

Not Done Talking

Collection of Poetry and Short Stories

Written by Jakeel Harris

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About the book

This collection of poems and short stories are about growth, resilience, and persisting through life experiences. Throughout my life, I have been in search of healing, love, and self-realization to find meaning. I've learned that we must rely on our voices to bring out the truth in our purpose.

**Regardless of the people trying to
hush you, keep talking.**

NOT DONE TALKING

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About Me

Me (*Pronoun*) – the overachieving overthinker selfishly obsessing over self-improvement and healing

About You

You (*Pronoun*) – someone living life outrageous inspirational by making honest mistakes and learning about themselves in the process

About Us

Us (*Pronoun*) – a group of people trying to figure it all out

About Everyone

Everyone (*Pronoun*) – people navigating the world cautiously and recklessly simultaneously

ABOUT ME.....

ABOUT ME

I've never been passive
but always been pensive.
putting purpose into intention,
I'll always claim to be authentic
regardless of the strange situations
I find myself in.



ABOUT ME

Growth: Letter to myself

Dear Me,

2022 is upon us,
so, say goodbye to 2021.
you've withstood unexpected obstacles
that shook your perspectives into order
moving forward,
make sure to usher in some more
reflection.

don't use pandemic problems
as an excuse to impede self-learning.

keep growing.

let bygones be bygones.
forgive but never overlook the actions
that once caused you hurt.
forget about holding grudges,
they'll make hypocrites out of everyone.

I'm not telling you to change
as if the old you
didn't already transform some,
and did so by finally
reaching out for help.
I'm just asking you to be the enhanced
version of yourself.

focus on the things you can control.
control your doubts.
be proud of your progress
while striving to be the best you.

more importantly,
indulge in the simple things
and love honestly
because growth is coming soon.

sincerely again,
the future you.

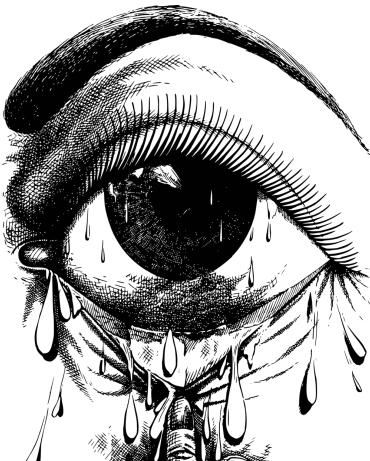


ABOUT ME

perhaps I am
a sensitive mess
celebrating small
victories of self-improvement.

perhaps these parades
of minimal growth
are the only thing
encouraging me
to keep marching on.

perhaps
being someone
other than the old me
is something recognition
should be built upon.



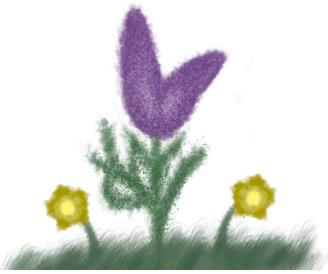
ABOUT ME

let me be clear,
you will not find
another me
in someone else.

I'm one of a kind.

if you lose me,
you lose me.

there's no copies
or satisfactory comparisons.



ABOUT ME

for the longest time,
I thought all I had to offer
someone was good dick,
conversation and empathy.
and good being relative.
basically, a matter of perspective.

now I understand
that I bring more than baggage
to the table.

now I see
that there is no table in existence
strong enough to hold
all the good qualities
I am bringing.

ABOUT ME

much to my chagrin,
I have underestimated
the impact that
once relevant people
has had on my life.

to their credit,
if they did not deceive me
in the ways that they have,
I would not be who I am.
I am who I am partly
because of them.

ABOUT ME

my energy was once reserved
to anybody who had anything
to say about everything
I consumed myself with
on a regularly basis
so, I often became complacent
with being burnt out.

but no more.

I only give my energy to nouns
that make profound effort
toward making me feel respected,
seen and appreciated.

ABOUT ME

loving myself has never been the issue.
learning to silence my insecurities while
loving someone else, has.

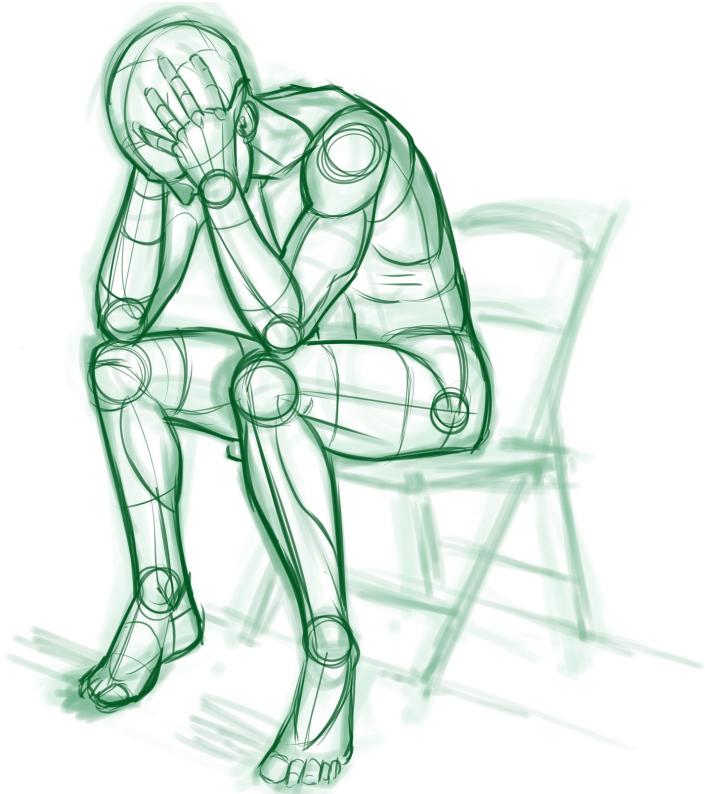
it has been a balancing act of
experiences with more slips than
collapses, but I believe I'm managing it
well.

I find it increasingly difficult to maintain
a good relationship when the one I love
has uncertainties louder
than my capabilities of staying patient.

one day,
love won't be such a challenge.
but until then I'll keep on adjusting.
and healing.

ABOUT ME

I really hope my decisions
aren't just regrets
disguised as comfort.

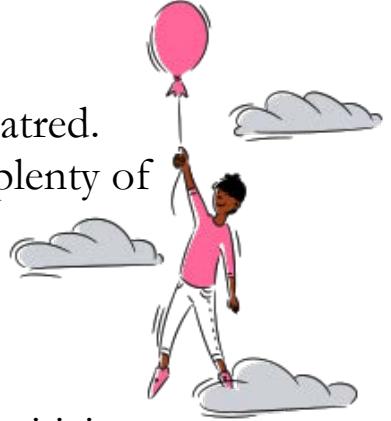


ABOUT ME

listen to the way
I communicate love
and you will hear
what my soul
sounds like.

ABOUT ME

here's to being free.
free from the prison of self-hatred.
a place my confidence spent plenty of
hard time in.
and to be honest
solitary confinement
seemed like a better option
than living with this extreme criticism
of my self-image.



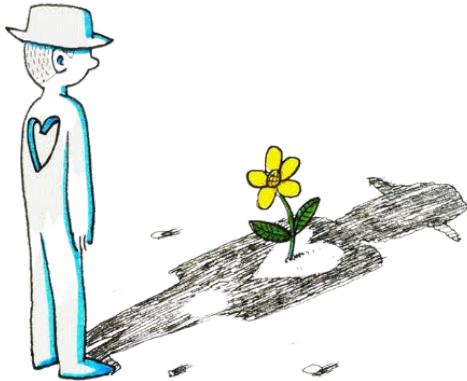
here's to being liberated.
finally released from the heavy reliance
on compliments from strangers and the
opinions of close ones.

here's to being, me.
independent and strong.
fleeting frantically and enthusiastically
towards being happy loving me.

ABOUT ME

opening myself up to love
has become instinctual these days.
even though the untold pain
from being taken advantaged of
dresses my face in desensitized
expressions, I still hope to be loved
effortlessly.

despite the recent attacks on
my acts of courageous exposure,
there's still beauty growing within my
vulnerabilities.



ABOUT ME

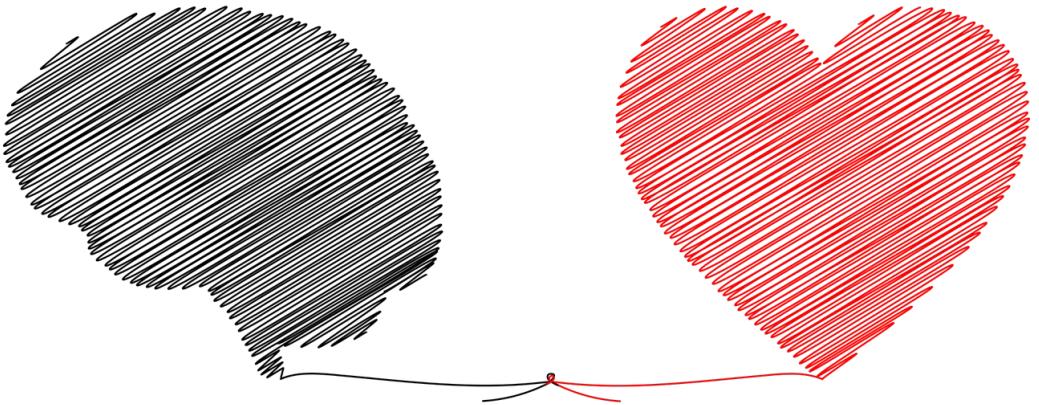
sweetness is a consequence
of my kindness
not the source of it.
so be reminded to not test it
because aggression is not
exempt from my heart.
I just won't let it fester into anger.

ABOUT ME

some people
call me rude
because I defend myself
when they try to make me
look dumber than I am.

ABOUT ME

I don't just love hard,
I love honestly
and immeasurably bold.



ABOUT ME

I don't prefer to go out.
even with a good enough reason.
I like to stay-in with my own company.
I find minding my own business
a peaceful agreement
I'm willing to make on the daily.
it's far less stressful
than coming up with plans.

I'm selectively social
concealed under
antisocial behavior patters.



ABOUT ME

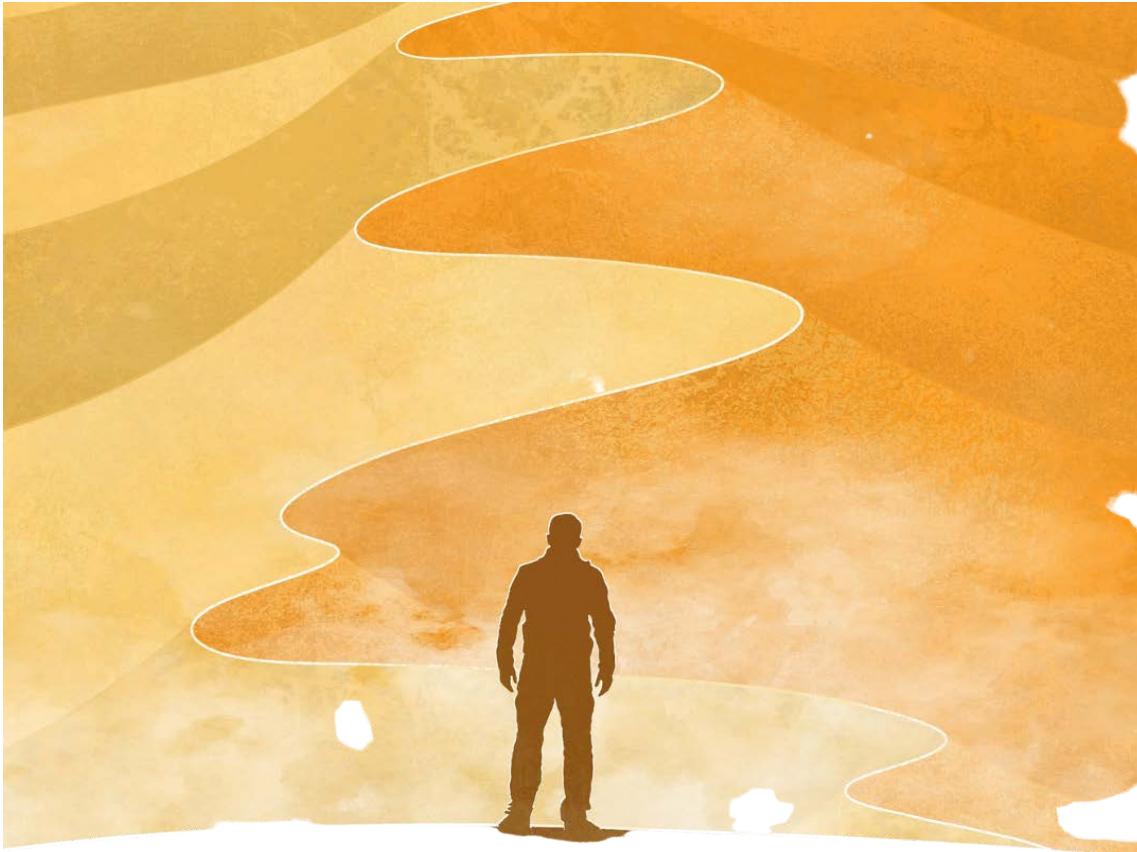
this outgoing personality
navigates social situations so well,
that people continue to mistake
it as clawing its way for attention.

it's gotten used to the rumors.
used to the assumptions.
used to the comparisons.
it doesn't even try to correct anyone
anymore.

sooner or later
people will find out
that this outgoing personality
would rather have peace and quiet
than being the center of any
situational environment.

