

Poetry Series

**Tracie Brown**  
**- poems -**

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Tracie Brown()

## ~abortion~

Here I am in the Abortion Clinic laying in this cold, hard bed  
Still can't believe my Baby is dead.

How could I have done something so wrong  
and the result of it is that my Baby is gone.

At this very moment I wish I could turn back the hands of time  
Holding my Baby.....smiling and saying 'This precious Angel is mine'

I can't believe I've done something so dumb  
Please Father forgive me for the wrong I done.

I never thought that this would be me  
getting rid of my Precious Baby

The Guilt I feel is unbearable  
Because what I done is so terrible.

But now it's done  
So what do I do now  
The Shame has caused my face to hang to the ground.

I wonder if God even wants me around  
I can't believe I let my Savior down.

Then I felt his Presence  
and He embraced me  
Saying 'I forgive you for getting rid of your Baby'

'My Blood has the Power to wipe that Sin away  
and to give you a Brighter Day'

'My Blood speaks better things over you  
and I will bring you through'.

This is something that I hope you'll never do again  
and I will always be with you forever and ever with no end.

Tracie Brown

## ~behind Bars~

I'm sitting Behind Bars wanting to be free  
But Society just won't let go of me.

I'm sorry for the Crime that I have done  
And I just want to get Home to my Son  
Cause being Behind Bars ain't no Fun.

Being Behind Bars is worse then I thought  
And All 10 Years I Fought and Fought.

Being Behind Bars caused me to Fight for my Life  
And my Crime came with Terrible Price.

You don't get Respect unless you Command it  
And living In Prison, you better Demand it.

Prison is a Place that I don't even wish my Enemies could be  
It's not a Place that I desire to Be.

It's crazy lying in this Cell 24 Hours a Day  
and not having a Dam Word to Say.

Prison is Hell no matter what people say  
It's a Place where you better know how to Pray!

It's a Place where who you are is tested everyday  
And you better be able to back up every word you Say.

It's a Place where Everyday your Fighting People off of you  
Hope ing that you'll make it through.

Being Behind Bars puts you in Survive Mode  
And always keeps you on your Toes.

So take my Advice, Being Behind Bars is not the Place to be.  
Cause things in here is Rough and we fight for ours Viciously! ! !

Tracie Brown

## ~hard Times~

Going though hard times and I can't escape. Lord please bring me to a better place  
Bills are late, creditors on my back and I have all kinds of notices in a stack  
Kids are crying, needing something to eat and I can't even offer them a piece of bread and don't have any meat.  
My check is late, haven't paid the rent and I don't have one cent  
Car won't start, things are looking a mess and I'm even feeling pains in my chest  
Is it stress? Is life weighing me down? I can't even pull myself up off the ground.  
I'm at the lowest point of my life  
and I had to fight against Poverty all my life.  
I refuse to stay in Hard Times another Day  
And I know there's a better way.  
God wouldn't allow me to go through this without me overcoming  
So I know God is up to something.  
The test I'm going through is not easy for me but God will come and rescue me.  
He will bring me out of Hard Times  
and bring me to a place where I owe no man not one dime.  
I will be debt free and free from the bondage of poverty  
and Hard Times will never come back to visit me.

Tracie Brown

## ~i Gotta Holla At You~

Hey Shorty your Rockin That  
And your whole Persona Demands my Respect

Those Jeans your wearing sure looks good on you  
And I like the way your Purse match with them too! !

That Top your wearing Truly Complements you  
And I think your so Beautiful.

Your Rockin that Belt around Your Waist  
Girl, You look so Good with your Gorgeous Face.

Those Red Pumps your Wearing  
Surly look Right on you  
And I just want to take you out Tonight, Boo! !

I must say 'that Hairstyle is made just for you'  
My God! My God! I gotta get at you.

The Accessories your Wearing just puts the Icing On the Cake  
Watch Out, girl! I'm coming up on you like a Rattle Snake.

