

CONFESSIONS

OF A

TEENAGE

HEART



BY T O A S

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Introduction



'Confessions of a teenage heart' is a compilation of poems which captures the poet's journey through her teenage years. Each poem captures the emotion of each persona as she passes through the different stages of her life. As a teenager one views life differently. This book is divided into different sections which explores the different concerns of the teenage heart. The book is not geared towards one specific age group (teenagers) but it appeals to those who have passed through this stage. Also it does not only appeal to females but also males who are curious to find out how women really operate and to understand more about their feelings.

The heart's

Desire



My Old friend

Time has not aged you at all,

Who would have thought that the expanse of
space that separated us would be the force that
joins us together,

Who would have thought that with the right
notes played;

Our tune is still not complete.

As it surrounds me,

I let myself go free in its depth,

Hoping that all my answers could be found,

Hoping that I could find myself before my death.

My old friend,

Time has not aged you at all,

But,

The time has arrived,

As I watch you I sit and cry,
Hoping that we will no longer be strangers,
Hoping that I might find myself through your
death,
Or as you crash into me and draw me to your
depth.

The it

It reaches out to her,
She wishes to plunge to its depth,
Their path is barred by something cold and hard,
She gains the courage to leap and be surrounded,
To be engulfed in its depths,
She screams but terror takes the sound before
she makes it,
She opens her eyes,
Yet;
She is in the same place,
She stares at it,
It stares back.

Forever

Though I may say go away,
Though I may say you ruined my day,
Though I may say leave me alone,
Truth is I don't want you to go home,
I don't want you to leave,
I just want to cry out,
That's the reason I fuss and shout,
I know with me its hard to deal,
But I try to always keep things real,
True friends are hard to find,
I'm longing to find a friend that will be forever
lodged in my heart and mind.

My secret letter to my prince

I looked him in the eye;

I watch as the moments pass me by,

In my mind I wish he would hold my hand,

And say that I have made him a better man,

He'd say that by my side is where he will always
abide,

He'd say that he will love me till the day he shuts
his eyes.

As he looked into my eyes;

I wish and hope that he would hold me close,

He would be the perfect antidote for this poison
that is slowly killing the love within me,

As the years go by time has taken the twinkle
from my eye,

Yet it managed not to dim the radiance from his
presence,

I sit and stare into her eyes,

I wish I were her as he holds her close,

As he fills her life with kisses,

As she fills his life with joy,

I stare into my own eyes,

Maybe one day I will have the guts to tell him,

Will I ever say these words?

My words,

With my heart written on paper there is no way
that it can possibly break;

After I say:

I wish you could be my Prince charming and not
hers,

You have been the answer to my pain,

And I have been the force that got you through
the rain,

He looks deep into my eyes,

I try to fake a smile,

My heart is filled with longing,

My lips are glued like cement,

I wait patiently as I had done all these years,

I wait for what he has to say for my heart is no longer on paper;

But it has been brought to life.

The heart's

eyes



from my perspective

In my father's eyes I am a princess,

In real life I am nothing but a frog,

In my mother's sight I am her pride and joy,

In my brother's I am nothing short of a mistake,

In your eyes I am perfect,

In my love's eyes I am the world,

But who I am isn't told in your eyes or her eyes or
even his eyes,

It lies behind my eyes,

When my eyes are closed,

And I become whoever I want to be,

That is the time that my eyes sees the real me.

Stop and smell the roses

Stop and smell the roses,
You don't have anything to cry about,
All you do is lock yourself in doubt,
You're perfected by your imperfections,
If only you could see,
But instead you ask how worse can it be?
What about that child,
Who is lying in that hospital bed?
Knowing someday they'll soon be dead,
That child would do anything to be like you,
To be able to run, play and go to the zoo,
But you on the other hand,
Just want to be alone,
While some kids wish they had a real home,
A home without the drugs, abuse and fear,
A home where you can hear,
'I love you dear'

Stop and smell the roses,
Touch someone's heart and life today.

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