ABOUT ME

I have trusted my instincts thus far,
and I have been blessed beyond what I
believed my capabilities could produce.
it is because of this inherent feeling
that I have been able to manifest a path
that leads to my foreseeable prosperity.



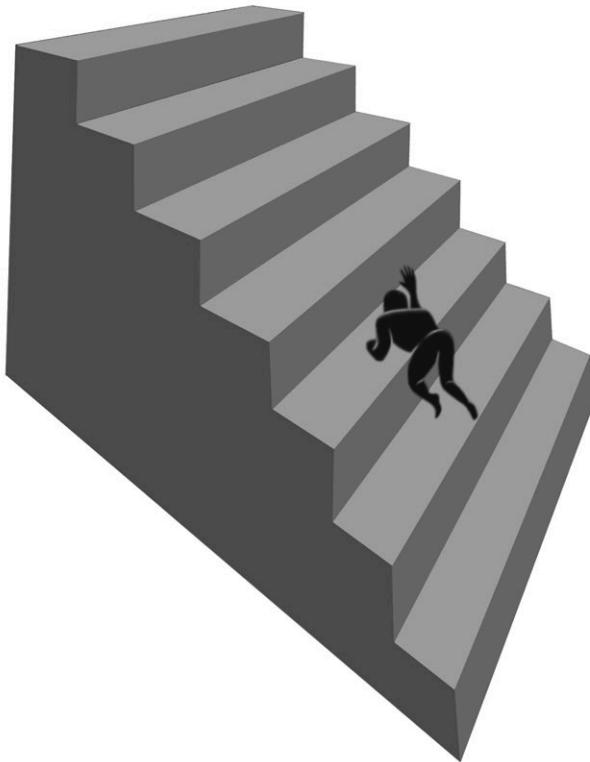
ABOUT ME

according to recent conversations,
I'm a bit more like-able than
I once believed.
although it's hard for me to
conceptualize, I guess I'm charming
enough for some people to want to be
around.



ABOUT ME

I swear my students
are transformative
and resilient beyond imagination.
undeterred by the pain
that flows in their family history.



ABOUT ME

I am a workaholic.
dedicated to career advancement
to distract myself from dealing with
family problems.

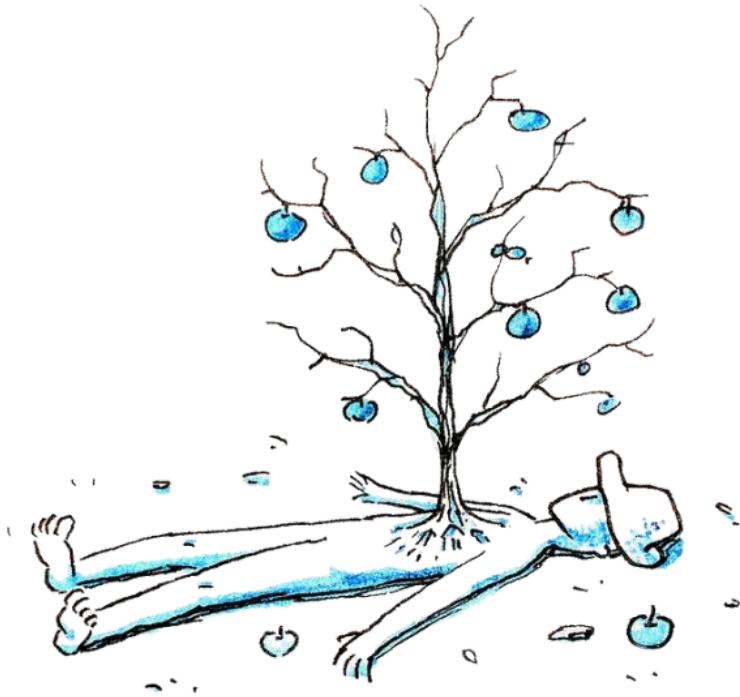
I am a hypocrite.
attempting to make change
in the same higher education system
I barely believe in.

and just like the higher education
professionals before me
that inspired generations of people,
college was never designed for,
to take their education seriously,
I am here for my students.

I am selfish yet codependent
on the relationships
I've built with people who were patient
and caring enough to accept
all of my weirdness without judgement.
only constructive criticism.

I am hurting.
and healing.
a wonderful chaos
in and out of my control.

I am simple in the most complex way.
I am complex but simple to understand.
I am confusing.
and living in my growth until it's time to
stop rooting.



ABOUT ME

My therapist said “Jakeel, you’re so accustomed to dealing with your problems alone, that you’ve forgotten how to ask for help”. which partially explains the projection of my frustrations onto my partners. even though they have been the epitome of support and the gardeners of the peace that grows steadily in my soul.



ABOUT ME

Explaining Therapy to my Emotions

therapy is a closed intimate session where you, the client, expose your daily struggles to a complete stranger required to give you a listening ear and suggestions, for a sometimes-debatable fee.

a therapist is this licensed guider of helping you find coping mechanisms to the parts of your life missing absolute clarity and the other parts that are purely just chaos in plain sight.

and the experiences with them can range drastically.

a therapist once told me that I lacked meeting the criteria for depression because I smelled like I showered.

as if my depression
didn't know how to dress well.
like it hadn't learned how to look
presentable enough to not be called a
problem.
like it hadn't mastered pretending to be
okay to the ones who think I matter.
this therapist said I am too put together
and way too aware to have an illness as
severe as depression.

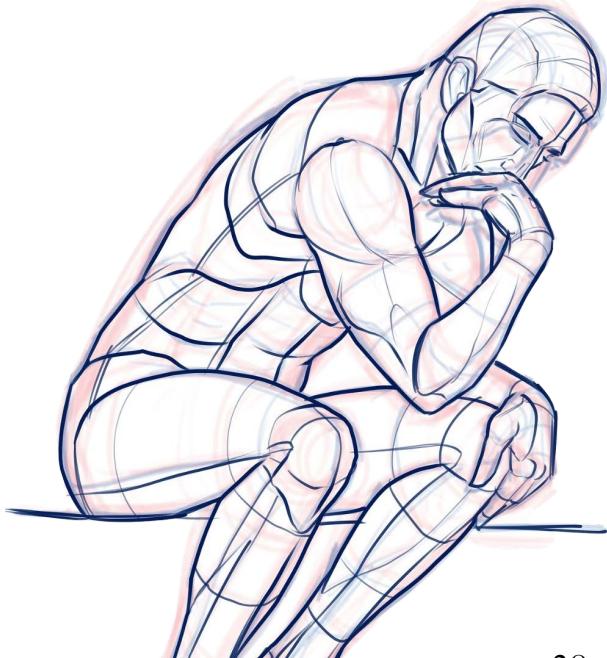
said I am begging
for unnecessary attention.
that some have it worse than
what I was revealing.

my current therapist
speaks accountability in a language
I understand.

recommends self-reflection and
confrontation to heal
from the extensive trauma, I suppressed.

validates my questions but challenges
me to seek answers to unexplained
behaviors of my past.
therapy is hospital-like.
a space deemed necessary to address the
wounds we endure by living life
purposefully and accidentally tripping
over our own existence.

a therapist is the wildcard doctor we
hope takes their role seriously.
and if they don't, it's okay
it's our choice to use another one.



ABOUT YOU.....

ABOUT YOU

what a serene gift it is
to be loved by you.
simply unmatched to anything
this world has to offer.



ABOUT YOU

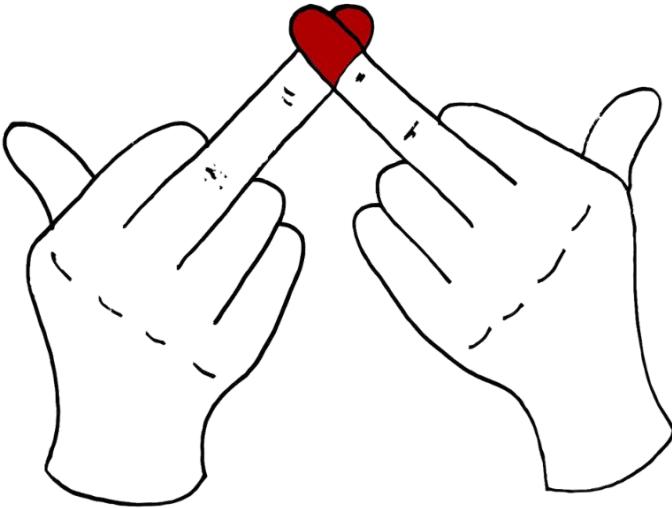
loving you
is by far the easy thing
I ever brought myself to do.



ABOUT YOU

heinously sentenced
to spend the rest of life regretting
the way I let you treat me.

I knew you didn't deserve me
and still let my guard down enough
for you to take advantage of my
kindness.



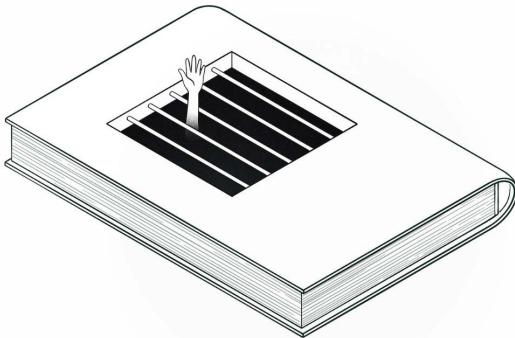
ABOUT YOU

sometimes, I wish
you could hear me
thinking about you.
then you would understand
that my mind
is a constant stream of
scattered thoughts
trying to find their way back
to holding on to you.



ABOUT YOU

the literary geniuses of our time
have created millions of phrases
that try to convince us
that we humans
are capable of adapting
to anything.
death.
heartbreak.
our circumstances.
and most of the time
I'm inclined to believe them.
except if we're talking about losing you.
there's no adjusting to that.
there's just pain that follows.



ABOUT YOU

you put all this faith in yourself,
even developed
a new tradition
of putting yourself first
and now you want to give up
because life found a way
to irritate you.

but if you decide
to throw in the towel
against your problems,
how will you see
what your hard work
has been preparing you for?

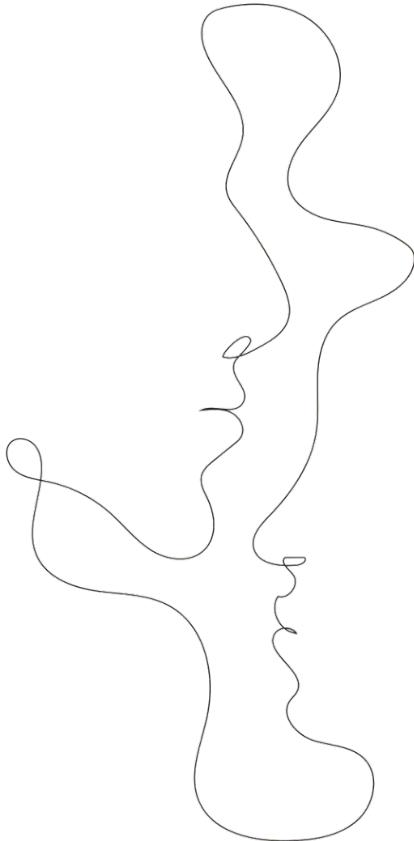
ABOUT YOU

stand flourishing and free.
it'll terrify those
who challenge you.



ABOUT YOU

I want to kiss you
with the same lips
that utter the words
I love you and mean it.
I want my kiss to provide the
reassurance of a love so permanent.



ABOUT YOU

you deserve reciprocation
without the fear of emotional
or physical abuse.

ABOUT YOU

she is sunflower radiant
chasing the sun.
the beauty of her essence
bouncing off the reflection of the water.

