

3rd Runner-Up

Jeremy Lovato

Why? - Poem

Why?

A question I have for many things
why did things become how they are?
why don't things last forever
These are just a few from this long letter
However, one stands out from the rest
why am I like this?

why am I like this?
why don't I feel happiness and bliss?
Rather in my chest I feel this unbearable hole
eating away and scratching at my soul
developing the fear that I may lose control

But why?

Is the question again

There are friends and family that are here
Suddenly it feels that no one is near
But I shouldn't have anything to fear, right?
There it is again

Why?

The sudden craving for nicotine and alcohol

I know it's bad

developed anorexia and destroyed me overall

Why do I feel that it is me?

that I should take my life

So I would find happiness and others will shout in glee

I just want to feel better

to fill that hole and this broken letter

But I'm sure you guessed it

why?

Now 2 years later

I feel happiness like I had a secret

But I did it myself

I wanted to change

Rather than playing the same game

I battered myself

Until I reached the right frame.

That feeling still comes around.

But if you're reading this

and feel the same way

Just know you can do it too

You can make it and all you've

been through

I know it may seem endless

But it will come soon

Don't beat yourself up

You will feel that soon

But just know that question

will last forever

You guessed it again

Why?