



*How you make me feel, what do
you expect?*

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My project is about how your mind is your biggest fear, it's like an inner voice that makes you feel negative and disgusted about yourself. Reason I picked this type of topic is because we as humans have negative thoughts about our appearance and I feel as though teenagers go through this more. We as young woman try to look and feel a certain way, so we can be accepted, by men, by our selves or anyone for that matter. I also want young women to know, that they're not alone and there will be days where they feel insecure about their appearance and there will be days where they don't.

How you make me feel is about being abused, mentally and physically by your mind. Your mind is taken control of how you feel and how you think and overtime you start to fight these battles between your mind and yourself.

What i hope to accomplish out of my project is for people to know that they are not alone and that it's ok to have negative thoughts. It's okay to be alone for a moment but never stay in that negative mindset for long. I also hope I accomplish being heard in a way and maybe read all my poems I've written in-front of a big crowd.



How you make me feel

What do you expect?

My skin to be shining like the sun

My hair to be soft and beautiful without no crunch

What do you expect?

For me to be so perfect?

For me to dress like theses girls and paint myself as something I'm not

What do you expect?

Why can't you just love me for who I am?

Why do you have to be so negative when it comes to things?

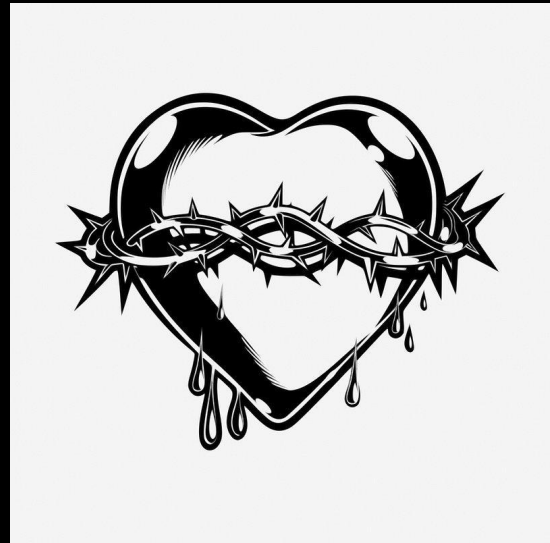
Your supposed to be someone I feel safe with, someone that calls me beautiful

What do you expect?

You put me in this dark room having me overthink wishing I was different

Putting me in this deep depression making me feel like I'm not enough

What do you expect?



When I look in the mirror wishing I was skinnier, wishing I had a better body

A body that makes me feel confident

A body that catches people's eye

What do you expect?

Took me a while to get to this point in my life where I feel confident and loved by someone other than you.

What do you expect?

For me to cry because your not in my head?

I finally got to escape this hell hole I call myself, my mind, my darkness.

What do you expect?

I ran away from my negative mind

And I feel much better now bc I love who I am inside and out

And there's no one that can tell me different

There's finally someone who loves me for me

What do you expect?



I'm finally in a good place

I can look at myself in the mirror and call myself beautiful

I get reminded everyday that my body is worth loving

Aren't you happy for me?

Why is it so hard for you to see what other people see?

Can't you see I'm finally out this negative state of mind

I'm not letting you control me anymore

So let me go, let me be free

My mind has finally went blank

The battle has finally stopped

Between me and my mind, myself

Please tell me what do you expect?

This is how you make me feel.

**A LIFE WITHOUT
REGRETS...**

**IT IS
NO LIFE AT ALL.**

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