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[www.qwf.org/programs/wic](http://www.qwf.org/programs/wic)

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RX

Date with Destiny

I live a life full of lies.

**I am cold and confused.**

I gotta fight the monsters that plague my dreams.

I gotta have strength to get to freedom.

*I gotta survive and heal from the scars.*

**I gotta change silence into words.**

I gotta find love,

but right now I'm so numb.

**I gotta escape from a broken home.**

I gotta control the pain I feel,

and try not to spiel,

*I feel cold,*

wait,

**I gotta go,**

👉 ♁♁♁♁ ♁ ♁♁♁♁ ♁♁♁♁ ♁♁♁♁♁♁♁♁

MR.MISERY

*It all started with a life,  
she was born with happiness, strength, freedom and wonder.  
And this was her story:*

*Her family started off with joy, cheer and wonder. You'd think she'd grown up with an angel by her side. Her home was filled with warmth, laughter rang thru in brilliance. She had a dream where she could shine. She would have success, but her future wasn't promised. She thrived for sweetness and sunshine in her day.*

*Then cruelty struck, she found a storm in her head and monsters under her bed. She fought thru the pain but her mind took control, it was violent. She started feeling lost. She found nothing but numbness in her heart. She tried to speak out but the silence overtook her and made her silent. She was bullied by her mind, and tried to find forgiveness in herself but she could not change her heart.*

*She didn't live, she survived until she had love. The love made her feel fulfilled, like she could escape the pain in her mind. She loved him, it was no secret. She let him see her scars. He said he loved her no matter her wrongs.*

*One day he said he couldn't take her brokenness anymore. She broke down and felt confused. Her heart went cold and she felt emptiness. She wanted revenge, until she realized she was not worthy of love.*

*So she took the blades and carved a painting on her wrist. She started to feel until she started to drift away. The last thing she heard were the sirens on their way to find her.*

**VM**



## **AJ.M's PAGE**

### **Pixar story**

Once upon a time there was a homophobic kid in a group home. Every day he would make a homophobic joke. One day somebody confronted that kid because they got the attention they wanted, they continued to make those jokes but started saying fag until finally the kid got beat up by some stranger and never made a homophobic joke ever again.

### **Story of my life**

Now nobody knows anything about me

### **Message in a bottle**

To whomever gets this keep your head up, think happy, know where you want to go and eventually you will get there.

## **Love**

No one is perfect

No matter what happens now

I'll be here with you

**AJ.M**

## **I Wonder**

I wonder about my secret weakness at home when I am cold and numb.  
I always want revenge against a bully who does me wrong all the time. I  
want to escape this storm so I can see the sun shine with beauty once  
again so the emptiness in my heart will be gone.

**JH**

### **Moving on**

We are over now

If you can't accept it now

Then I shall just leave

**AJM**

### **Story of My Life**

I lost everything in August because...

**JH**

### **Message in a Bottle**

If you read this you must buy a Nintendo Switch.

**JH**

## Is it really worth it?

My life is hard. I cut myself and make scars. My thought are hard to c  
control,control,control,control,control,control,control,control

o control,control,control,control,control,control,control,control

n control,control,control,control,control,control,control,control

t control,control,control,control,control,control,control,control

r control,control,control,control,control,control,control,control

O control,control,control,control,control,control,control,control

l. control,control,control,control,control,control,control,control

and sometimes, without showing it I break down. I try to escape my mind  
but I only make it worse. I want freedom but it's hard. I try to forgive  
myself, but forgiveness is hard and takes me places I don't want to visit.  
My heart turns cold at times. I try to speak out but I feel it would make  
things worse. Life is so confusing but it doesn't come easy. Monsters eat  
me alive, every time I cry. I survive only on my **family**. Growing up  
caused me a lot of pain. But I still live. Death calls. I want to take the  
pain.

- YB

## Concrete Poem

L:**Love**

I: **increase**

V: voice

E: ensure

YB

**I accept**

Please love yourself now  
accept you for who you are  
because I love you

**AJM**

## **Alliterate P**

I am a creature that lives in a paddock of pain. The paddock has a padlock. I pander and panic. I am palsied. I am in a state of a paradox. I pant because of paranoia. Paratroops parachute into my paradise, ruining my parade. I am at a parody of a party. I have a patchy pastoral. I am pathos, I am pathetic. I am a patient pawn. I want peace, but I need to give payment. I am a peckish peasant. I do not have a penchant on penalty. I have a pensive perception. I try to pitch for perfect. I perch on peril. Before I perform, I perish in front of my peers. I persist on the development of my personality. I am a plausible prop. I pursue preparation. I am in PURGATORY! I am in HELL!

