

# Adolescence



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## About

Adolescence is a series of poems I wrote between the age of fifteen and twenty-five. Through crippling depression and traumatic heartbreak, through my battles against eating disorders and my hunger for happiness. I have written on buses and trains, outside in my garden or at night in bed. Writing is the single thing I always felt capable enough for, no matter how bad things were. I hope these words will bring you comfort, just as writing them brought me. Some affirmation and understanding, like a warm hug we all sometimes so desperately need.

I do not want you to expect this book to be a literary masterpiece, I am well aware it is not. I have not had anyone review or revise my work, this book consists purely of my thoughts and feelings (and some scribbles), written into word and put onto paper. The reason I am choosing to not keep them to myself is mostly because of my friends and family. I am hoping this book can share with them everything I have not said or have not dared to say when I was going through my darkest times; the times when I reached out to paper, instead of them.

I want to thank my partner for his everlasting support, for believing in me when I could not, and for never giving up. I want to thank my parents, for I could never expect them to give me what they had not, yet they did their best to do so. I want to thank my sister, for always being there in my time of need and always trying her best to understand me, even when I was incomprehensible. And lastly, I want to thank everyone who is no longer with me today, but played a part in making me who I am, for better or for worse.



**the darkness**







I cannot stand the way  
people look at me  
as if the bags under my eyes  
have done something to them  
as if the birds  
tattooed on my chest  
have offended them  
as if my entire presence  
is a burden

*ghosts*

why are we scared  
of the things we cannot see  
or touch

why am I weird  
if I talk to death  
even just in my head

yet we rely on god

I have always been highly convinced  
that kindness brings you further in life  
but I know it can be hard  
when the stranger you just smiled at  
turns their head as if you do not exist  
or the one you spoke too so kindly  
looks back at you with empty eyes

but I ask you to please remain  
for you simply do not know  
whose day you could make  
or whose life you could save