



No More Crap, Low Blows or Name Calling



I love who I am
Not willing to change
I've accepted myself
No more parts to rearrange.

I'll no longer be crying
While you sit there and make fun
I have no intention to leave
My new place in the sun.

Sent my insecurities packing
Gave up emotional free-falling
Not taking anymore crap
Low blows or name calling.

No more self-harming
I'm totally free
No more black holes
I'm back to being me.

Embracing new friends
Getting rid of the old
Negativity is out
I've let go of your hold.

Time for fresh air
And letting go of the past
I'm Building new dreams
Cleaning house at last.

Finally find my courage
Redefined mentally fits
Giving up negative people
Don't expect me to baby-sit.

Returning my values
Sorry it took me awhile
But hey, I'm willing and ready
To support my new and real smile.

Goodbye drama-mama
Get lost heartaches and tears
I'm tired of the misery
And unjustifiable fears.

Time to grow up and
Get on with new plans
Love who I am
I've become my own fan.

Been forgiving myself
Getting good at it too
Feeling confident this is love
To whom I'll stay true.

By Summer L.