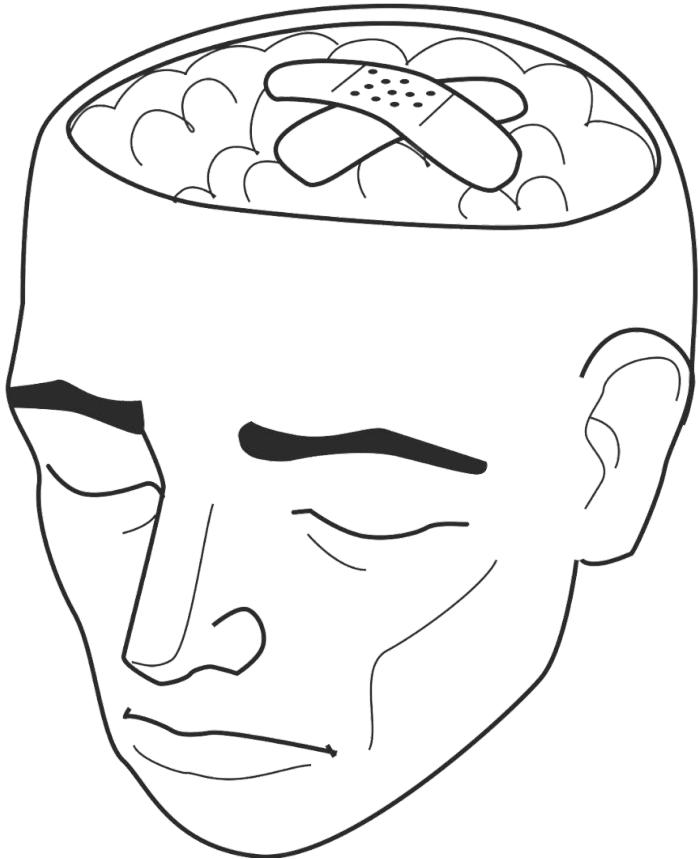
she is a homegrown specimen.
much like sativa
she eases worry.
but don't forget she can create
indica-listic qualities
by relaxing your whole body
with a touch.

she is songbird singing
in the mystic rain,
sounding like wind chimes
caressing the possibility
of witnessing how immense
her nature is.



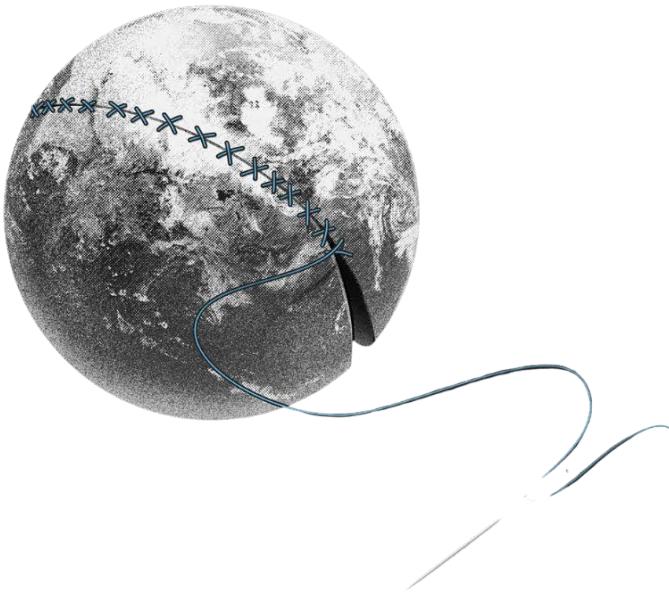
ABOUT YOU

if I ever made you feel
like you had to negotiate your value,
I apologize that I wasn't mature enough
or selfless enough to notice
I was hurting you.



ABOUT YOU

rejoice in the certitude
of knowing you are,
without a doubt,
someone with the potential
to make the world proud.



ABOUT YOU

sex and love,
though necessary for longevity,
will never solve all your problems.



ABOUT YOU

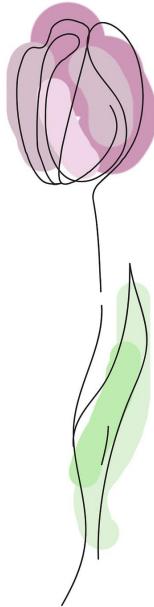
if someone questions your sincerity,
put their heads on a figurative stake
and they'll never doubt
your intentions again.

ABOUT YOU

you must learn
to stop deciding
your value
based on your
relevancy in the lives of people
who don't even support you.

ABOUT YOU

brilliant it blossoms.
through constant obstacles
your persistence fails
to retreat.



ABOUT YOU

you panic at the sight
of your own footsteps.
afraid your successes
won't leave a path worth following
for those who woke up
and chose to view you as an idol.
you tremble in terror when tasked
with proving anything to yourself
because you don't believe
you can be impactful.

when you take the doubt
out from your eyelids,
look around and see
all the people
inspired by your actions.

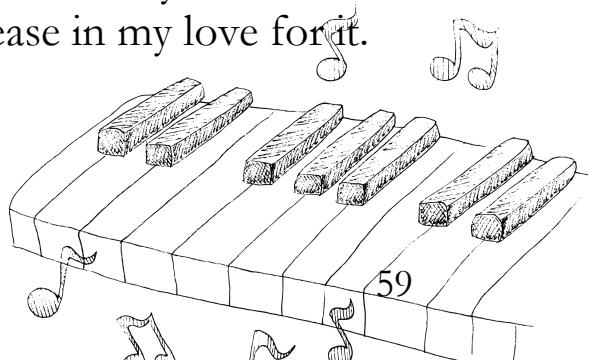
ABOUT YOU

Songbird Singing: Part 1 and 2

a song
is a musical composition
dedicated to illicit
emotion and motivation
to listening eardrums,
and for the hearing impaired
through vibration.

through song,
the human voice is transformed
into a vessel of melodic pitches
perfectly and distinctly creating
a pattern that aligns into a divine
experience.

your voice reminds me of a song
I could listen to for eternity
without any decrease in my love for it.



the first time I heard your voice,
it became a sound I wanted
to replay in my mind like my favorite
summertime hit.

I remember the noise it emit.
rung like alarm clocks signaling
my brain to pay attention
to the soft tones projected
from your mouths direction.

the second time I heard your voice,
I downloaded the tune into my memory
and daydreamed about hearing it live.

the last time I heard your voice,
I couldn't recognize the expression
but it seemed like worry.

felt like uncertainty.
I believe there was shakiness
in the delivery like you were scared
of your own melody.

maybe, if you listen to yourself
with the same passion that I do,
you'll hear the beauty in the frequency.

ABOUT YOU

what a mystery she is.
short in stature but her kindness
standing 10 feet tall.
her smile towers over the fears
I know she is hiding behind her
laughter.

curiosity blooms and spreads
as I indulge in her generosity,
for what seemed like hours.



oysters.
the topic of a conversation
that brought us closer together.
under normal circumstances,
I would have been shunned, dismissed,
and probably neglected but she held the
awkwardness of my personality in her
hands and just welcomed it.

it's been so long
since I have felt so honestly accepted.

what a mystery she is.
questions marks but no confusion.
she is a deserving heartbeat pounding
compassionately regardless of some of
the bruising she has taken.



ABOUT YOU

back like you never left,
a year ago.

to pursue growth and new experiences.

laughter as usual.

easy conversations
and connecting on life updates
through social media.
never a dull moment
in our interactions.

but to be honest,
I'm disappointed.

disappointed I didn't get to watch
you grow into the insanely important
individual you are becoming.
proud, nonetheless.

despite the intermission
in our friendship,

our closeness is still evident.
as apparent as the impact you've had on
me.

you, revitalizing my love for teaching.

awakening my passion for supporting
people to the best of my capabilities.

continuously showing me that my words
can be the whispers of motivation
someone needs.

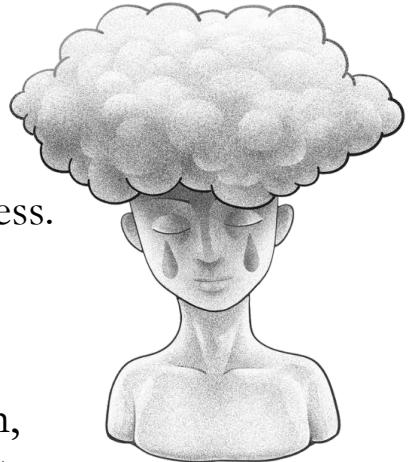
ABOUT YOU

I know a student
who is just as funny
as she is silent.
stays quiet
out of fear of “who knows”
the reason.

this student
dances through laughter
routinely and masterfully
crafting her jokes
like choreographed happiness.

this student,
who would rather stay
under the radar of attention,
wears tradition on her heart
like a promise.

a promise to make her family proud.
to show her sister she’s an inspiration.
to be someone carrying love into the
next generation.



ABOUT YOU

as difficult as these emotions
are right now,
you have to feel them.



ABOUT US.....

ABOUT US

you know racism is still alive and well
when:

people still have the incessant desire
to see Black people struggling
in the environments we were born into.

laugh at the failed attempts to support
our families.

believe telling us to pull ourselves up by
our bootstraps is motivation for us to be
strong and not realize it's a call for us to
be divisive.

ABOUT US

I'm so tired of unqualified, ignorant and unquestionably stupid people making irrational decisions about things that impact individuals they could care less about.

I'm angry that entitled men filled with audacity are given power to drastically change the ability for someone to think and act in the best interest of themselves.

I'm saddened but not shocked that our government has shown to be careless and exposed its unjust intentions by picking and choosing what freedoms they believe is necessary to restrict.

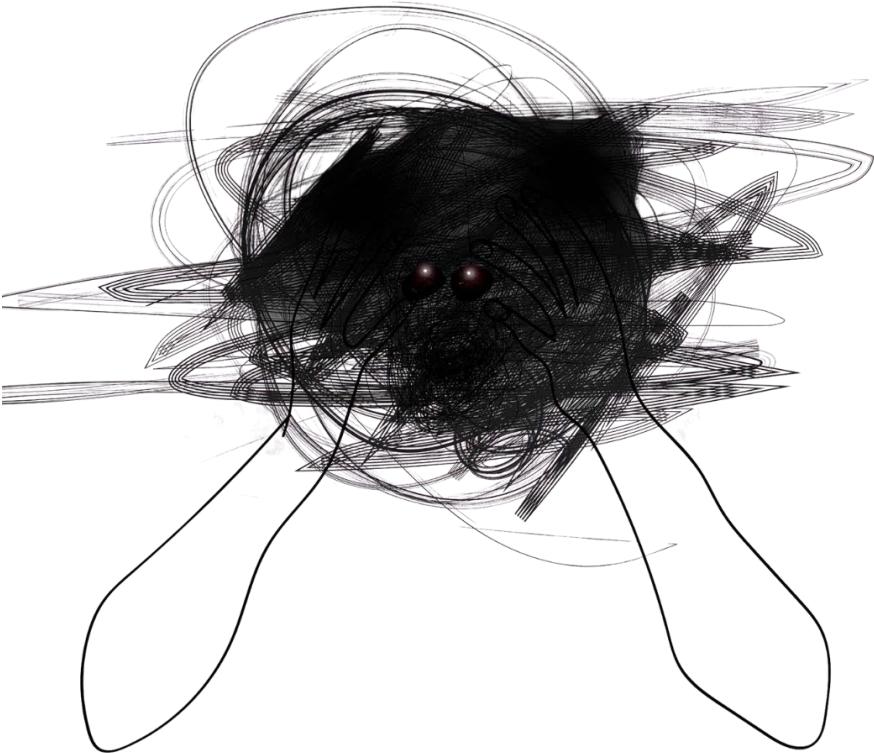
ABOUT US

impose zoom features in real life.
mute through your boundaries.



ABOUT US

not going to pretend
to be unaffected
by the tantalizing way
your stupidity
influences my actions.



ABOUT US

unintentionally living in doubt;
still finding myself running to you.
if that's not fate, then
I don't know what is.

ABOUT US

I hope that I never
lose honest love
because I was too arrogant
to believe I could be deprived of it.

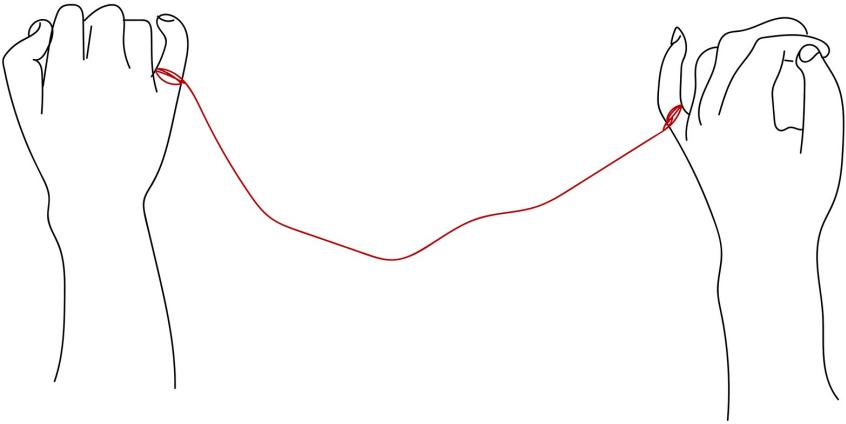
ABOUT US

our passion will
soar through the night sky
until we land in forever, love.
let's aviate.
leaving behind everything
we aren't meant to be.