**by Mr. Misery**

## The Letter M

mean world, you need to be *Happy perfect*: manicure, manners, **mascara**

you wear a *mask*

the world, it manipulates you.

they **massacre** your mind.

they drive you mad.

look into the mirror, you **hate** what you see

men ruin you, mangle your heart

### ***C'est de la merde***

the perfect marriage, men cheat you mourn your old self

as you sit with **marijuana**, your mind ruined

your mental state **mangled**

you wonder: was I made from a broken mold ?

you miss being young, not being manipulated by men

men ruined you, murdered your mind

you sit, looking in the mirror, mascara down your face

you chop your mane and ruin your manicure

a machete in your hand

**ready to BrEaK the mold**

VM

## **Service Scandal**

**Staff** tell us to **sleep, sit** and **speak** but what happens when we **seldom** listen? Well if we don't listen we are put in **shackles**.

Forced to **speak** only when **spoken** to. The **strict** rules of the **system** is **sabotage setting** us up for failure. **Sometimes** I wish I can put all the **staff** in a stall and **shout** all of the **shit** they have told me back at them. I **salute** the kids whom have made it through the system. I pray for those who have thought and committing **suicide**. The truth of this **story** is **searched** for and **seldom** found.

**Shut** out the **shit, stay** high-**spirited, struggle** no longer.

-AJM

BY: TJ

The targeted target chooses to tackle the ones that taunt them.

I feel terrible inside,

temporary,

like I want to

***terminate life.***

I thank the people that I've met in my life for making me the person I am today.

**I have been ToRmEnTeD, my heart has been TORCHED, I shed no tear.**

I tolerate the **tragedies**, I am thick-skinned so I can handle it.

I am

thoughtless, a

***throw-away.***

My thoughts are like thunder in a great storm.

Tomorrow is a new day. Life is

*timeless.*

***the clock is ticking; tick-tock.***

Time is running out.

I'm torn.

I'm shaking, there's not much more I can take of my entire body

**aching.**

The fucking world sucks. I call for help but no one answers me. I reach for my fantasy and hope to find it. Far, far away there's the call I have been waiting for. I run to answer but I am too late. I stop and the ground under me breaks and I fall faster and faster. Suddenly I stop falling and I open my eyes and I see pitch black. I breathe, and breathe, and say to myself "I dead" suddenly I start falling again but this time I wake up and see....

I don't know you tell me?

**YB**

**Do you have the strength to escape the pain?**

When you live in the present you wonder about the future but what happens if what you perceive is only a dream? In the future you live in a home full of monsters. You hear peoples' laughter but its only abuse, and in the future you'll be hanging from a noose. Love is only cruelty you are left broken-hearted. Life is full of scars you have to fight for revenge. Bullies control your life you have to speak out for what's right and not for what's wrong. Happiness changes into silence, Silence is emptiness that lets people see your weakness. The story of my life is a secret that has broken down and lost in a storm. I have had to survive in a cold hearted world. When I hear sirens it makes me numb because of the situations that has happened with my family. School has made me confused in the past but now I'm greeting success. The angel has finally forgiven me. He has given me beauty and brilliance. I have been greeted with joy from my friends at school. My friends are my freedom. They have let the sun shine down on me. Now I wonder if I will ever have the warmth of my family. Sunshine is one of the sweetest things right now.

**AJM**

*I tried but I failed  
I am a failure in life  
Somebody help  
-Mr.Misery*

**What I did was bad  
God I made a bad mistake  
Look where I am now  
-Mr.Misery**

*You don't understand  
To those with no common sense  
Could you walk away  
-Mr.Misery*

## **Forever boy**

Forever

Forever boy, my friend

Forever together until the end

We will be together for infinity if it's just and me

You and I will be forever and always

And leave me alone

I need my space and time to think

Just kidding, forever together we shall be

If only it is you and me

I will love you more and more

My forever Boy

**Written by The GROUP**

## **Help**

Help me, help me if you can

Can't catch me! I am the gingerbread man!

I'll eat you up before you go

Then spit you out before more come

Help me, help me

You have to come to my emotional rescue

Not! Ha! Got 'Em!

But that's just a joke I've come to your rescue for sure

Or have I?

Help me, help me

Help me if you can!

**Written by The GROUP**

## **Myself**

Thyself

Forever alone by myself

Forever alone with my faults

Forever alone with my shoes

Forever alone with my thoughts

Forever alone, why Oh why!?!?!

