

My name is Six

The hardest person to know is ones self.

I've almost mastered tying my shoes. I love mommy, daddy, and brother too.

I just started first grade. I walk to school everyday. I am learning things in my own way.

I love to go to school. I love new friends. I am learning to read, write, and how to add. I've got a

new bike. Who is this person? I got a doll and some skates with a key. I want to be tall, with

long hair, and high heels. I want to know how being older feels. I don't like to eat everything

on my plate. I want desert before dinner. I don't like get up, sit down, or hurry up and wait. I

love to play outside. Don't wash the cat. I don't like dresses you can't get them dirty. I don't

like the wind in the storm. I'm afraid of the dark. The whole world is new and a big place.

There's the tooth fairy and Santa Clause too. I guess I shouldn't cut the gum out of my

bangs. There is a new person in my life. He's really mad. He said I'm like him really, really

bad. At six years old I didn't tell; I let him take me to hell.

My name is Love

He who has a why to live for, can bear almost any how
-Nietzsche

I am born again, and again. I am very young and very old. I can endure all. I am strong. I do not need but a spark to grow. I can be unconditional as well as a jagged little pill. It is for me that some live and others kill. Given little encouragement, I blossom into life. I have a power that can sustain almost any will. I give to the poor, to the rich, and to those in between. I am everything to some and nothing to others. Every living thing seeks me no matter how twisted I get. It is when I'm that withheld, the dark stays dark and no life abounds. I cause suffering, joy, confusion, and I'm a life force for those who have me and a reason for suicide if you don't.

Love doesn't control, control is not love, control is fear

MY NAME IS FEAR

YOU CAN BE GREATER THAN ANYTHING THAT CAN HAPPEN TO YOU.

I AM A PRIMARY EMOTION, I SHAPE THE UNKNOWN, AND I AM A PRESENT FOR YOUR GOOD. I AM HEALTHY UNTIL I AM NOT, AND THEN I CAN FREEZE TIME. I CAN KEEP SILENCE, SILENT. I WRECK THE IMAGINATION AND YET I THRIVE WHEN IT IS WILD. I AM BLINDING, I AM CRAZY I AM UNSEEN, I AM FLIGHT, I AM FIGHT, I AM WRONG, I AM RIGHT. I HAVE NO TASTE; I HAVE NO FEEL, YET I AM ALIVE AND VERY REAL. DON'T CROSS THE STREET BY YOURSELF; DON'T TALK TO STRANGERS. I AM FEAR THE EVER-GROWING DARKNESS OF THE STORM.

F.E.A.R. Fuck everything and run...

MY NAME IS PAIN

RANGE OF UNPLEASANT BODILY SENSATIONS PRODUCED BY ILLNESS, ACCIDENT, ETC. MENTAL SUFFERING OR DISTRESS.

I AM NOT ONLY A PHYSICAL NEMESIS; I AM MENTAL DESTRUCTION. I RULE THE SENSES AS I SEE FIT. I HAVE NO COUNTER; NOTHING MAKES ME BETTER. I AM A GREAT MOTIVATOR FOR GOOD, AND EVIL. I AM A TEACHER OF SORTS. I HELP THOSE IN SEARCH OF A BETTER WAY. I CAN INFLICT MY IMPRESSION ON THE FLESH. I CAN CAUSE AN ECLIPSE OF THE HEART. I HURT, I ACHE, I AM ASLEEP, AND I AM AWAKE. SOMETIMES I AM TOO MUCH TO TAKE. I TURN TO BITTERNESS. I AM A VACUUM AND AFFLICTION, I AM TORMENT WITHOUT RELEASE, MY ADVERSITY BECOMES A WRECKING BALL.

I'm sorry for all the pain; I wish I could

Wash it away.

I'm sorry that it has robbed me, even for one day

So much time is spent with regret;

So much time trying to forget.

No amount of forgiveness gets me through; I live

With this rage wondering

What to do. This time spent is wasted in vain;

Nothing comes from all of this pain

Searching for life, through the thunder, ruin, and
rain.

My name is Hate

I am an ambassador to anger. I am the ugliest of emotions I am a cancer. I take lives I ruin them. I rule them with an iron fist. Once I have entered a life, it is almost impossible to free yourself from me. I am a relentless tyrant; I am dangerous. I am self absorbed, villainous and fatal if left alone. I appear in the most obscure places. Few, does not my powers destroy. I work with chaos, wrath, and vengeance. Vicious, violent, I wreak havoc on the mind; I am turbulence with a passion. I create animosity, indignation; I am violence in the making.

I do not discriminate I hate everything the same

*.THIS IS HARD, WITHOUT ANY COMFORT, THE BATTLE SEEMS
ALMOST LOST.*

I CAN TAKE MORE SUFFERING AND ENDURE MORE ROAD.

I CAN CARRY MORE WEIGHT ON THIS HEAVY LOAD.

I DON'T NEED WHAT I ONCE THOUGHT I COULDN'T LIVE WITHOUT.

I'M IN WALLS THAT DON'T CARE ABOUT ANY ONES LOSS

THEY DON'T CARE ABOUT WHAT IS LEFT BEHIND.

