



i'm sorry if
i'm angry but
don't

i'm sorry if
i'm angry but
don't tell me to
take a
typography
class bitch



adrenal fatigue



tommy murter

this is my impression of myself

cleaning, draining
drain in floor for cleaning
he's still alive and she's still alive
he she they still alive and
she's everybody on earth right now
and she's nowhere somewhere and how
i'm barely holding on i wish i could go away
from all the bathroom drains, gently
entry remember when we all felt things
all little felt things and the only thing
i feel now is my stomach sinking faster ask her
when i go on the internet see ask her
why is evil why are evil
don't wanna use names
i'm in the mob and they'll kill me mop mop
policeman hey mr police man they
drain drain drain drain hey hey
heeeyyyuyyyyy!!!!!!!!!!!!
!!press
press i guess the only thing
you can do is be nice
be a nice girl be a nice girl
my dad don't be a freak why
can't you just be a nice girl
a product placement so place
me near the drain on the floor
bite me on the arm some more when
you're on top of me and i'll just
lay there like a nice girl ha ha
missionary ha ha i'm so nice
so nice you can take bite
so cute you can squeeze it till

so breathing you could kill it still
where do you see yourself
in the next five years when are
you surviving till how are you
living still hey stop asking me

about it until it's bearable
but i hate when anything is
sweet so sweet so sweet you
could kill it the man on the street
knows there are constraints still
i'll come back maybe eventually
he she they know
things are supposed to happen
almost everything is fashion and
everything is leading to something
i am never alone, never ever
people are inside of me people
are always right next to me people
never catch voices right drain in the
drain mop mop drain mop people
always get dirty and clog things
and i just want to put powder
on my face but why are we always
getting ready for something
everyday i become the person
i am meant to be but how better
can you be how better can you be
when you're too busy meeting criteria
too busy pleasing superiors but
i don't hate anybody anymore
too busy forgiving and understanding but
how better can you be if you keep beginning
we started at the same time and she won
synergy is probably scary, slippery sit in my
lap and maybe you can save me women
go to therapy if they don't like men women
wear strings of pearls around their necks
for protection imbue imbue i'm so imbue
imbue imbue so soon so too all that matters
is that i like it and nobody can stop me
but also nobody will touch my stream

this is my impression of myself (pt. 2)

poetry is gay
if you're afraid of something
you'll never find it (love)
what i learned from my feelings
you need to lay down and let it wash over you
maybe somebody will lie down with you
but i doubt it and if you do something
it better be good if not then
what are you doing
and remember
it's the same everywhere
it doesn't matter where you go
the same the same people
how much is too much
it's a secret that i'm hopeless again
you need to fix that i know

stupid dumb c word and
also a huge pussy please
do not take advantage of me
i'll ask you why and
you'll say because i gotta
and i'll say you stupid cunt of a man
it takes about 6 months for
somebody to get me soft
watching me is illegal
so you should unfollow me
on instagram probably
immediately but also
look at my body and tell me
if it's normal and if you
really do stop looking and leave
i'll say where'd you go and
drink gin for a long time and
i am not free all of the time and
i think about you touching me and
me purposely cringing in order
to hurt your feelings so i feel

sick about a teeny tiny revenge
that will never be realized
because we will never be in
the same vicinity
ever
again

this is my impression of myself (pt. 3)

and i don't know i don't know i don't
know i don't wear that i hold in my hand
i hold a stone i use to beat my chest
if we are allowed to say the f word
with a mouth full of rocks i'll turn towards
some guy and say i doubt anybody
really gives a fuck about me and
maybe he'll say well i have a recipe to forget
and he'll roofie me at northwestern
to further prove my point and as a
gemini i am always right but go ahead
and touch me, i dare you i will shave both
of your calves so we will both be even
and i assume it will be heavy like
when i wear fishnets or when i
take off my glasses but i don't know
i don't know i don't know i don't
know what i'm so removed from now
but it's still very fragile
publicly revealing yourself
doesn't really mean anything
everybody is telling everybody
to practice vulnerability but
to me it is angry like one of
god's commandments you
can't tell me what to do i am
more naked than everybody else
slash slash kiss her kiss slash