Shorty I just want you to know  
That I really Admire you  
And I just want to get at you.

Your Personality is one of a kind  
And I got to make you mine.

Sweet Angel I just need a little of your time  
I got to convince you to be mine.

Tracie Brown

## ~ready For Love~

I am ready for love  
I am ready for everything that love has in store for me.  
I am ready for the good and the bad  
I am ready for love!  
I am ready for someone to come and hold me  
and make passionate love to me  
this is what love suppose to be.  
Life is full of surprises and I don't know what love has whip up for me  
but I'm ready to experience all that it is designed to be  
I am ready for love to come and mature me  
I am ready to feel something new  
and to be able to share it with someone new.  
Love is not a guarantee and I may get hurt in the process  
but when it's all over, it's worth the price.  
Just to be able to share my life with someone new  
is what love is called to do.  
Please love come capture me and sweep me off my feet  
send me my other half that completes me.  
I promise to be true  
Love I'm waiting on you.  
Until you come my way  
I'll just continue to pray that it comes my way.  
Please love don't wait too long  
I want to experience you before God calls me home.

Tracie Brown

## ~still Speaking~

If your mad at God, he's still speaking to you  
No Matter what you do.

If your blaming God for all the Hell you went through  
he's still speaking to you.

If your blaming God for the Death of your Child  
he's still speaking to you.

If your blaming God for you being Behind Bars  
he's still speaking to you.

If your blaming God for that person that Molested You  
he's still speaking to you.

If your blaming God for every Disastrous storm  
he's still speaking to you.

If your blaming God for no Job  
he's still speaking to you.

If your blaming God for all your Pain  
he's still speaking to you.

If your blaming God for the person who Raped you  
he's still speaking to you.

If your blaming God for your Abusive Spouse  
he's still speaking to you.

If your blaming God for Love not coming your way  
he's still speaking to you.

If your blaming God for every Disappointment in your life  
he still speaking to you

If your blaming God because You Don't Have a Dime  
he's still speaking to you.

If your blaming God for every Man that Walked out your Life  
he's still speaking to you.

If your blaming God for your Mother Abandoning You  
he's still speaking to you.

If your blaming God for Your Daddy Beating The Mess out of you  
he's still speaking to you.

If your blaming God for Every Woman that Done you Wrong  
he's still speaking to you.

If your blaming God for Every Wrong in your Life  
he's still speaking to you.

Like I said before, If your mad at God  
He's still speaking to you and nothing can keep him from you.  
He loves you Unconditionally  
Even when we're blaming him.  
He knows where we are and he understands our Pain  
Even though he's not the one to blame.  
There's nothing you can do to push him away  
and He's Speaking to You, up to this very Day! ! !

Tracie Brown

## ~the Treasure In You~

Did you know there's a Treasure in you?  
Do you Realize the Value that's Placed on you?

When God made you he placed so much Value on you  
Because of the Treasure that's stored up in you.

If you only know how much God has giving you! !  
If you can only see how much he Loves you! !

The Treasure in you, The Devil wants to take  
And put Fear and Doubt in it's Place.

Don't let the Devil take what God has given you  
But Guard your Treasure that's Deep Down in the inside of you.

You are Important and God thinks very Highly of you  
And he wants you to use The Treasure that's Hidden in you.

He wants to show you off to the World  
And allow everyone to see you.....  
His Beautiful and Precious Pearl! !

You are the best piece of work that God has made  
So don't let that Great Treasure in you Fade.

Value who you are  
Be Proud to be you  
And Enjoy the Treasure that's in the inside of you! ! !

Tracie Brown

# At The Altar

I'm at the altar, need to lay my burdens down  
the pressure of Life is weighing me down.

I'm at the altar, trying so hard to Forgive  
cause the one I loved the most caused these tears.

I'm at this altar needing a word from you  
and to help bring me through.

I'm at this altar needing to release my Pain  
and to let go of all the Shame.

I'm at this altar needing someone to relate to me  
and the erase the memory of him Raping me.

