if I don't, Oh how much I want to punch you in the throat. Think before you speak is what my mom always said, but if I did that then I may be dead. Im not your prisoner or your stepping stone, just go away and leave me alone! Love doesn't live here anymore? you kick me out so much all I see is the door. If you want to be single that's fine, just let me be so I can live the rest of my life happily. I have all I need and its not you, your cold words hurt and cut like a knife and at one time you asked me to be your wife. So much pain and sorrow, I have plenty if you would like to borrow. It's to much to bare, oops I forgot that you don't care! Your lies and excuses are coming to an end, Damn you hate me so much that we can't even be friends. You say your done and don't want me anymore, that's fine by me when I'm shutting the door. I'll be free and happy as it should be. Not broken cause that's what you did to me. I will mend and smile once again. Don't forget Karmas a Bitch and my good friend.

Theresa Dunn