and when things are bad i like em
it sounds good and it feels good so
why should i stop? it sounds good
and it feels good but if there's anybody
who understands the importance of a
greater purpose it's me and i will never lie
if you got truths you should speak them
boys don't know anything maybe because
they didn't watch makeup videos on

youtube everyday after school in 7th grade
i know the importance of coconut oil when
bleaching hair and i know what contouring means
maybe i could go on youtube and teach
everybody what forgiving means since
we all look towards other people for instruction
but then we are always wanting and waiting
and when i press 14 to go to my cage
the nights are longer, darker, and ovular
and maybe i'm fucked from behind but it's fine
as long as i'm awake by 8 remember september
when we realized we were built out of the same material
trauma curtains i can't explain , but god has a plan for me
topaz topaz whose hands who is lilac and her program
cough cough wife me cough cough
cough cough too late \
cough

this is my impression of myself (pt. 4)

i'm writing the worst
because i don't want a womb anymore
that's not what i'm for you can have it
back i don't want it i'm trying to be
clever about my shame because that's
my job i guess that's what the girls mean
when they say 'emotional labor' ha ha that's
funny it's funny how nobody else seems
to be frozen in a block of shame like my bar
of soap is shame but do you notice how
i'm slurring my speech? now that's sexy and
i'm not ashamed about my need for speed
and my night before and i've written about
all of this before would you be more
interested in what i have to offer if i
talked like foghorn leghorn if i was
noticeably pregnant if i was just
a little bit hotter the funny thing
what's the funny thing? how the
last bit of meat on the bones is
gone and now there is almost nothing
everyone thought that she went missing
she forgot how to hold a conversation
but really how are you supposed to hold
a conversation with somebody whose
life revolves around instagram likes and
sexy saturated pictures of sexy friends
documenting authenticity
and then sharing it then
there's always a disconnect
unless your feet also hurt then
i'll carry you home and you carry me
together forever we can live on each other's
backs we can be each other's fathers
and we can fill our holes with
each other's soil and we
can even trade shovels

if we want to but
we don't have to
if you don't want to
nothing is ever finished
or required i know
i am dramatic but
i can't really help it

this is my impression of myself (pt. 5)

transactions
preparations the
tulips close their flowers
at night because it's cold
and they have to sleep
have you noticed that
things without purpose
are considered evil like
if fire does not provide
warmth then it's generally
evil burning down houses
and even killing people
but it's not like it can stop
itself from eating the air
and getting bigger and
since writing this i have
conducted many interviews
and according to my data
i'm the only person who actually
thinks this and i think about
putting gum in my hair
because maybe that's how
i get off how do you get
off how does she get off
i want to know how everybody
gets off but i don't care about sex
i've been divorced twice and next
steps include my third attempt at
lobotomy if i take speed everyday
for eight weeks maybe the front
part of my brain will just disintegrate
and they'd stick me in the ward and
forget about me but i wouldn't care

like uh ok sylvia plath whatever you say
crazy white bitch with problems easily
explained by jung and freud anything

that can be easily explained by psychoanalysis
is probably really embarrassing are we
really fueled by fear i mean i guess
i'm afraid of cystic acne on the back
so i buy the expensive soap ok back
to the heartbreak i wish i had
somebody to rub the lotion on that spot
in the middle you can't reach with your own hands
so i guess i understand why people
are afraid of being alone but in my case
i just don't like myself very much i don't want
to be left alone with her i don't want to
take care of her why can't somebody
love her so i don't have to but i don't want
to be a burden i'm sorry the coldsore
medicine cost \$21.55 and i'll buy
foundation and start wearing it
everyday again if that
makes everybody happy
i can be better if you would just watch me

this is my impression of myself (pt. 6)