I'm at that altar because I tired of crying  
and for you to help me stop lying.

I'm at this altar wanting to be free  
and for you to deliver me.

I'm at this altar to remove all my Pride  
and to uncover my sins that I tried to hide.

I'm at this altar because I love you  
and I know your the one who can pull me through.

I'm at this altar on my knees  
praying to receive the Golden keys.  
I want to live right and walk with you  
and I thank you for bringing me through.

I can now leave this altar stress free  
and I thank you for delivering me.  
You touched my heart in a powerful way  
and I love you is all I can say.

Tracie Brown

# Be Yourself! ! !

I want you to be the best you, you can be  
Walk with your head held high and don't be ashamed to be you.  
Express who you are, be the best you, you can be  
don't let no one discourage thy.  
You were created to be the best you, you can be  
and no one can do it better than thy.  
There's only one you and no one can do what you do.  
Your unique, original and special to the world  
only you can offer what God has given you.  
Don't walk in the image of someone else  
but just be yourself!  
Be proud of the way God made you, Did you know there's only one you.  
Rather serious, funny, or just plain Jane  
make the world be glad you came.  
when God created you, he made sure that there was just one you  
so be proud to do what you do.  
Be proud to be different and stand out from the crowd  
do what you do and make the world proud  
Make the world glad to see you come through  
have the nations calling for you.  
Believe in yourself, cherish and value you  
put your faith in the one who created you.  
Take your gifts and talents and make the best out of them  
and give glory to the one who created them.  
You are who you are and don't change you  
be proud of you and be the best you, you can be; Original, unique, and full of  
life, no one can buy that with a price!

Tracie Brown

# Behind The Veil

Lord, Behind The Veil is where I desire to be, down on my knees worshipping and adoring thy.

Lord, I want you to have all of me

I just want to be close to thy.

Behind the Veil its just me and you

where nothing can distract me from you.

I love entering the Holy Of Holies, being able to see your face

what a privaliage and honor it is to be in this place.

Your presence Lord, is so dear and precious to me

and there's no other place I rather be.

Behind The Veil takes me deeper in you

and I just want more and more of you.

Your spirit gently guides me behind the veil

and being with you causes me to prevail.

I love your presence it so sweet to me

and it takes away my pain and misery.

In your presence is the fullness of joy

and at your right hand there's pleasures forever more.

Just to think this is your desire

that your people come up higher.

This is where I desire to stay and I never want to go away.

Your presence fills every part of me

and your faithful words ministers to me.

You ease my mind and settle my emotions down

everytime your presence is around.

I love the sweet fragrace that flows from your presence

its such a sweet and pleasant essence.

Behind the Veil allows me to be free

and its the place where you love and nuture me

bringing me to a place of maturity.

Its where I get my overflow and recieve revelation knowledge

its where God reveals my gifts and talents.

I'm able to expose all of me and let you love, comfort, mother and father me.

Its where im created to be and Behind the Veil is where I'll remain to be.

Tracie Brown

# Big Dreams, No Job!

I got Big Dreams but No Job  
How can I be Broke and a Snob?  
I tell you, I'm a Dam Trip  
I can't even afford to leave a waiter a Tip.

I tell you, I gotta get myself together  
Cause lying in bed won't help me through these Hard Times and Stormy  
Weather.  
It's time that I stop talking and do what I go to do  
Cause Big Dreams with no Job, Just won't pull me through.

I had to realize that Faith without Deeds are dead  
And now it's time that I get myself out of this Big Queen Size Bed.  
I realize that it's OK to have Big Dreams and Great Visions  
But it won't work without the Provisions.

I finally came to my senses and realized having Big Dreams with no Job just  
wasn't gonna work  
So I mine as well put on this Jacket and Skirt  
And carry myself to work.  
Cause Big Dreams with No Job won't do nothing for you.  
And it sure won't help you when those Bills come through.