ABOUT US

the love we have
is stronger than faith,
sweeter than unconditional care,
and will last as long as forever
allows it to.



ABOUT US

the home
we built are love on
is made of lies
and now the foundation
is falling apart.

ABOUT US

poor timing can have you
operating within short-lived paradises
or have you living in what seems like
endless misery.

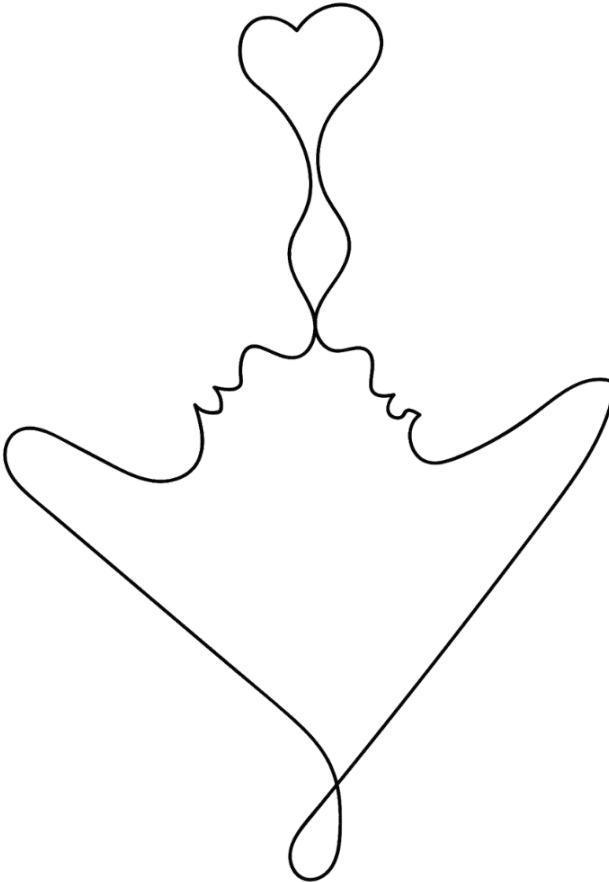


ABOUT US

sometimes I wish
you hated me
with an active passion
instead of giving me silence.
at least that way I'd still have
your acknowledgment.

ABOUT US

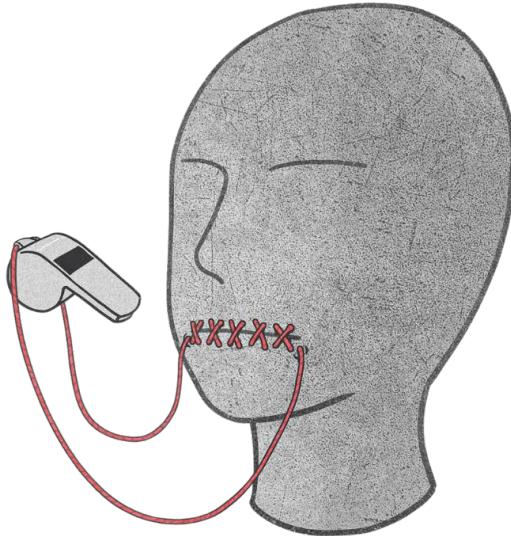
intimacy is the process
of learning how to satisfy
a connection with closeness.



ABOUT US

Speak your mind
as long as the words
you express are being spoke
from truth and sincere kindness.

also,
know that
it doesn't have to sound gentle.
and people don't have to approve of it.



ABOUT US

when your mind
becomes an apocalyptic wasteland
where the only surviving thoughts
are telling you to give up,
don't adhere to their suggestions
and devolve into barbarity.

force yourself to drift toward
gratefulness.

reestablish a connection with what's
important.

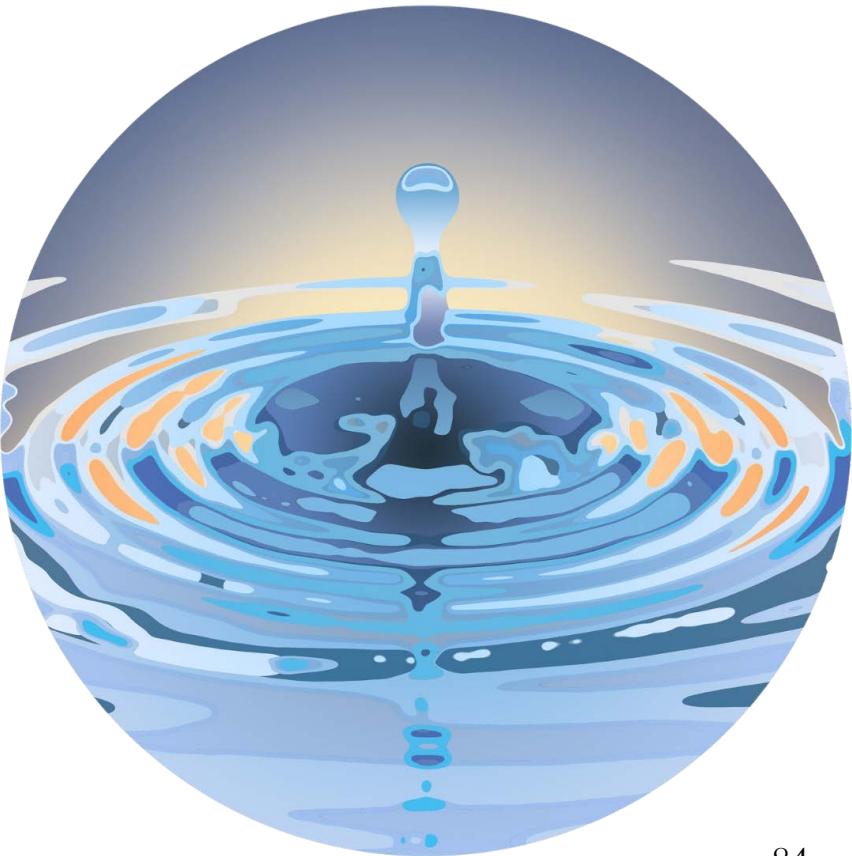
thrive off the simple things.

find home
on the way out of your comfort zone.
it is in that place
where you will start to rebuild.

ABOUT US

we tend to try
and test the waters
because we don't
believe we can make waves
in whatever we immerse ourselves in.

- **don't underestimate your capabilities**



ABOUT US

if you are echoing honesty
down every hallway
your opinion travels,
you are bound to shake a few
perspectives.

ABOUT US

how you feel
isn't who you are.
it's a response
to environmental stimuli.

we sometimes internalize those feelings
and believe they are all that make up
who we are destined to be.

we are so much more than
the temporary emotions
we stand on when life gets difficult.

ABOUT US

a façade
can be a dangerous cloak.
you can go from certain circumstances
of carelessness
to obsessive burden
in an instant.



ABOUT US

enticed by a request.
a tempting kiss would send an invitation
to the arms that beg to caress the body
silhouetted in my fantasies.
enamored with that touch.
fingertips that memorized every inch of
pleasure stitched into the genetic
composition of my DNA.

I often daydream of intimacy
that introduces itself with your name.
I listen and dedicate its syllables to
memory to reminisce on its existence.

the day our souls meet again through
endless climaxing, I'll welcome it with
another sexual encounter.



ABOUT US

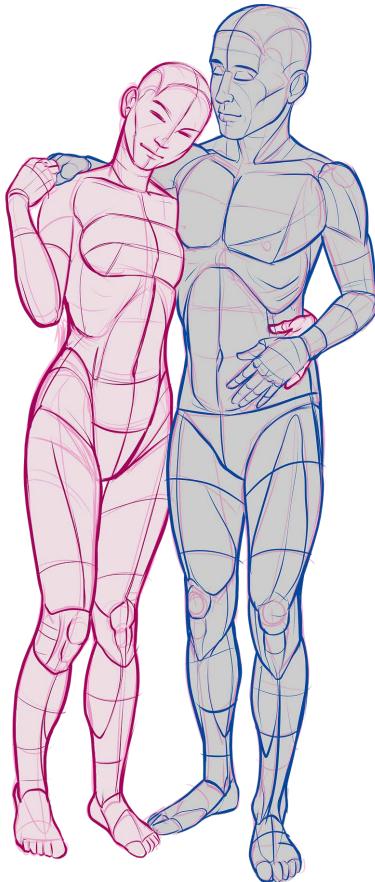
a hug is speechless
displays of caring deeply
hovering over the aspect of endearment.



ABOUT US

together we embrace
the quest that leads to
our shared bliss.

let's continue to indulge in hedonism
until we find sanctified satisfaction.



ABOUT US

we are one date away
from discovering
if our mutual tinder match
is destiny or the consequences
of swiping out of curiosity.

we are one date away
from experiencing
endless laughter, puppy dog eyes,
and all that other cute shit
that comes with infatuation.

we are one date away
from enjoying an interaction
that can spark an encore
of planned rendezvousing
to your favorite restaurant.
to your ideal hang out spot.

what I mean is,
can I show you
what it's like to invite safety into your
vulnerable spaces?

can I show you
what it's like to have a man
walk into your heart
and furnish it with love?
and instead of damaging it
like a terrible tenant,
appreciate the condition
while also protecting it.

so, why not take a chance
on everything we could be?



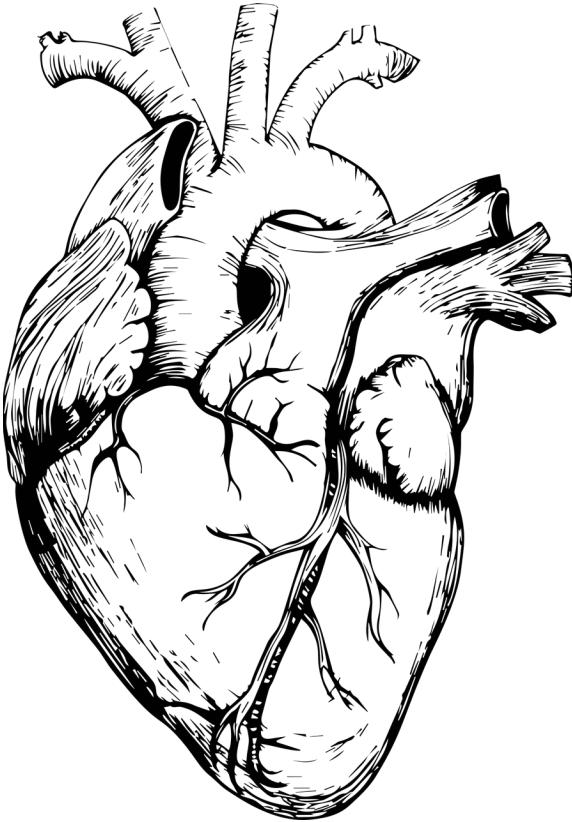
ABOUT US

my mind tells me
not to give up on us.
tries picturing a storyline
where we, the main characters,
have it all figured out.



ABOUT US

my heart ruminates and reflects
on the series of moments
that brought us together.
and the ones that carried us
to our bitter end.



ABOUT US

my soul is grateful for our bond.
sad that it couldn't prevent us from
being "done" but it will never be
broken.



ABOUT US

a bond is an authentic connection
that lasts in spite of the circumstances.
it is shared inside jokes that the outside
world couldn't comprehend.
it is unspoken communication through
facial expressions expressing feelings
that words cannot describe.
it is supported safety sliding smoothly,
sometimes stubbornly to created spaces
of security.

a bond is how you share a smile
with genuine feelings.

ABOUT US

because of trauma,
we sometimes need
to build empathy like an empire.
slowly.
overtime.
until it's stable enough
to stand on its own without fear
of being betrayed for having feelings.

ABOUT US

sometimes everything is hard
and nothing is explainable.
then for some reason
horrible things happen.
frequently.

I wish I had answers to the occurrences
but I'm just as clueless
as everyone dealing with these
problems.

just know,
all these bad days are just signs to not
give up because something amazing is
waiting for you.

