



By: Tammy Englerth
"2016"

Introduction

This poetry book has been written from the heart. I only hope that all my readers will be touched by each and every poem. My determination in life is to help others. I would like to dedicate some of these poems to anyone who is or has been in a domestic violence relationship. You are worth it, Get out, be a Survivor, not a victim. Don't wait until it's too late. Life is too short. Live it to the fullest and always know you're not ever alone.

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A Friend

By: Tammy Englerth

The greatest gift in Life is to have
a friend,
who will always be there through
thick or thin.

But you have to give in order to receive.
There is such a thing as a real friendship
and that you should believe.

a friend is an angel,
sent down to you to show you a way
of life, that is new.

The memories, that you will share
could never be more than someone
can bear.

So you see, a friend is a great reward
who was sent down from the Lord.

Give it to Christ

By: Tammy Englerth

I gave my life to Christ.
Forever I shall live.

Nothing to hide from and shed not
one tear.

No more running, no more living in fear.
As crazy as life is, you can make it
better.

So I write this poem and mail it as
a letter.

Someone is there, someone is knocking.
It's Jesus, open the door, hoping
he steps into your living room floor.
Force you, he will not,
opening it, you shall.

because he is gonna determine
whether you go to heaven or hell,
and neither shall you,
because God we must all trust.

My Savior
By: Tammy Englerth

Last night I woke up,
realized you were watching me.
You told me to hold your hand
and you'd guide me, where I needed
to be.

I thought you left and wasn't
coming back to only realize you
were watching over me the whole
time.

You told me to believe and not be
afraid,

an angel would be sent down in
my horror to guide me through
anything, to help me find the
light that has never shined.

You told me, I was hurt but
not gone.

You took my hand and told me, you'd
not ever let go, not to ever quit
believing. You will not ever be let
down by me.

You will not judge, you might not see
me and sometimes won't understand
but I am the one who will always
guide you and watch over you.

You got me wrong
By: Tammy Englerth

you thought you had me.
your hatred,
your lies,
your jealousy,

But not me, you got me all wrong
you just made me stronger.
Your path of destruction
is my path of hope.
You're the last laugh
you got me all wrong,
coward,
you can't break me.

Fear

By: Tammy Englerth

I woke up by the slamming door.

Looking over with fear.

Wondering if you were here.

Throwing me to the floor

telling me there will be more.

punch after punch

you sure didn't lie, there were more.

you told me you'd protect me,

instead you abused me, behind the slamming door,

you even abused me more.

Looking over my shoulder with fear.

Still wondering if you are here.

Excuse after Excuse

Still full of fear

Even though I know you're not here.

Feelings

By: Tammy Englerth

I had so many feelings for you.

I told you to always be you that just wasn't enough for you.

I tried to please you, you took that to your advantage.

I thought you were different than the others, only to find out you're just the same.

I gave you my heart and you took it.

I thought you were true to your word,

to only find out you were fake.

You said you valued my feelings only to find out, you didn't.

I thought we'd be friends for life only to find out you aren't capable of being a true friend.

Your lies, game, and drama makes it so easy to move forward.

A Stranger

By: Tammy Englerth

I didn't even know you.
You treated me like I was
somebody.

You didn't judge me,
You gave me hope,

You helped me without question,
You showed me I was worth
being loved.

You showed me a new outlook
on life.

I've not ever seen before, for that
I will never be able to repay you.
A stranger, you might of been.

But, Today, you are someone
who I can honestly trust and
say that is a friend.

One day

By: Tammy Englerth

One day, It won't hurt so bad
and I'll be able to smile again,
One day, the answers to "why" or
"what if" won't be quite as important!
One day, I'll be able to use what
your death taught me to help others
with their grief, one day, I might
be able to know how it feels to be
loved, one day I will be able to
live a normal life, one day, maybe
tomorrow, I'll learn to accept the
things I cannot change...
one day, and most of all I will
be home with my children. But
for today... I will cherish
life and all the little things it
offers.



A Reflection

By: Tammy Englerth

I looked into the mirror, I seen
A reflection of you!
All the scars and pain you brought.
Tears running down my face,
But no where to hide.

I turned away but still felt your
presence,
nightmares after nightmares.
and your still haunting me, a human
punching bag, you took my soul, gave me
a lost spirit, gave me no hope, almost
took my life, gave me no confidence,
living a nightmare every day, grief,
sadness, and pain
No one to understand hoping and praying
every day.
my nightmares turn into dreams. Looking
back into the mirror in hopes to see
a reflection, I once knew, me and
the dreams you took.

Sorry

By: Tammy Englerth

All your sorries weren't enough
The pain you brought,
The tears I shed
night after night,
Wondering why me?
Wondering if it's real or fake
Is it ever going to end?
I want my life back.
Trying to let go.
Scorn for life.

All your sorries weren't enough.
Wondering why?
Trying Just to let go.

Prison

By: Tammy Englerth

women here are cruel, won't ever change.
you just have to stay strong.
but even the weakness comes out.
It's a daily life you have to deal.
The pain, the drama, of course the
women.

no one understands.

you couldn't even try.