Tracie Brown

# Breast Cancer Survivor

I was taking a shower and noticed a lump under my breast  
as I was washing my chest.  
I stood for a second, hoping it wasn't true  
just thinking of the things I would have to go through.  
I went to the doctor and got a test  
and they confirmed the lump in my breast  
Tears began to fall from my eyes  
and screaming to the Doctor 'This test has to be a lie!'  
My emotions was getting the best of me  
and I cried and yelled 'This can't be happening!'  
I am just 22 years old and I have a whole life ahead of me  
now what is my life going to be.  
I can't imagine living life this way  
and I have to make the decision to live each day.  
God did not create me just to die  
and I have to declare the Devil is a lie.  
I believe now! that I am healed  
even when I do not feel.  
I know I will make it through this test  
and my Savior will give me rest.  
No matter what happens I will hold on  
to the word of God that gives me strength to go on.  
Lord, I'm holding on to your mighty hand  
because you are the healer above any man in this land.

Tracie Brown

# Don'T Judge Me! !

Don't Judge Me, what about you?  
I'm not the only one who has problems, boo!  
Just like you, I'm trying to survive  
trying to pay my bills off a 9 to 5.  
Just because I need a little help  
doesn't mean I'm smooching  
I just need someone to help me bring this food in.  
Watch what you say and be careful what you do  
because the very same thing can happen to you  
Never judge a book by it's cover  
take a look at you  
and get the dirt out of your eye first.  
I'm just a person trying to survive  
and this is just a season in my life.  
Don't judge me because one day you might need me  
I might be a piece of your destiny.  
You build me up and I build you  
Let's not judge but celebrate what each other do.  
I need you and you need me  
so let's get together and be in unity.  
I support you and you support me  
and help each other achieve our purpose and enter our destiny.

Tracie Brown

# Get Up! ! ! !

Get Up! Get Up!  
God has need of you.

Get Up! Get Up!  
His crying out to you.  
He desperately wants to deliver you.

Get Up! Get Up!  
There is need of you.  
Someone needs to know what you been through.

Get Up! Get Up! My Angel  
Dry your eyes  
It is now your time to Shine.

Get Up! Get Up!  
Come out of this Deep Sleep  
Let God help you to your feet.

Get Up! Get Up!  
Don't rest in your past  
Only what you do for God will last.

Get Up! Get Up!  
Your not alone  
You no longer have to Moan and Groan.

Get Up! Get Up!  
God will bring you through  
He will never Fail you.

Get Up! Get Up!  
Give Life a chance  
Just rejoice with a Beautiful Dance.

Get Up! Get Up!  
God's not through with you yet  
You still have to get the Devil off your back.

Get Up my Angel, times to short to waste  
God's trying to get you in your Rightful Place  
SO GET UP! ! ! ! !

Tracie Brown

# God Who Are You? Part I

God I want to know, who are you?  
What have you created me to do?  
Who are you and how did you get here?  
I am curious how you think and how you operate  
I want to know you before it's too late?  
Some people say you have a son and some say you do not  
But I want to hear from you, tonight  
Some say your the King Of Kings and the Lord Of Lords  
and that your word is sharper then any two-edged sword.  
Some say your God mighty and some say there's no you at all  
but there got to be a God  
to be able to create the planets like Jupiter and Mars.  
God I desperately want to know you and to see if your real  
I can just imagine how you feel.  
Some say there's none above you and no one after you  
what kind God can deal with me and you?  
This God must have a love that surpasses all understanding  
you must be very loving and not demanding.  
Some say you are the Alpha and Omega, the beginning and the end.  
Some say you are a true friend, a shelter in the time of need. A healer when the  
doctors done all they can do, a provider when the money is low and the one who  
makes life flow.  
Some say your the sustain er of our minds and the Master of life. some say your  
son made the ultimate sacrifice.  
and some proclaim the good news of the Savior, the one who was born in a  
magi. Is your son the worlds Savior?  
Who are you God?  
Is there really a you?  
Who or is there any one who created you?  
Do you have a son name Jesus?  
Is he the hope of this world?  
Can he save every man, woman, boy and girl?  
I have so many questions and God I need to know.  
I need to know is this for real or just a religious show?  
Please speak to me, I need to know you and I want to believe in you.  
I need to know are you the real God of all these Gods. Can you show me you?  
God, who are you? ? ? ? ? ?