ABOUT US

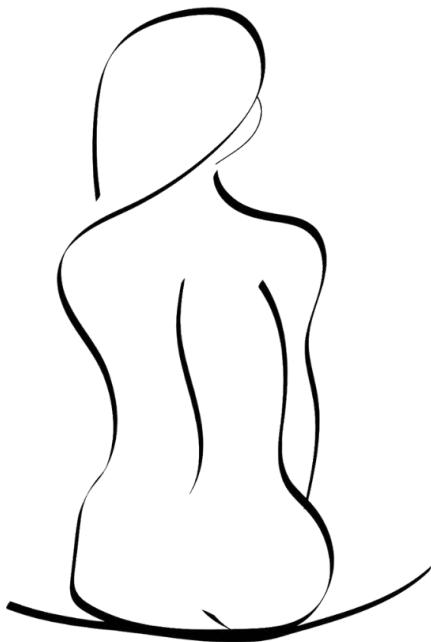
it is okay to be cautious.
to be on guard.
to have boundaries so strong
that shakes the comfort of others.
boundaries that intimidate.
boundaries none will dare to cross.

but don't be defensive to the point
where your boundaries begin to
impede your enthusiasm to heal the
parts of you waiting to reconnect.



ABOUT US

it is also safe for you
to be soft.
when secure enough.
when vulnerability isn't so detrimental.
when it is cared for.
when it is catered to.
when it is appreciated.
but don't let comfort
prevent you from putting safeguards
on the emotions you're not ready to
confront yet.



ABOUT US

how are you
nourishing yourself
when you feel motivationally
famished?

how are you satiating
the hunger for a better day?

what is it going to take
for you to see that you
are full of perfection?

all on your own.



ABOUT US

shadows have relied on you
to stand within them to justify
their actions of casting protective veils
over your lives.

they are afraid that you will
step outside of their outlines
and reclaim ownership over yourself
again.

turn their fears into reality
and take possession of the life
they never had any business
binding onto.



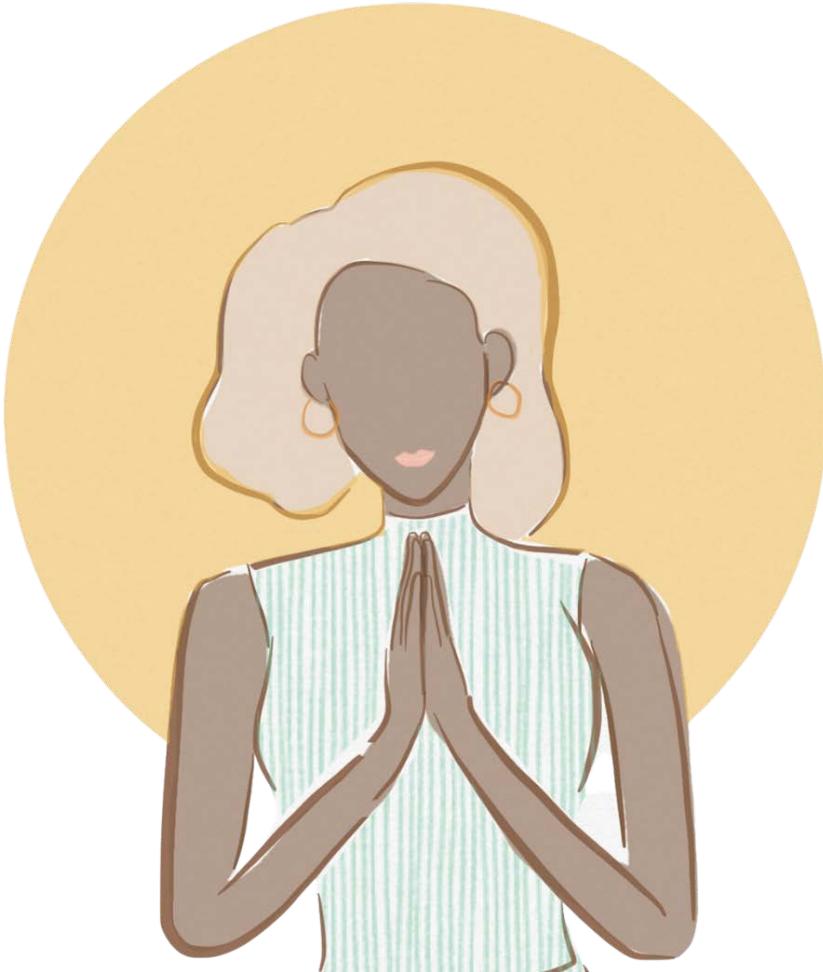
ABOUT US

some people will outgrow each other.
while some will destroy the roots.



ABOUT US

progress through life
with love and hope.
it will eventually reward you.



ABOUT EVERYONE.....

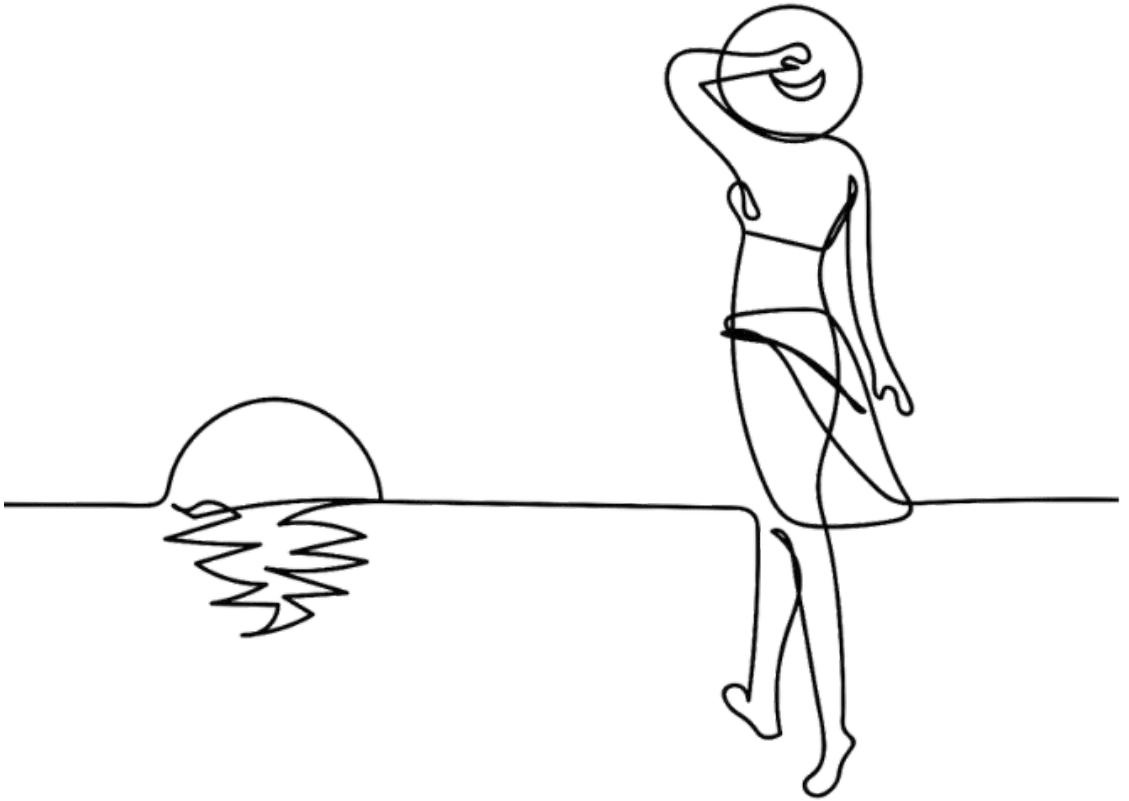
ABOUT EVERYONE

everyone deserves grace.
even those who have a warped
perception of reality
where the lies they convince themselves
to believe co-exists within the truth of
their environment.

but giving patience to those who choose
to live within their delusions
is opening yourself up to have your
boundaries crossed and disrespected.

ABOUT EVERYONE

every day
is a beautiful day
when you choose yourself
over destructive relationships.



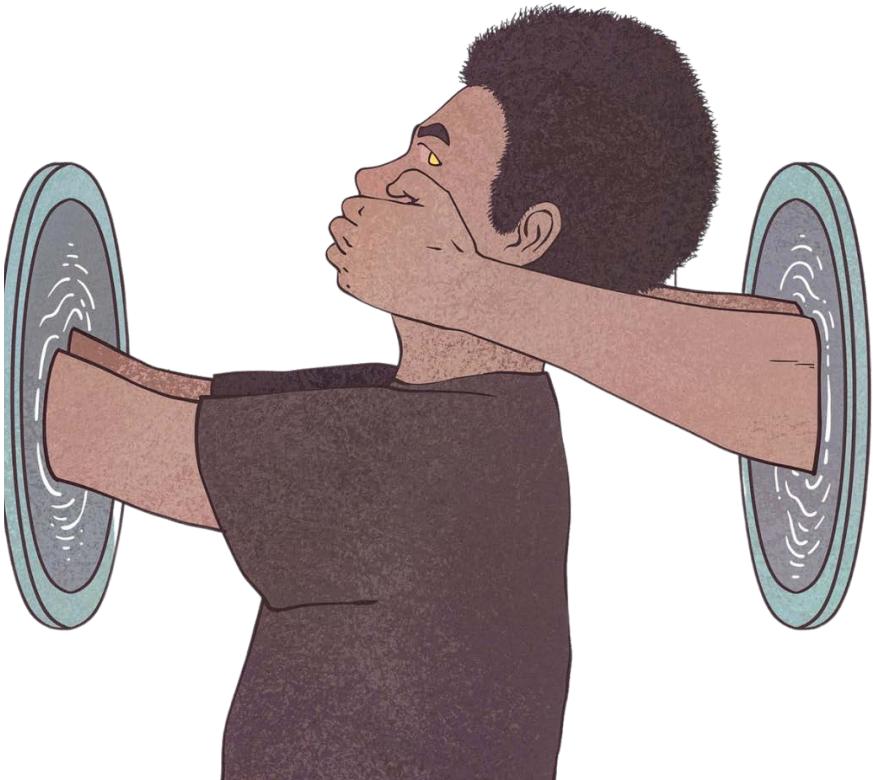
ABOUT EVERYONE

the rise of a grudge
is the fall of a compromise.



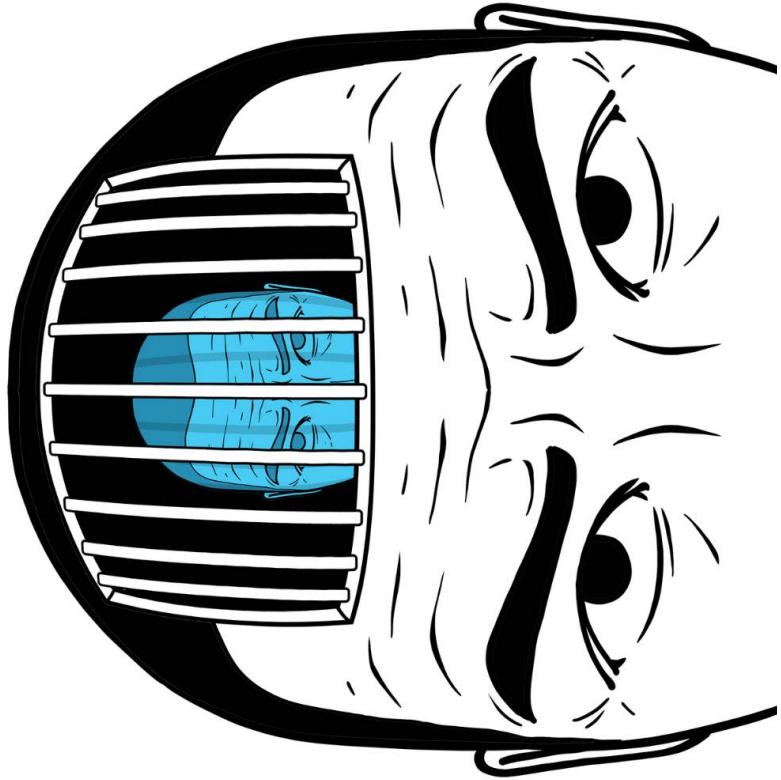
ABOUT EVERYONE

the dawn of silence
is the break of peace
needed to fill the
world with joy.