Because we will be together until one dies

Once one dies, we die inside

And outside the universe

My soul will reside

It's time to decide!!!!

**Love**

Love is you and me

Love is me and you

Love is immeasurable between me and you

Shrek is love, Shrek is life

Now it's time to break the ice

With our hammer of life

And with zero love

There can be no affection

Omea Wa Mai, Shiteru

NANI!!!!

So what is life? Love?

Love is you and me

**The Group**

## **WHO? ME?**

Yes ya, but may I ask who are you?

I am the yoyo master

I'm Jojo Sewa

I am an Aries and I use a skewer

Wait, What? What did I say?

You said we were a family

But family loves to eat avocados

I don't ever know what I'm supposed to be?

An avocado I am not, I am me

Word vomit, this is!

Who are we, we are family

Death will always hurt

No matter the circumstance

Grief will find us all

**By THE GROUP**

**Haikus by VM**

Il y'a un jardin  
Il y'a toujours deux cotes  
Il y'a de la merde

Love to me means you  
Love is your smile and your touch  
Love to me means us

LIVE FOR GREATNESS

forever

up front

NEW

nostalgia

SUBLIME

life

The Style of Your Life.

naked glamour

VM

## **SUPER POWER**

My super power

My super power has been to stay strong.

Maybe pop a zan.

It's a super power I grew up with, never been a bitch.

My powers come naturally just like my emotions turn into  
commotions.

This powers feel like I'm forced to use it, or I die inside. It's  
either I stay strong or I die slowly.

Every time I cry I feel as if my powers are taken away from me.

I don't want to stay strong, I want my super power to be  
**STRONG.**

**NA**



AJ.M

## My Superpowers

My superpower is intelligence

My superpower is logic

My superpower is kindness

My superpower is remorse

My superpower is empathy

MY SUPERPOWER IS DEPRESSION

MY SUPERPOWER IS SELF-PAIN, SELF-HATE, SELF-TORTURE

MY SUPERPOWER IS ISOLATION

MY SUPERPOWER IS MADNESS

My superpower is to try

My superpower is to fail

My superpower is to get up, then fall back down, and stay down

My superpower is patience

**My superpower is to care, to be there, to *WANT* to be there, to support, to love, to hold, to hug, to cuddle, to snuggle, to kiss, to miss when they are not in the same room as me**

MY *LAST* SUPERPOWER IS LONELINESS

MR.MISERY





**Was it a plan?**

Were you both planning to break my heart one after one?

I fall for one of you, you break me

The next picks me up, fixes me the best they could

Then break me

**Was it a plan?**

To ruin me

To make me hate myself for falling for both of you

The first promised to never hurt me. The second to never break my heart like the first did

**Was it a plan?**

To leave me and to just forget about me

To turn away and never look back

**Was it a plan?**

To make me dead on the inside

To make me want to die

**Was it a plan?**

To leave me broken to never love again

**Was it a plan?**

VM

## **Why?**

always wondered,

*why* did everyone leaves me.

Until I realized that,

if given the chance.

I would leave me too.

**VM**

## **I don't even know.**

At this point, I don't even know.

Is anything worth it?

Life just feels empty.

Is there a point to love?

I always end up getting hurt.

When I finally get attached and get comfortable, everything fucks up.

I'm trying to get better, but every time I think I'm getting better.

I fuck up everything and I realize, I wasn't getting better, just better at pretending.

I don't even know.

**VM**

## **Story of My Life by LDB**

### **Prologue**

This is a story about cruelty, emptiness, and failure.

There was a guy named Michael with no life, and no love.

### **Chapter I: My Hard Life**

Change was terrible in my world to my perspective. People get into fights. Other people get into success. Nobody has a heart to give shit about other people "hey that's what I see with my eyes".

I had a hard life, no friends, and no family, just pain. People bully me, not just kids grown men and women had bullied me.

### **Chapter II: My Back Story**

A long time ago when I was just seven I ran away and got lost in the city. I never came back home again.

Police were looking for me I heard the sirens from a mile away.

I ran away because I was abused by my parents. I had a lot of scars. I knew it wasn't the wrong thing to do. My life was a breakdown. It was also hard to survive. I still don't remember how to get back home.

### **Chapter III: The Secret**

I always kept it a secret that I escaped from a treacherous place people never knew the real reason why.

My weakness is remembering my past.

### **Chapter IV: The End**

The End is the end and this is the end.

Nothing was in control "which means the world is out of control". One day I decided it was the end so it was the end so I went into silence so this is the end.

**The End**