Tracie Brown

# God's Not Mad At You

I just want you to know that God's not mad at you  
there's nothing you can do to keep him from loving you.  
Your sins are covered under the blood  
and he knitted you to him like a hand in a glove.  
God knew your sins before they were done  
and he has forgiven you for every one.  
Don't let Satan corrupt your mind  
and make you feel like your a waste of time.  
Falling short is something that we all have done! ! !  
Enjoy the good life he's given abundantly to you  
and appreciate what he's doing for you.  
Don't let your mistakes keep you down  
don't let Satan keep you bound  
but awake to righteousness, get in your rightful place  
stop letting the devil slap you in the face.  
God is not mad at you, cant you see  
He died for you and give you Power, Authority, and the Victory.  
God is not concern with your sins, he's dealt with that issue  
once and for all and your forgiven everytime you fall.  
So just remember God's not mad at you  
He just wants to Love on you.  
He wants you to know that you are his beloved  
the one he adores, all he wants you to do is sore.  
Don't let your faults hold you down. Just shake them off  
and let them fall to the ground! ! ! !  
God has a mission for you  
you dont have time for sin  
do what God told cain and master over it.  
don't let sin master over you  
just awake to righteousness, That's what God want from you.

Tracie Brown

# I Feared The Enemy Until Jesus Stepped In

I fear the enemy he's always taunting me,  
he has placed nothing but fear in me.  
I fear him but only my eyes can see,  
all my life he has been hurting me.  
When I sleep my mind is in fear,  
and all I can do is cry painful tears.  
I fear him and he won't leave me a lone,  
and my cry for help has turned into moans and groans.  
Some kind of way he has captured me,  
and delayed me from my destiny.  
Some kind of way the flesh has overtaken me, and now is ruling me.  
My cry for help is getting weak,  
but I am still trying to press towards the mercy seat.  
I need help from this sinful way of life,  
and I am looking for the man who died and paid the price.  
I was crying begging to be free, free from all this torment and misery.  
The enemy always had he's eyes on me,  
telling me that I will never be free  
and trying to keep me in fear of thy.  
I tried all kinds of ways to escape,  
the darkness of Satan's Hell Place.  
I got to the point where I just give up,  
but then a man stepped in and showed up.  
He told me his name was Jesus and he was here to set me free,  
he said take my hand and you will see.  
I was afraid because for years I have been bond  
but the Lord said ' don't let Satan hold you down'.  
Come take my hand, I have come to deliver thy,  
out of the hands of the enemy.  
I took his hand and immediately I was free,  
Satan no longer had control over me.  
I finally met the man who I was pressing my way to see,  
the life changer (Jesus) who rescued me.  
He led me to liberty and victory  
and Satan no longer could put fear in me.  
Jesus told me to fear no more  
because this the day you've been waiting for.  
This is the day to walk in total liberty  
because Satan has lost his power over thy.

Satan wants to put fear in you and keep you bound  
but Jesus is here so don't be held down.  
Let the Devil know you fear him no more  
because in Jesus Christ you are restored.  
You are now free from the torment of fear  
and you no longer have to cry painful tears.