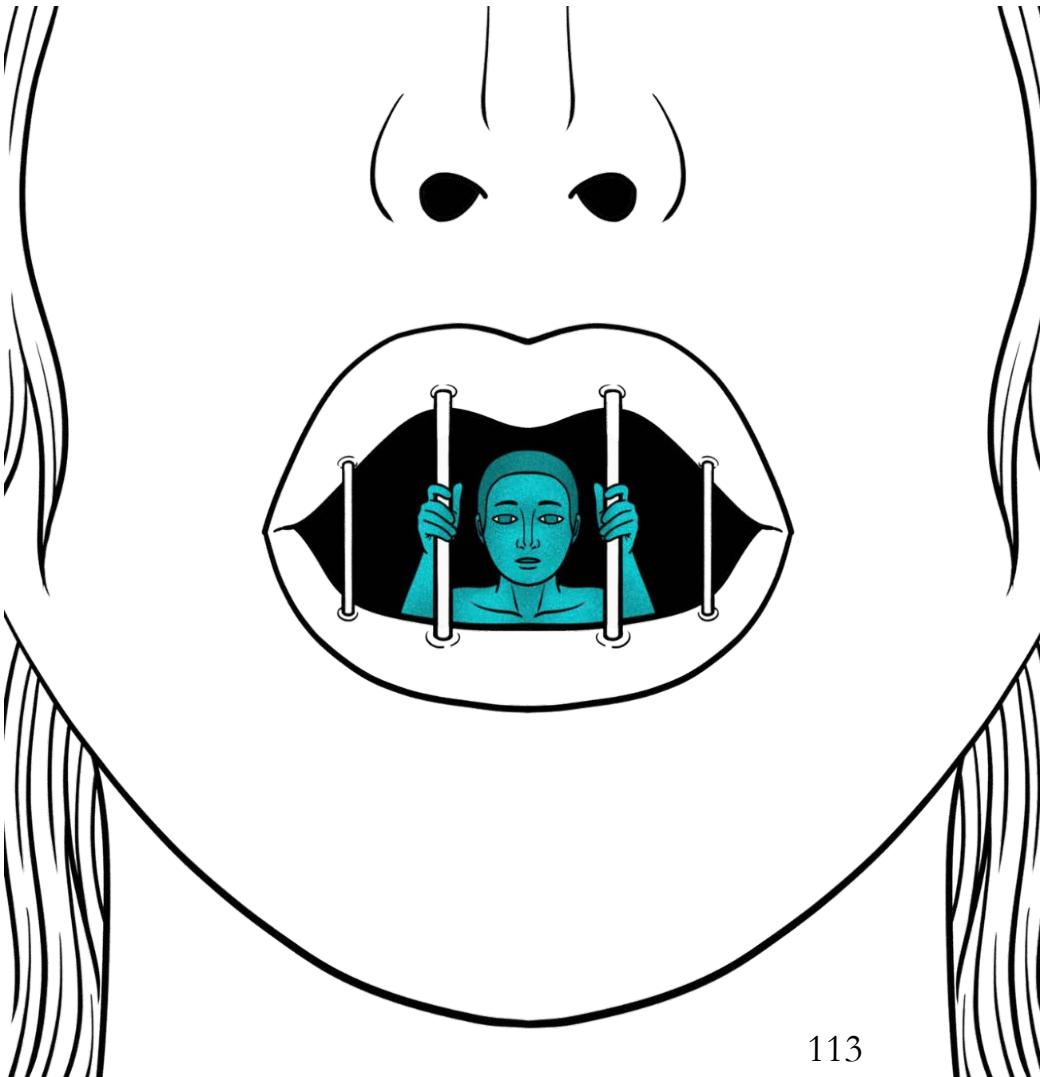
ABOUT EVERYONE

trapped behind every good intention
is a desire to do nothing.



ABOUT EVERYONE

false stories told as facts
will always be mistaken
for the truth
when it is shared as lived narrative.



ABOUT EVERYONE

prevaricated facts.
what a hypocritical mess.



ABOUT EVERYONE

don't believe the hype.
destiny can be on that bullshit too.
fate can be childish.
chance isn't always so spontaneous.
luck can be a fortunate hazard.
embrace what's meant for you,
but it ain't always sunshine and
rainbows.

ABOUT EVERYONE

ancestral self-care was so ritual.
relax the spirit with joy.
nourish thyself with food.
honor family with love.
embrace the community with care.

there's a dire need to get back to the
roots.

ABOUT EVERYONE

we dress our shame
in envy and wonder
why we walk and wallow in regrets.

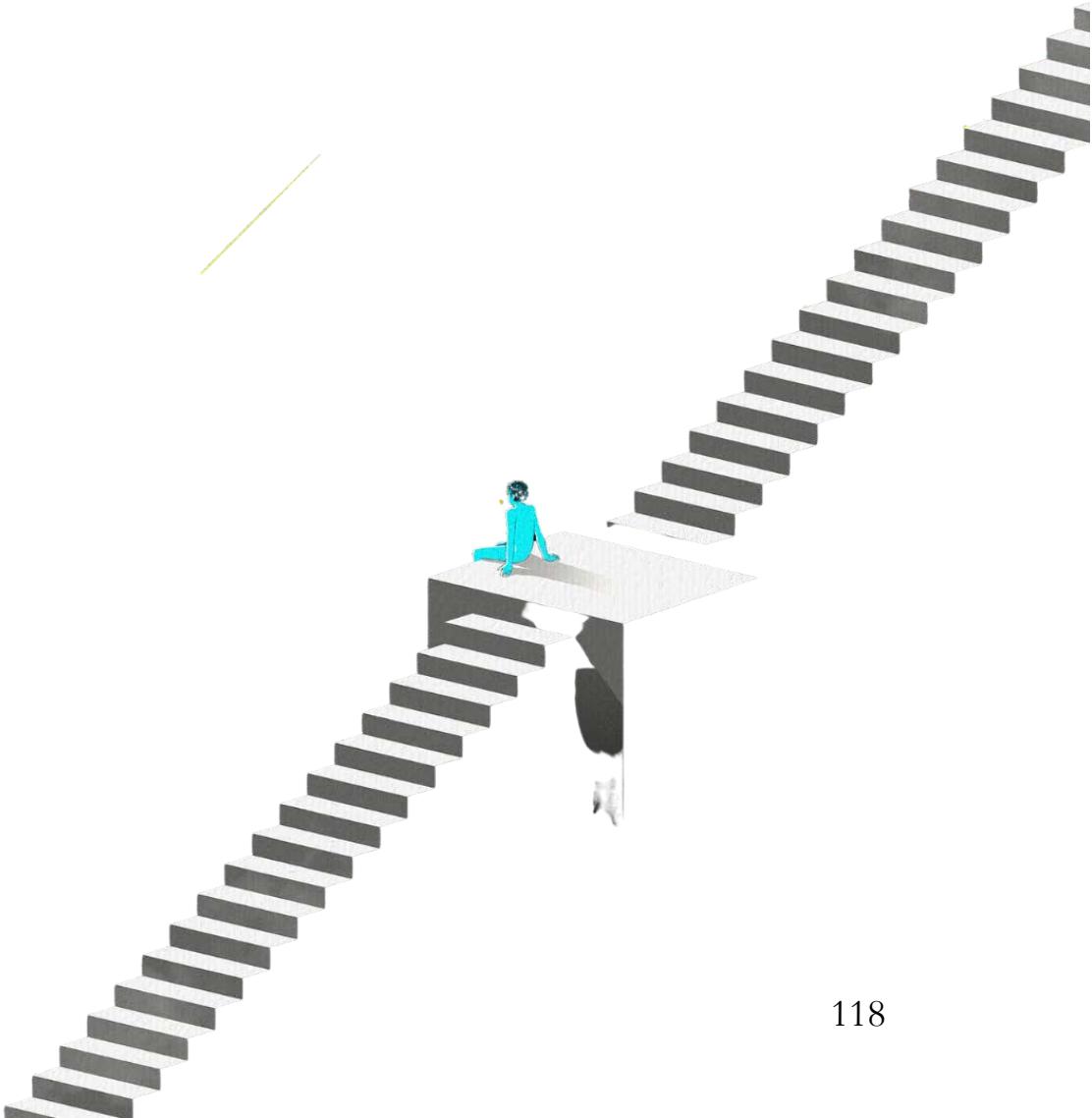
we complain over blessings
we haven't received yet.
and show gratitude
to false achievements.

when we finally decide
to drop the comparisons,
we will be able to pick ourselves
up from the self-doubt
scattered all over our decisions.



ABOUT EVERYONE

live in the best interest of helping
yourself heal and the world will heal too.



ABOUT EVERYONE

Oh, to be Harry Potter.
treated like the enemy by family
only to find their real one
inside the friendship of outsiders.

having to learn about your
mysterious identity
through the trauma of your parents
demise and choices.

oh, to be bullied your whole life
only to discover the power you possess
is from courage and sacrifice.

that there is no greater gift than the care
you were offered from the people who
stood beside you.

whether you were in chambered turmoil
or a prisoner of your own secrets
they supported you no matter how
deathly you believed your hollow
shadow to be.

to go from half-blooded cursed child
to chosen prince.

to be Harry is to be dedicated to
persistence.

it's beating the odds

by never abandoning your purpose.

to be Harry

is to choose yourself every day.

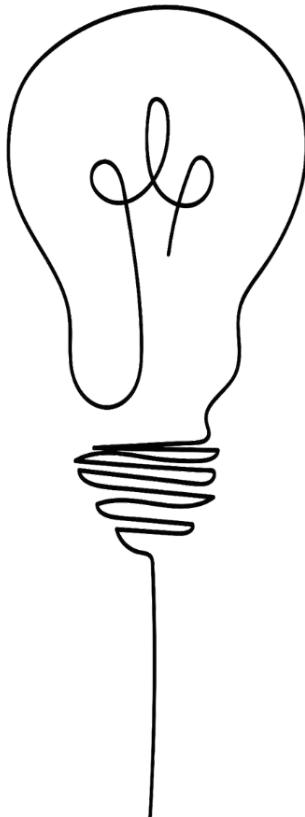
#fuckjkrowling

#erinsuggestedit

ABOUT EVERYONE

mental clarity is not having an empty mind.

instead, it is having full thoughts of certainty.



ABOUT EVERYONE

if it's good for you,
make it a habit.

being around certain people.
adopting different mindsets.
navigating situations with a little or a lot
more delicacy.

if it's good for your growth,
be unapologetic in your consumption of
it.

with enough time
and consistency
it'll turn into a lifestyle.

ABOUT EVERYONE

perfection: the act of putting full effort toward every problem, situation, hobby, or interest with the intention of making yourself proud

also known as: doing it for you

ABOUT EVERYONE

Inspired by Anime shows:

Demon Slayer:

family can be the death of you.
tragedy will be proof that you're alive.
fear will numb you.
but purpose will make you feel again.

Attack on Titan:

you can be lied to.

led astray.

betrayed.

mistreated.

push to your limits,

and still come out victorious.

the day you start losing,

is the day you stop fighting.

Tower of God:

when loyalty blinds you,
look inside yourself for direction.
the day will come where
you'll be able to see
all the inauthentic people around you.

Scissor Seven:

you cannot choose
between your past
and your present
because they are both you.
but you do not have to be the person
your past expects you to be.
your past may make you regretful,
but don't let it turn you
into someone you don't want to be.

Hunter X Hunter:

anger is consuming by nature.
it will block your judgement,
and push rationality out of reality.
but if you have the right people
around you,
they can calm your senses
and show you what's important.

Full Metal Alchemist:

consequences have sacrifices
just like sacrifices can have
consequences.

both can be riddled in tragedy.

adversity is becoming acquainted with
this perspective,

acknowledge its relation to your
situation,

and finding purpose within the hardship
so you can let it motivate you into doing
something meaningful.

Mob Psycho 100:

you were born with unbelievable power.
a power in which
one uncontrolled outburst
could very well mean
the end of your world as you know it.

you are the illustrator of your path.
the author of your experiences.
your narrative contains a strength so
immeasurable,
it expands as your voice pulsates across
the Earth.

once you take ownership of being the
protagonist of your own life,
you'll be the leader of every choice you
make.

and what a power it is
to have control of your own decisions.

Haikyu!!:

people will place limits
on what you are capable of
because they live in a world of
unbreakable barriers.
they have never seen how determination
can make impossible wobble.
how the unthinkable can be achievable
through purpose.
how persistence can shake boundaries.
when you exceed the expectations
that have been placed on you,
you'll leap through all your obstacles.
boundless.

The Promised Neverland:

you can be living comfortably in joy
and experiencing trauma concurrently
without even noticing.

when you become aware of it,
the feeling can be debilitating
as truth will threaten everything you're
protecting.

sometimes coping isn't an option,
and an escape from familiar is necessary.

Death Note:

right and wrong
isn't always so black and white.
it's mostly gray areas
in the pursuit of justice
based on the created laws of imperfect
people whose values are based on
differentiating opinions on the concept
of good and evil.

we often forget
that revenge will make a colored
spectacle out of our morals
with the proper inspiration.
and if that happens,
how do you decide if your “just” actions
are still good intentioned?

ABOUT EVERYONE

when fatigue hits,
a heavy sigh
can bury disappointment
into every crevice
of your body.