you say

a new thing on my bed and i like it
anger is the only energy the only
thing that propels me out of it thanks
for telling me that i'm lovable even
though these things are quantifiable
what is vital to talk about what
is actually good about being survivable are we
actually good? what does a poet
really have to say if she breaths
a different way if nobody wants
to listen unless we have the same
rhythm inside our heads the
same such and so in our heads or
such and such and so so so so ssssssoooo
so how many times can you go back to bed
and when will you get up out of this bed and
when will you stop thinking about times
in bed oh but wait listen
every time you remember
something you dissolve it
slowly poking holes with
every subsequent remembrance
memory is weak and mostly ineffective
and i know how important it is to be
effective and to have a strategy
so every night i hold commemorations
so to ensure the faster loss of them
until i can't remember anything
except maybe what happened yesterday
left wondering why i'm feeling this way
and my therapist and i stare blankly
at each other because i have nothing to say
besides maybe i'm dead inside but that's ok
how do you have fun without being in love
when you wear intimacy like a blanket
and now you've cashed in and spend
your nights cold alone in bed

and maybe you take your cues from other people
otherwise you would be cold and sterile
and maybe sometimes people are made of metal
and maybe sometimes people are magnets looking
for a cold surface to attach to
looking looking
looking
looking
.
looking

this is my impression of myself (pt. 7)

you know i hope i am everybody's crazy ex girlfriend
and i hope everybody knows i love to throw things when
i'm angry i love to punch my bedroom wall if somebody says something
but not to be dramatic or anything
i hate when people say angsty because
this thing keeps following me and
someone keeps following me & maybe this works because
i stopped thinking things

turn off the tv and we can listen to each other breath
which is romantic or something but i don't know
lately i've been about the cold hard facts
slosh slash cash mix match his loss kiss kiss kiss kiss mwah
rhyming is hard
tanning at age 19 is hard
being alive is hard like
preparing food for yourself is hard and like
buying groceries is hard and
getting out of bed is hard and
changing your sheets is hard and
i like to say etcetera so i'll say etc etc
when i can't think of anything else
my point is everything is hard
and a big fuck you to the haters ok so
300 mg of welbutrin doesn't really do anything for me
except make me do things like
create useless pdfs filled with really bad poetry
about my mommy and daddy
with no themes besides rhyming
just because i like typing
today i quit smoking
just because i have no money
if you stop now you can be saved later
is what they say
so today i had an appetite for the first time
in many days
and i over cook things in the microwave
b/c microwaves are like people

sensitive when you touch their buttons
every single one of them is different
i'm secretly rooting for all the straight people
to end up miserable
and i know that's ugly but
i don't really care please break up i'm serious
about a lot of things but you'll never
really know with me it's a secret
and you'll pay the price and so forth
and so on and etc etc etc and
whatever else you can think of
and similar things and
the rest

this is my impression of myself (pt. 8)

when things are slow it's frustrating
so when i am slow i'm sure it's aggravating
and when things are boring i can't stand it
so i do everything completely different
i'm sure that is a genius quality and when
i call myself sexy i'm sure that's annoying
everything now is unbelievable
reality now is inconceivable might as well
take advantage of the crazy times we be a livin in
and call yourself famous on the internet since
people will most likely believe in it

this is my impression of myself (pt. 9)

it's because you keep touching it
so it gets irritated and inflamed it gets bigger
it's funny how i'm no longer crazy just
sad so sad so sad but it's not crazy
that i'm not really a woman maybe sometimes
i feel motherly but other than that i can't relate
being a girl is like a secret club that i am not
allowed to join so i just sit and watch and
i don't know why i think i'm so ugly and
i don't know why i keep baring my soul to absolutely nobody
i think i am fine by myself i don't need anybody else
maybe the only thing that makes me a woman is
that i know that men can be evil even if they cry and i mean i
love my body all of the time except for my skin and double chin
if i broke out right now would everybody love me less