Tracie Brown

# Naked Before God

I'm finally able to come naked before you, I finally realize there's nothing I can hide from you. For years I was trying to cover up what you could already see, what could I hide from the one who created me? For years I felt a shame to express myself to you but all these years you were whispering 'I love you'. For years and years I was trying to do it on my own but there you were telling me 'I am not alone'. Father being naked before you was hard for me because of all the people who hurt, used and abused me. Being mistreated caused me to shut down and hurt, disappointment and pain held me down. Molestation and failure caused me to cover up the real me and i didn't know how to come naked before thy. I was afraid of being hurt again not knowing you were my true friend, walking around for years trying to cover up my sins. I was trying to hide all the things I had done but your only concern was for us to be one. I was afraid you would look down on me if I exposed myself to you not knowing thats exactly what you wanted me to do. I didnt know your desire for me was to be open with you so you could bring me through. Being naked before you causes everything to be exposed and now I feel like everyone knows. All of a sudden I was able to identify with Adam and Eve, covering up in shame with fig leaves. Even though I was covered naturally, spiritually every piece of clothing was gone and I had to expose to you all I've done wrong. I had to make a decision to dropp the figs and let you undo the mess I did. I had to make a decision to let you see all of me and mold me back into the person you created me to be. Exposing myself to you was the best thing I've done because I realize I am your son and your beloved one. I can freely remove the mask from my face and let your breath life in this broken place. I am no longer clothe in pride, guilt and shame but I can stand tall representing your name. You removed the clothes I used to hid and replaced it with the blood when Jesus Died. I no longer have to protect me and I can come naked before thy.

Tracie Brown

# Promiscuous!

Slow down, honey! your moving to fast; I know you have a body shape like a coca cola bottle and a big, nice booty that will always last.

Hold On! dont give it up to fast, make him wait so he won't think your a piece of trash.

Being promiscuous is no easy job; Don't you get tired of men turning you like a door knob.

Respect yourself, put some value on you; Don't you get tired of men using and abusing you. Don't you get tired of men running through you.

Be that great woman God created you to be and stop clinging to every man you see.

Your Good-Good is not for every man to see  
your not suppose to give it up to everybody.

It is a special and precious gift

It's not for every man that offers you a lift.

Your better then being promiscuous, wide open and fast  
so what if you have a big booty; carry yourself with some class.

Love, Value and Respect you

stop waiting for some man to give it to you.

Baby! ! there's more to life then given your booty away  
and believing every word a man say.

A man won't respect you; if you dont respect yourself  
and stop walking in the image of someone else.

Be you and Put value on yourself; you don't need acceptance from no one else.

God is the only one who can truly love you and he will always value the treasure  
thats in you.

His love is unconditional and he want nothing in return  
just loving you is what he wants you to learn.

He will never leave you no matter what condition you in  
he is a real, true, genuine friend.

Your worth more and don't deserve to be tossed away  
loving yourself is more then just words you say! ! ! !

Tracie Brown

# Tears Of The Anointed One

I am feeling something very deep inside  
something painful that I can no longer hide.  
I'm filled with tears, sorrow and pain  
and I feel like there's nothing left to gain.  
I am constantly being attack, the enemy is always making threats  
and trials and tribulations are always on my back.  
I don't understand why the enemy constantly attacks me  
and sometimes I feel he's winning, victoriously!  
Then I heard my Savior's voice saying 'My Son hold on, for trials and tribulations  
come to make you strong'.  
I heard him clearly saying 'Just hold on, rejoice and be glad; The enemy is trying  
to kill, steal and destroy the anointing you have  
'There's a great treasure deep within you  
and so many gifts I put inside of you.  
'Just know My Son that I will bring you through,  
and there's nothing the enemy can do to you'.  
'Be of good courage! For weeping endures for a night  
but there will be joy in the morning light'.

Tracie Brown

# The Mirror's Reflection

When you look in the Mirror  
What do you see?  
Do you see a person struggling with their Identity?

Are you a person who don't like what they see?  
Do you think your too Fat or too Ugly?

When you look in the Mirror  
Are you proud of what you see?  
Are you confident and secure with your beauty?

Are you staring Insecurities right in the face?  
Is Jealousy and Envy written all over your face?

Are you Ashamed when your body's uncovered?  
Do you wish you had another to attract those Fine Brothers!

Are you always in the Mirror Criticizing you?  
Still meditating on the memory of that person Violating you?