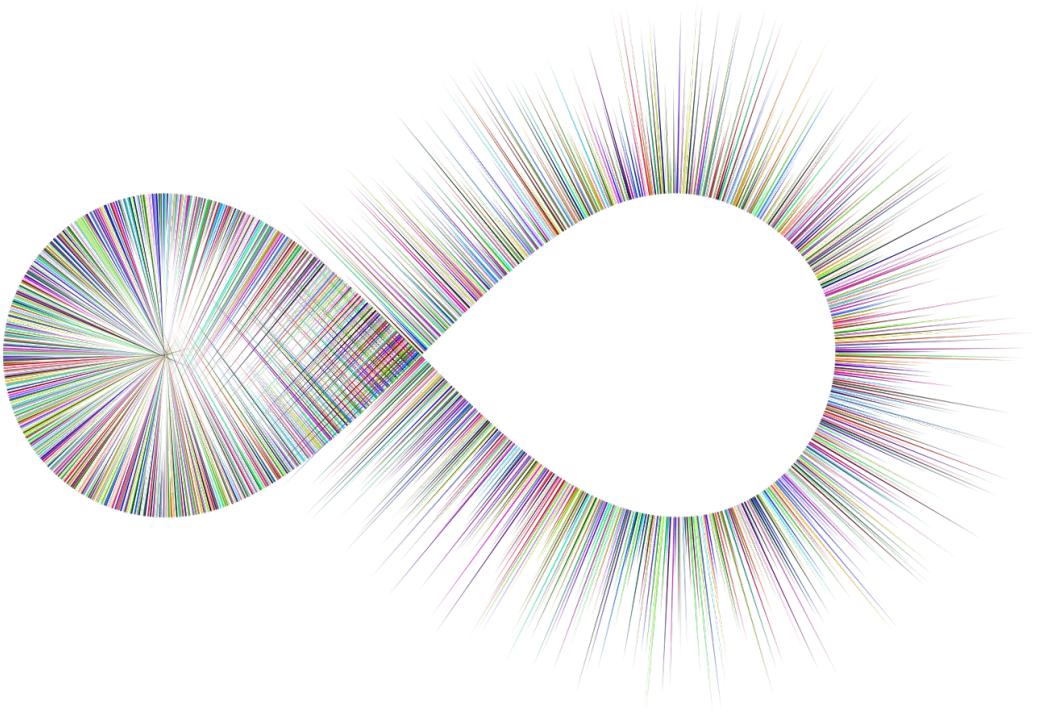
causing any motivation you have
to become weightless.

it's important to not let yourself
be held back by frustration.



ABOUT EVERYONE

one day soon it will happen.
everything you've been
risking exhaustion for
will show its worth
and present you with
new opportunities.



ABOUT EVERYONE

reflection is how
you voluntarily
participate in
mental preservation.
it's a how-to-guide
on keeping your mind sane.



ABOUT EVERYONE

to be hidden
is to be unseen.
unrecognized.
unnoticed.

to be hidden
is to be lost
without transparency.



ABOUT EVERYONE

suffering in silence
doesn't quiet your pain.

do you know how loud
trauma echoes when
it is left alone to fester?

avoidance
cannot and will not
be able to fight
all your internal battles.



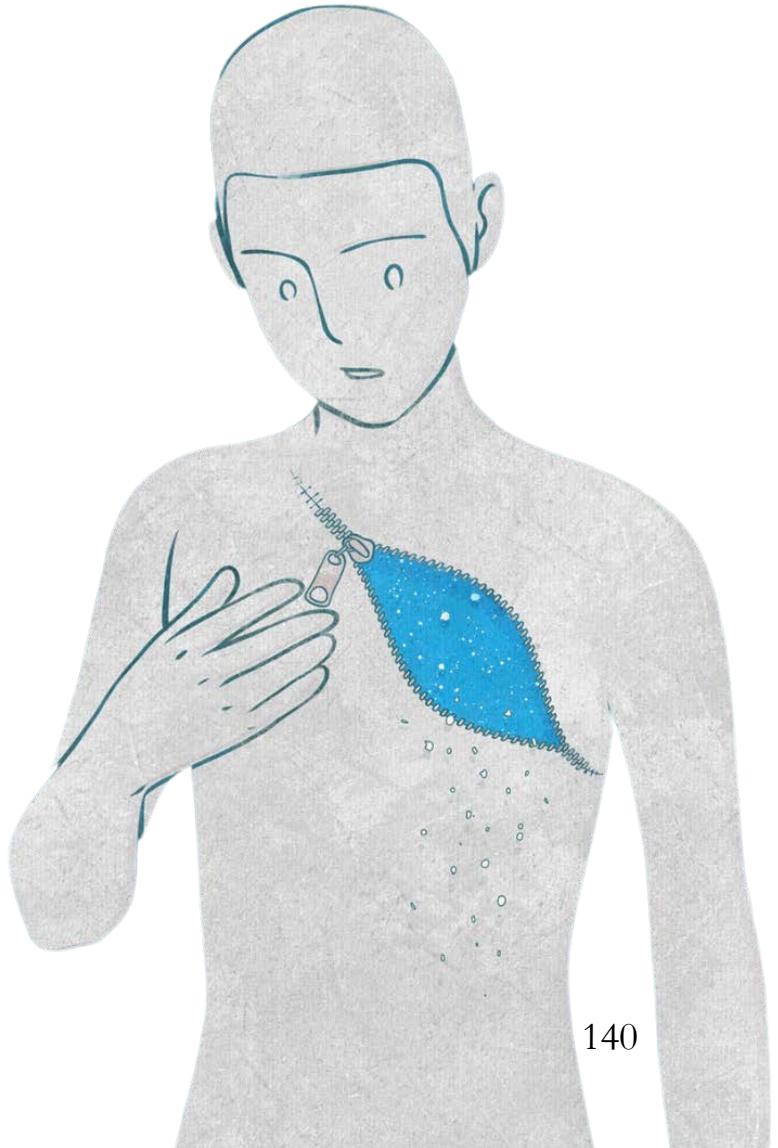
ABOUT EVERYONE

sometimes,
a simple accomplishment,
like showering, eating something
or even getting up from the sinkhole of
a queen-size mattress
can be the relief needed
to put energy back into your day.



ABOUT EVERYONE

don't let this recently discovered
attention and care for you
be the reason you let someone in
close enough to hurt you.



ABOUT EVERYONE

you can openly accept someone
and still obviously criticize them
to the point where they don't feel
like they can be themselves around you
anymore.

ABOUT EVERYONE

sometimes, the truth can cut deep
like a stab wound
and the pain will feel unbearable.
but stay calm.
you just have to prevent yourself from
bleeding out long enough
for help to arrive.

ABOUT EVERYONE

condolences
to all those lost
to uncertainty.
I hope you find
yourself in all
that confusion.

ABOUT EVERYONE

some people will try to silence you
in the most inconspicuous of ways.

they will use their fears
to project doubt
on your joyous voyage through life.

don't succumb to their jealousy.
don't let it make a shipwreck
out of your progress.



ABOUT EVERYONE

making a difference
is as simple as believing
you have the experience
to do so.



ABOUT EVERYONE

life begins with a heartbeat
but it ends when you are forgotten.
so, make memories on this planet
and stamp your uniqueness
all across the galaxy.

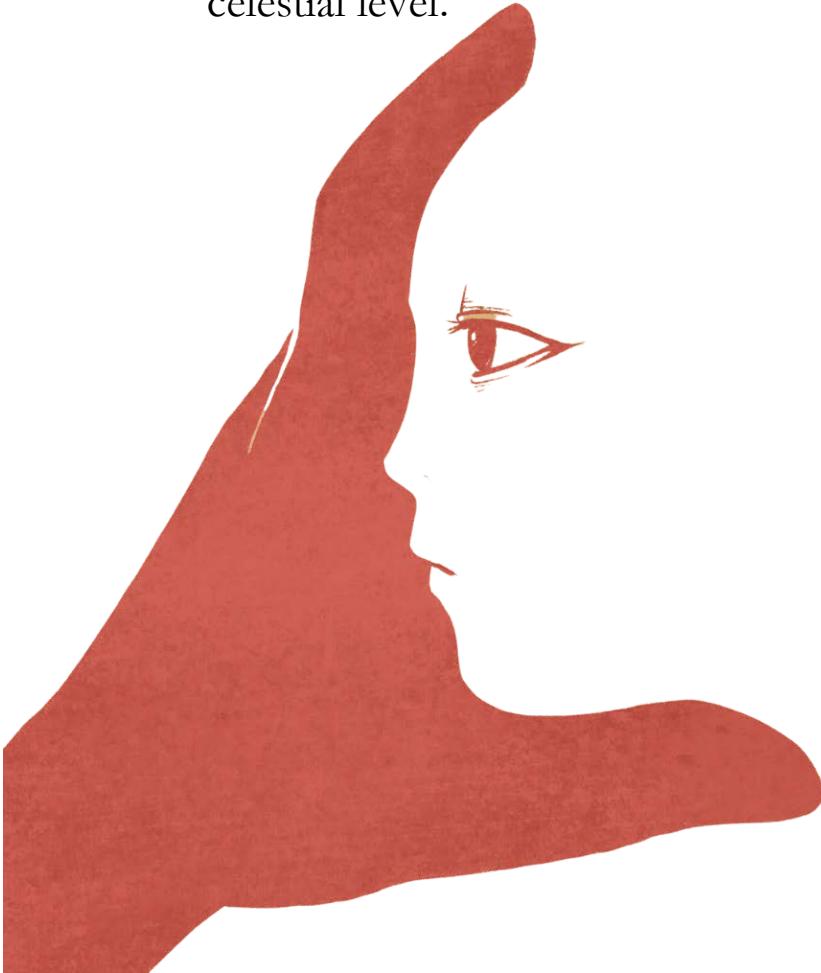


ABOUT EVERYONE

love and acceptance
coupled with excessive doubt
will project untrustworthiness over a
relationship and has the capacity
to invalidate once certain emotions.

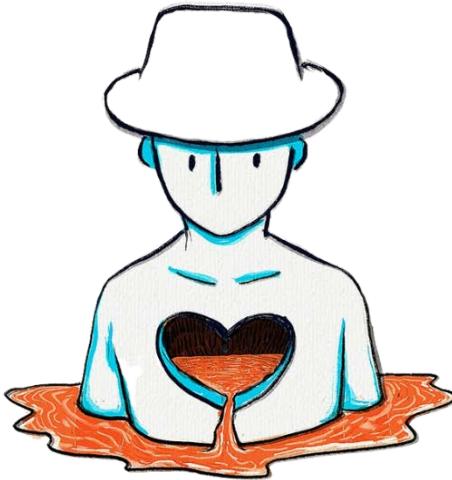
ABOUT EVERYONE

understand your partner's
inner self
and you will experience
intimacy on a completely different
celestial level.



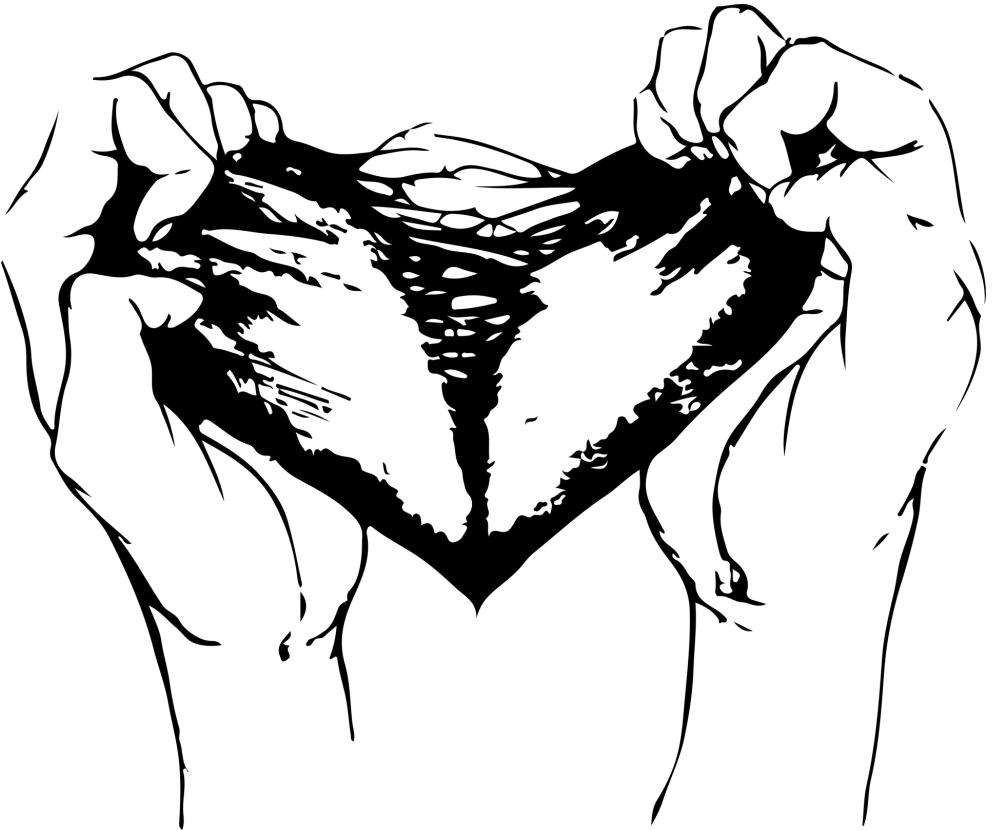
ABOUT EVERYONE

you are one proactive choice
away from being as happy
as you deserve to be.