why should people care why am i trying to make a career
out of all of this you know people are dying and
all i'm doing is writing nobody cares about your bare ass
nobody cares if you're horny look the fact is that
there are wars but at least my shower water is warm and
maybe my mother was right when she told me
i need to be more grateful when
i cut myself in the bathtub at age eleven
look if you feel bad just think about all the
people who have it worse than you but then
you might feel even more blue and if that's the case
there are drugs to take maybe you'll feel less afraid ddrunk drunk drink drunk
drunkdrunk drink drink drank drank drunk did
you know that i am irish catholic anyway i'm sorry
i am just a little bit angry
i really do want to be a force of good
since what else do i have to offer
besides piano lessons or i could
teach you about hanging participles

this is my impression of myself (pt. 10)

don't worry i am easily intimidated
tell me to shut up and i'll probably obey it
if i didn't i was smacked upside the head
as a baby but how could you hit your own
baby i can't wrap my mind around it
and i'll never understand it because
i'll never have kids but even if i did
anyway where is my melatonin so
many things keep my eyes open
and it's because as i grow older
i realize there is nobody to blame
for every dark thing and so
anger has no place to go it just
morphs into confusion and grows
until i can no longer see a future
and i believe in fatalism so much so
i would rather give up now than lead
the life of my mother
which is mean i know but when
i put my hair back i look just like her
and when i have bad dreams
the same people are always in them
i don't understand why i am haunted
why i'm always afraid of being abandoned
i promise to think of more funny jokes
if you promise not to leave me
i'll look for you in other people
until i find someone new i guess
that's what we all do but i wouldn't
know any better since i'm only eleven
and i guess that's why watching you
love other people puts a lump in my throat
my throat is new since i'm only eleven
and if you hurt me you hurt me for the first time
and i'll be stuck at this tender age until the end of time
since that's how trauma works you are stuck
at the age bad things start happening to you
and that's why i'm eleven and she is two

this is my impression of myself (pt. 11)

these poems are bad
/i am very sad
but also you can
blow it out your ass
and if you're reading this
then spell C-U-N-T and
realize maybe you are
a huge pussy
like me like me
like me me me

this is my impression of myself (pt. 12)

it's so weird to me like yeah okay
sure people in brooklyn are cooler than me
but posturing is posturing baby and
like it's so fucking weird to me
how small the world can be
how successful we let talentless ppl be
how instagram is a breathing entity
but nevertheless i digress
i just want to say i'm so honored
to be a stepping stone to your success
since every woman is just a pile of sticks
to gather for another man's fire i'm
so glad you thought i was a hot enough
bundle to collect and use to feed your flame
and i say i wish you luck as i burn and burn
and you feel my warmth until you don't need it anymore
then it's bye bye this campsite is dry
and maybe you write your name with what's left of me
to further humiliate me to mark your territory

well i want to tell the world that i will
never let another man fuck me ever again
that i'll never pretend again to like it or care
or be made into a sniveling fool by some
stupid man who doesn't have
the courtesy or the respect for me
to treat me like a human being maybe
i am no longer a whole lot of nothing baby and
everybody on tinder is ugly anyway and
i have a crush on like three girls anyway
so you can suck my left one
as i like to say
hunny

this is my impression of myself (pt. 13)

i hate poems and
poems hate me

i'd rather throw money
at the problem then actually fix
throw money at the problem
money money\$\$\$\$but i'll never
make any probably\$\$\$\$but
that's ok hey who
are you talking to
tell her that her vagina smells bad
and that her nails are cracked and
her skin is bad and that every
man from your high school who
friend requests you just wants to
fuck you over the summer but
it's whatever that's why i thought
it was funny how you left me
after i let you fuck me like

i really knew it like all this time
it was about conquest of my body
like conquer me harder baby
and i can make any claim
any claim that i want to make
i wanted to be a lawyer
until tenth grade when
i learned about evil
and stopped caring
about money and success
i think it will take a long time
to find peace on this planet
that which is so against it i just
want to stop the moving
inside and up and down
and slow down and
forgive and understand
and love again and
make friends and

this is my impression of myself (pt. 14)