Are you please with what you see?  
Do you like the way God made you to be?

Is being a Failure what you see?  
Do you feel that what's your created to be?

Do you see a person that's been Abused  
And is now walking around Bitter and Confused!

Do you see Anger and Depression when you look in your Eyes?  
Do you see a person that has been betrayed by terrible Lies?

What's going on when you look at you?  
What does your Reflection say when it looks back at you?  
What pouring out of the inside of you?  
What has stop you from seeing the Greatness in you?

What has caused you to turn away?  
What has made you look at your Reflection this way?

What's going on when you stare at you?  
What is your Reflection crying out to you?

Tracie Brown

# Unfaithfully Committed

Baby, I'm getting the feeling your being unfaithful to me  
things are not the way it use to be.  
I'm starting to notice that you have change,  
what's going on! ! ! It's not the same.  
We use to cuddle and make love all night  
but now we don't even sleep together at night, that ain't right! !  
Don't you appreciate the things I do for you?  
Can't you see how deeply in love I am with you?  
I'm starting to feel distance between us  
who have you allowed to cause a wag between us?  
Can't you see this has destroyed our family?  
just to think i thought you really loved me! !  
What or who are you dedicated to  
who is this mystery person that captured you?  
Whose occupying your mind and taking up your time  
I bet she ain't worth a penny and not even fine.  
Is it pornography that has you hook?  
were you mesmerize the way those booties shook.  
Did you allow it to creep up on you and have you addicted  
did anyone ever tell you that mess is wicked.  
Boy! I tell you, your a nasty, unfaithful man  
and no one will ever love you like i can.  
I don't understand what went wrong, maybe you didn't like the draws i had on.  
I don't know what happened to you  
but brother Im done with you! ! !  
The sad thing is you know I cared for you  
and you had a beautiful family that cherished you.  
But this mess right here, I can no longer stand  
and with my fine self, I'll get a great and better lookin man.  
I see being unfaithful was your first priority  
so I'm leaving with my pride and dignity.  
Before I go I just want you to know  
that dont no one want a Nasty, Unfaithful, Hoe! ! ! !

Tracie Brown

# Who? ? ? ?

What's going on?  
Who done this to you?  
You really seem to be going through.

Who was it that made you cry?  
Who was it that caused those Tears to flow from your Hurtful eyes?  
Who was it that Criticized you?  
Who was it that put you down?  
Who was it that made you feel your not Worth being around?

Who Broke your Heart?  
Who Broke you down?  
Who said you wouldn't make it this time around?  
Who Spoke Hurting Words to you?  
Who said you are Trash?  
Who is it that keeps bringing up your Past?

Who was it that said you are a failure and need to give up on Life  
Who tried to buy your Love with a Price?  
Who was it that made you feel a Shame?  
Who was it that Spread Rumors  
Trying to Ruining your Name?

Who was it that wounded you?  
Who was it that Used you  
with no intentions on ever Loving you?  
Who was it that Judge mentally Labeled you?  
Whose this person that's against you?

Who made you feel like you couldn't Be You?  
Whose the person that's trying to Destroy the Greatness in you?  
Whose this person that caused you to build up Walls in the inside of you?  
Who was this person that Abandon you?

Whose this person that Rejected you?  
Who was it that thought it was OK to Neglect you?  
Whose the person that caused you so much Pain?  
Who was it that caused you to make a unfortunate Change?

Who was it that Broke your Trust?  
Who was it that made you say 'Enough is Enough'!!!  
Who was it that left you Internally Bleeding?  
Who is this person you Blamed for leaving?

Who was it that left you Emotionally Damaged?  
Whose the person that left you not even able to Manage?  
Whose the person that has you walking around with Low Self-Esteem?  
Who was it that Killed all your Dreams?

Who was it that left you in the Middle of the Storm?  
Whose the person that has caused you to write this Sad Poem?  
Who was it that Crippled you when you needed them the most?  
Who was this person that fall asleep on there Post?

Tracie Brown