Our lives are changed forever and some
even lost and even alone.

who can judge, but sure these women do.
who gives them the right. were all
humans, not only numbers. sticking
together. sure not these women. mistakes
everyone makes, big or small.

We only decide how to correct them,
learn from them, help others
or keep making them.

Are we really ever noticed, only we can
notice ourselves. we are individuals who
had a life but made a wrong choice and in the
blink of an eye our lives were changed forever.
prison is hard. The sadness and pain may not
go away but you have to look in your inner-
self and find peace and the rest. you just
have to believe in and hope for the best.

It Sure was a special occasion Today

By: Tammy Englerth

I woke up to a Rose Today.

It must of been a special occasion.

It sure wasn't my birthday, Christmas,
or any other holiday.

I sure knew it had to be a special
occasion.

I recieved a Rose today.

I sure thought I was special, only
to find out it was another day and another
beating.

I recieved another rose Today.

I sure knew what was coming another
Sorry and some more beatings.

I woke up and didn't see a rose Today.

I sure didn't know if it was the end
and I'd be attending my own funeral.
but, sure enough I recieved that rose
knowing it sure was a special occasion
to mark another day and another beating.

I am Free

By: Tammy Englerth

I am free from the pain and sorrow
you brought.

The false hope and lies you given.

I am free from the rapes, the punches,
the slamming, the bruises, and all
the abuse you did.

I am free from all the sleepless
nights and living in fear.

All your broken promises and most
of all I am Free of You.

Missing You
By: Tammy Englerth

When I miss you, I close my eyes
and imagine you near.
Sometimes when I think of you,
I have an overwhelming desire
to simply wrap you up in hugs
and smother you with kisses.
I remember the sound of your voice,
the smell of your skin,
how the slightest brush of your
hand will make me tingle ...

I can't imagine anything I'd enjoy
more than being with you right
now.

Because everything seems more special
when I'm sharing it with you.
When we're apart, I realize how
much you mean to me and
missing you is the hardest part.

I think I must be dreaming
By: Tammy Englerth

I thought I'd not ever feel
like this until,

I laid eyes on you...

I can't control my feelings for you.

You make my heart do things it
hasn't ever done before

when you're around, you brighten
my day.

only if you knew...

I really must be dreaming.

I imagine having you in every way
possible.

you turn me on in every way.

one moment, one touch would be a
lifetime with you.

only if you knew...

my thoughts about you.

I could show you a world you
haven't ever seen yet.

only if you knew...

what you do to me.

Feelings can't be controlled, you always
know what to say.

I thought I could never feel this
way until I laid eyes on you.

Where ever I am

By: Tammy Englerth

Where ever I am, what ever I'm doing,
It seems like I'm thinking of you.
When someone is talking to me, all I
can do is think about

you, you, you

You know it's kind of distracting
but it's a distraction that I hope I
have for a life-time,
because when your smile,
your eyes, your laugh
are right in front of me, well
that's the most awesome, most
amazing part of my day.

Everyday.

So, I'll keep thinking about you-
I can't help it and I hope your
thinking the same thing where ever
I am and where ever you are.

Once I met you

By: Tammy Englerth

once I met you, something told
me you were the one.

There was simply no way anyone
could compare to you.

once I met you, everything about
you told me you were ~~someone~~
truly unique.

Someone I could see spending ~~the~~
rest of my life getting to know.

once I met you, I knew you only
could fill this life with happiness.
only you could fill this heart with
caring thoughts.

To my children

By: Tammy Englerth

I'm thinking about you today and every day.

Thinking how much I miss you and wishing I was there with you.

I often think about the good times we had together.

Of course memories, will never be as good as being there with you, but they help me feel a little closer to you while we're apart.

You're so important to me and that's a feeling that neither time nor distance will ever change.

I am truly proud of the young adults you are.

I couldn't imagine anything I'd enjoy more than being with you right now.

a strong independent woman

By: Tammy Englerth

a strong independent woman
who once had to pick herself
back up.

a strong independent who loves
to laugh and smile.

who is determine to help others
beyond question.

a strong independent woman
who has a heart of gold.

a strong independent woman
who only wants a normal
life soon.

who wants to hug and hold her
children and tell them how much
she loves them.

a woman who is worth being loved
and treated good.

a strong independent woman
That honestly I can say I am
Today.

Life

By: Tammy Englerth

It's a challenge at times,

It's not ever easy,

It's very unpredictable,

No one can ever say it's always fair,
It's a precious gift that should be
handled with care.

It's something that can be taken
in a moment's time.

It's sometimes taken for granted,
When it should be be cherished.

We might fall, but we can be
picked back up.

There will be times it might feel
it's caving on us.

But it's really not, it's only preparing
us to be stronger.

We are the ones who choose how
to live it.

Mistakes are bound to happen.

Learn from them,

Lessons to learn,

Obstacles to overcome,

Life is short, so live it to the
fullest.