*THESE WALLS CONSUME, TURN US COLD. I HATE WHAT I AM
WILLING TO BECOME*

JUST TO GET THROUGH WHAT I DO NOT CONTROL.

I HAD FEELING BUT NOW IM NUMB.

*I DON'T UNDERSTAND THE DIRECTION I LACK, HOW WHAT ONCE
WAS VIVID*

*IS NOW JUST BLACK. I WANT TO SCREAM AND CRY, A PART OF
ME WANTS TO DIE.*

*HOW DO I GET OUT OF MYSELF, HOW CAN I FIND WHAT I DON'T
HAVE*

*ANYMORE? I KNOW MY WORDS ARE ALL CONFUSED, I HATE
FEELING SO FUCKING USED.*

My name is Anger

Anger is angry almost all of the time.

I am from a place deep within; I have been alive forever. I live everywhere and nowhere at all. I rip through lives and shred the strong. I am an evolution of fear. I can be a stepping-stone and more often than not, I'm a stumbling block.

My archenemy is courage she has also been alive forever. Those who have fear and still proceed through life realize her power and draw from it. I can manifest in everyone and I usually do. I have started wars that have lasted hundreds of years. I paralyze grown men along with the aide of my generals Ego, Pride, and Greed. I shatter the happiest of spirits. I overcome everything I have the opportunity to touch. I have lived with the gods, in palaces, mansions, minds and souls, sometimes all at the same time. I can control the smallest of lives; children are my least suspecting victims. I can build an army with these innocent, naïve babes. I do not care where I live; I always have somewhere to go. Few turn me away. Anger does not need research; but the results require attention.

I have a twin sister her name is rage...

My name is Rage

Rage- fierce or violent anger fit of this: violent action of a natural force: temporary enthusiasm; be full of anger speak furiously or madly: be violent; continue unchecked.

I am the sister to Anger; I infect my host and everything in my path. I am an enemy of all those possessed by me; I consume the essence of good. I have a hair trigger. I eliminate any opposition. I am the result of Fear, Hate, and Anger. I am judge, jury and executioner; I know nothing of selflessness. I will be...

I am not to be contained. Once I have entered the soul of a victim, I am decay, I feel no resistance, and I do not care. I have no filter. I am consequence and action. I will not be persuaded, moved, or stopped, I am inexorable. I live out of control. I destroy everything. I thrive on chaos; destruction is my specialty. I leave no options. I live for Tuesday.

No body wants to keep broken things they get thrown away

Psalms 23

The Lord is my shepherd, I shall not want

He makes me lie down in green pastures,

He leads me beside quiet waters

He refreshes my soul

He guides me along the right path for His name sake.

Even though I walk through the shadow of the valley

Of death, I will fear no evil, for You are with me; your

Rod and staff they comfort me.

You prepare a table before me in the

Presence of my enemies, You anoint my head with oil;

My cup overflows. Surely, your goodness and love will

Follow me all the days of my life

And, I will dwell in the house of the Lord forever

My name is Courage

That, which does not kill me, makes me stronger.

-Nietzsche

I live in all that is. I care about everything. I sit quietly; I am silent strength. To have me as an adversary is the end of my opponent. I can and do crush my antagonist; there is no measure or length I will not go, to, to empower those who seek me. I fill the empty that once was fear, with a strength that gives way to freedom. I make the weak strong enough to stop running, turn around and face Fear, Hate, Anger, and Rage. I am endurance to sort through the pain. I am the force that pushes the afflicted into rising above their circumstances. I am the force that holds heads up and shoulders back; I counter sink shame. Courage is being afraid and doing it anyway. You can attain anything once you have the courage to take the steps to get there. Forgiveness becomes easier when love means more to you than anything else.

We don't see things as they are, we see things as we are

-Anais Nin

My name is Stephanie

What you have experienced, no power on earth can take from you...

At age 46, I took my first real breath. Most of my years were lived in a state of oblivion. It is 2015, a year I never imagined I would see. It has been 8 years since I was fated to be a prisoner. I get out of prison this year. I believe it does not matter how I got here, it only matters where I go from here. Yet at the same time how I got here... is where I had to go, to get to where I'm going, and my first real breath. "Time heals all wounds" Sometimes it takes longer than anyone can imagine. Love and fear are primary emotions. They rule all life. The secondary emotions take over, and cast our inner layers. Some give way... I still believe in Santa Clause, I eat everything on my plate and, yes, I eat desert before dinner. I live in hope now. Hell has fallen away. I'm not saying that everything is wonderful everyday. However, I can honestly say my worst day here is still better than my best there. I know that if your heart has room for one enemy, it will never be a safe place for a friend. I know that as long as I place value on resentment, forgiveness will have no appeal

You only fail if you quit trying

My name is Stephanie I am presenting with

"My name is Six"

I am a published poet. I hope to inspire

Others like me, to write as the alternative to self-destruction.

Life, is not meant to be understood, it is meant to be lived.

My message is "write on"

Stephanie Perkins

or

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Freedom lies in the wisdom to choose

-Joseph Goldstein