ABOUT EVERYONE

heartache without the heartbreak
is emotional pain that is beyond
comparison.



ABOUT EVERYONE

sometimes closure
is just trauma trying to protect itself.

sometimes closure is just “I’m not ready
to give up yet.”

closure is also
“I need an explanation for the shit I
went through.”

ABOUT EVERYONE

compassionately showing
your whole independent being
care despite the flaws
and being happy
with the imperfections
is self-love in action.

ABOUT EVERYONE

what is love,
if not a never-ending plea
to be cared for.



ABOUT EVERYONE

emotions are tricky.
not just tricky,
awkwardly shifty.
one day you'll be thinking
they have expired
and the next thing you know,
they'll have you feeling,
EVERYTHING.

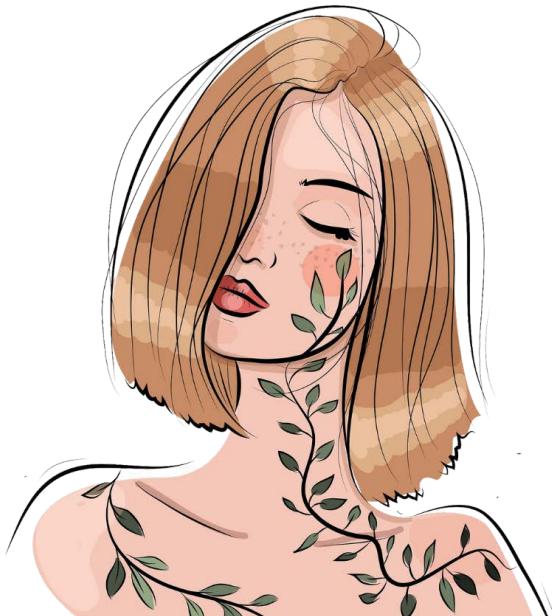
emotions are misunderstood survivalists
on the brink of being fearless.

ABOUT EVERYONE

what a tragedy
the heart; without love,
destroys and decomposes
gratitude.

ABOUT EVERYONE

so, you aren't perfect.
so, you couldn't be what everyone
wanted you to be.
so, you didn't make your parents proud.
so, you didn't meet their expectations.
so, you haven't figured life out yet.
truthfully, all that
doesn't fucking matter.
what does,
is you are striving to be
the most authentic you
and that's what the world will accept
you for,
even if some of the people in it don't.

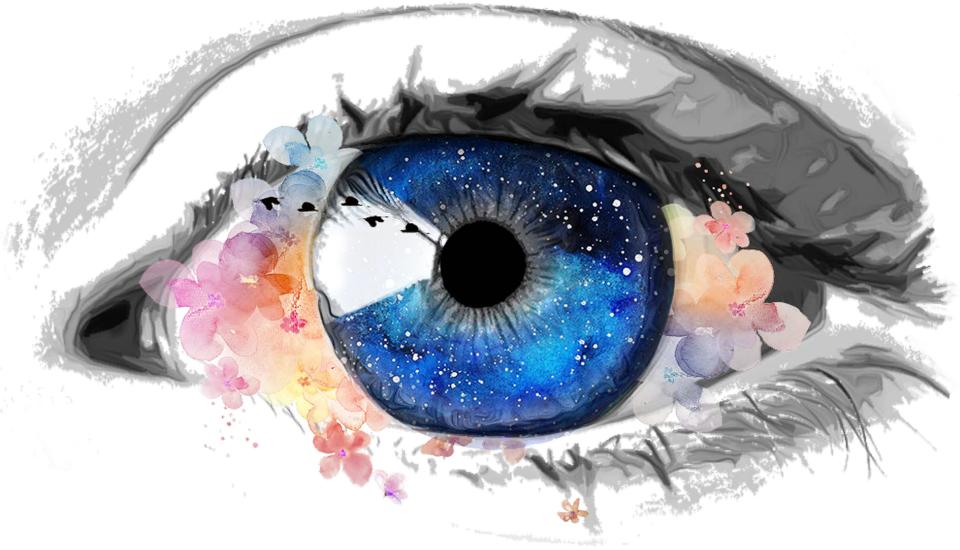


ABOUT EVERYONE

trauma almost broke your will.
but it couldn't.
and there you are
putting it to shame
every time you adapt
to the circumstances it
put you in.

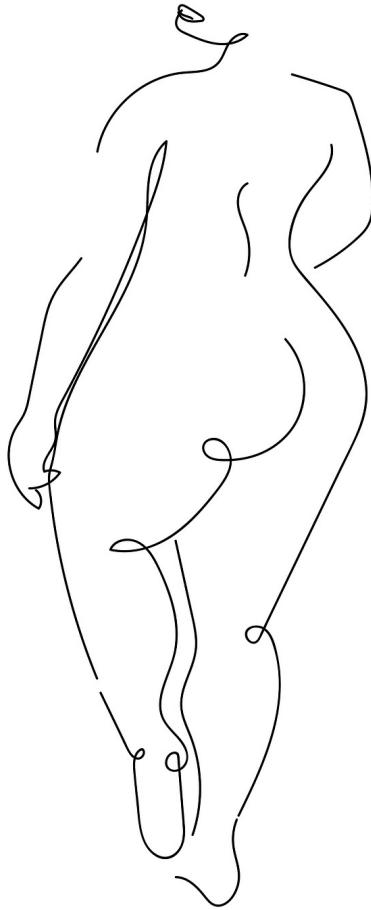
ABOUT EVERYONE

may tomorrow show you
that there is power in your soul.
something strong you haven't even
tapped into yet.



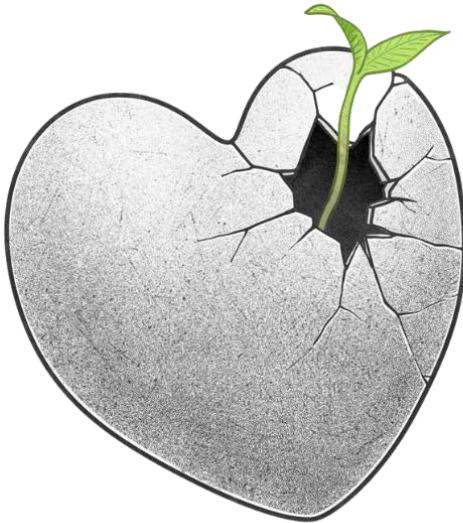
ABOUT EVERYONE

treat your healing like it's the most beautiful and most delicate thing to ever exist.



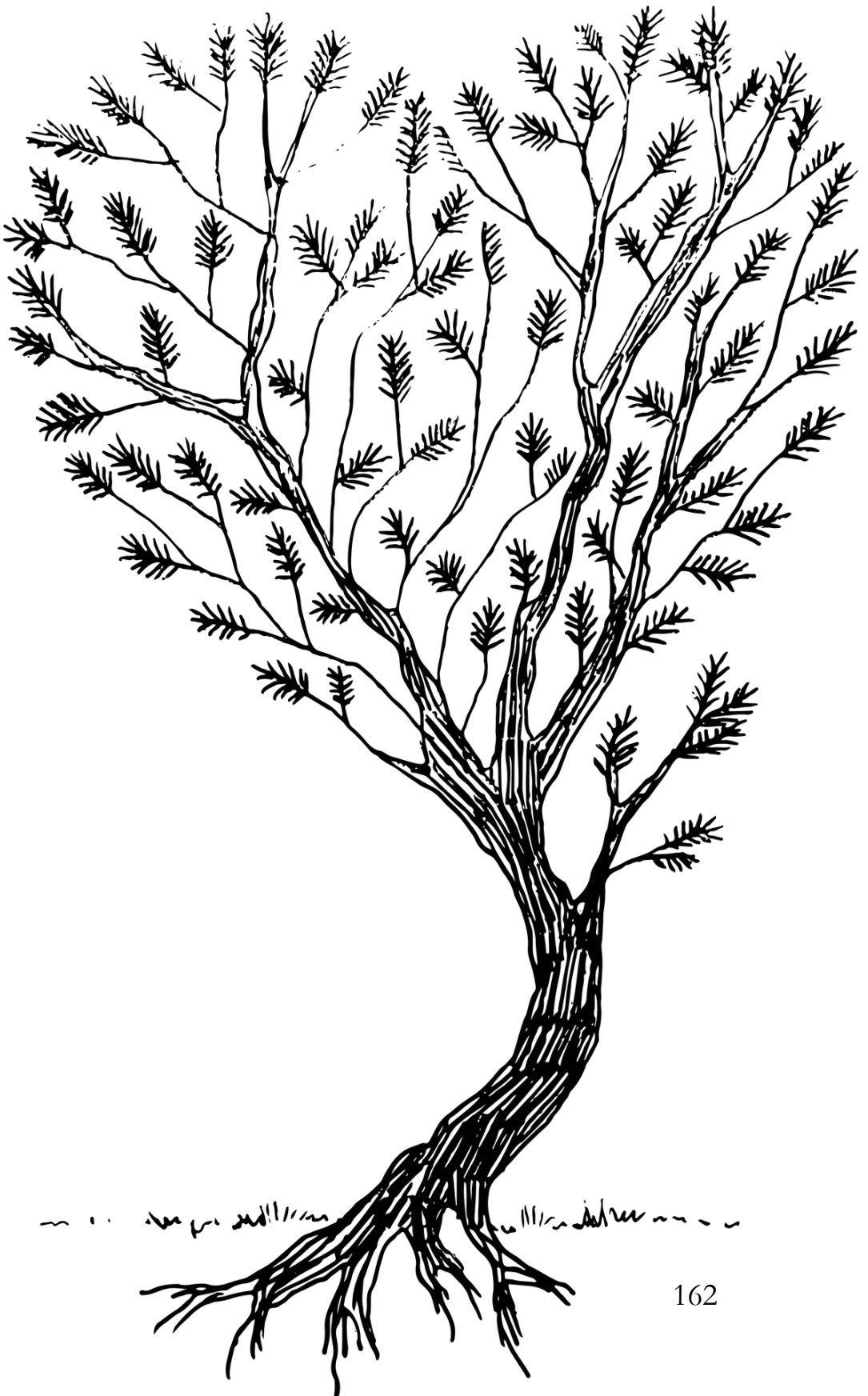
ABOUT EVERYONE

on often occasions,
healing will be
day-to-day recovery.
weeklong frustrations
spanning across months
of searching for clarity.
and once you see that
year of progression,
growth becomes addicting.



ABOUT EVERYONE

growth is painful.
it will rip out the foundation
of boundaries you built
staying within your comfort zone.
it will purposefully steal your joy
to see if you have enough willpower
to create it again.
and that's supposed hurt.
because sometimes growth
will feel like betrayal
when you see no progress in it.
but instill patience in your healing.
embrace the unknown in your journey.
keep in mind that growth will steadily
push you in the direction of clarity,
always.



**“...you give this kind of comfort
about letting things be and being
comfortable with growth.”**

- Brianna P.

**“.....you make me feel safe, heard,
and happy. THESE ARE ALL
WAYS YOU HAVE IMPACTED
MY LIFE.”**

- Briana G.

**“.....it seems like you have this
desire/want to make people better.
Like help them through things in
life.”**

- Erin S.

**“...the way you make me feel valid
with simple but impactful
conversation...”**

- Precious P.

**“you gain comfort being alone
as you gain love being yourself.”**

- Me

ACKNOWLEDGEMENTS

First and foremost, I would like to thank everyone who supported me over the last few years. I know being patient through my healing process has been difficult and probably annoying. I thank you for being there.

Thank you to the team of people who have encouraged me to write another book even though I wasn't going to. I am glad that I did because I found my voice again.

I want to express gratitude for the employees, coworkers and supervisors, whose conversations have led to some of the greatest moments of my healing.

I appreciate the partners, family and loved ones who have stayed by my side through it all.

To everyone else:

**Your voice is your ticket to freedom.
Don't let anyone believe they can
silence you. Don't let them place
shackles on you.**

Thank you Maddy for the inspiration.