

## UNTITLED

What can put out the fire that burns  
Who can contain thwe the rage within  
this empty shell  
that I use as my own  
to torment me  
as I live with no soul  
I have a past  
that dictates my present  
and predicts my future  
I live in the present  
that's taken from my past  
and gives way to my future  
because I'm a slave to my past  
and held captive by my present  
I wish i were numb  
maybe living would be easier  
if the emotions I lived with  
I was left with none  
Instead I am  
that which I am  
can not run, walk, or stop  
just stand alone  
until time is not

## REGRET

Rage is evident  
rage is known  
guilt is felt  
no place is home  
sorrow is daily  
longing is eternal  
hatred is emmense  
forgiveness is owed

unable to move on  
incapable of letting go  
unable to forget  
incapable of happiness

one thing is wanted  
two things are needed  
three things are loved  
four things are never forgotten  
five things are branded

hating to remember  
trying to forget  
if my courage is lost  
let me not feel this regrét