if you don't look good in this mirror
then it's never going to happen
and if you have nothing to say well
then i'm not sure i don't know but this
has been a year for tremendous growth
yeah i mean you can talk about
how much you hate everything but
that is not as cool as you think it be &
if you don't adopt a positive attitude
nothing on earth will ever be fun
because most things are bad and
if you think about it there's really nothing to do
even in the city since everything costs money
but you can wake up every morning and
decide to be great even if you
might be pregnant or your
adrenal glands are all wonky
and when i offer up solutions
you should probably grab them before
i once again become disillusioned
along with the rest of you but

i'm proud of most everybody i know
don't get me wrong we are all strong
and i've noticed i've become wiser
and the people who surround me
also too i think we will find where
we belong i won't give up till i find my place
maybe one day my house will be covered in tiles
like loom, loom, loom , attire
harp, harp and piano
roller skates and
garden, cows
chickens
goat s
wow

this is my impression of myself (pt. 15)

better tap that well before it becomes dry
i'm sure you didn't mean to make me cry
but how many times do i have to say
that everything is on purpose and
everything is intentional and
when will you stop being a straight girl making
excuses for men who don't really care about you
they don't care about what you have to say hunny
they'll do what they want to do anyway
but anyway i don't care if i'm not pretty
trapped in the box of femininity
that's why she's so crazy maybe
i like to sit inside the ocean instead and
once i bought a book about mermaids
but still they were all so pretty so
now i'm interested in clams & shells
oysters and pearls that which sit
all pretty for other people how many
pearls can one person collect
before they get tired and instead
become interested in diamond rings
or other precious things that shine
really bright and sometimes
even glass is prettier than
just a plain middle finger and
when i'm finally in the mob
everybody will kiss my ring
and everything like in the movies
but i won't cheat on my wife or anything
or kill anybody or anything we
solve our conflicts nicely w/o
breaking things

this is my impression of myself (pt. 16)

if you've noticed that
these poems aren't any longer
it's because i am very tired i
don't drink enough water and i'm
too pussy to go through nicotine withdrawal
but here's a picture of me crying
it's lazy but it has the same effect
probably makes you slightly uncomfortable &
you get to be a voyeur to the pain i've encountered
what i've learned at art school
it's the concept that matters
swallow that before mom sees
so much of everything baffles me
you know rhyming is actually pretty easy
if you say the same things
over and over

what's the matter

this is my impression of myself (pt. 17)

leave the instagram dm unopened so ppl know i'm popular
maybe we are both unimpressive but these days it doesn't matter
sorry i keep talking about instagram it's just been on my mind lately
in my brain which is wrought with sitcom rot and hot hot hot
to the touch don't touch don't touch
the handle you'll burn yourself and
if you see her naked but she's
still wearing earrings and a belt
then it's fine touch tttttouch touchoh no you
should definitely never feel guilt surely
you are a perfect angel and
when you take a picture of every bruise and
when you think about the consequences and
when you listen to the gun shot dog barks and
when you leave a lot of marks and
when you finally learn your lesson and
when you do it all again and

we can fall down in the dirt and
we can give each other baths and
we can bathe our baby in the sink and
we can drink our mixed drinks and
move to suburbia or something
listen to mariah carey or something
apologize to our moms or something but
why are you in such a rush to finish everything
sometimes things are supposed to come naturally
like i haven't gotten my period in eight months but still i wait
patiently for my womb to leak (?) hopefully i am just broken but
i doubt it the irish are very fertile
but i want to be a man again and when
i am a man again i will wither again
what it means again to be in charge again
and i'll shrink again until i'm nothing again
but a shell of a man once again
again again

this is my impression of myself (pt. 18)

let's not do this right now
i'm breaking out really bad and
eventually you'll have to turn on the lights
and look at me naked covered in bites
in red clay and you'll think
i should never see the light of day
and you'll leave me freshly sexed
in bed cause how could you sleep
next to something so dead and
i'll be like come back and
you'll be like no and we'll sing
this stupid song together until i go
oh something must have happened
is what they all say but i don't know
i doubt it
is what i say because
i know love for me has a way of expiring
but seriously anyway
they
say
i don't blame you but nobody hates you
and i nod in agreement but feel no fulfillment
this hole is still here and only gets bigger
when there's nobody here to be the reliever
bring me the eucerin original healing cream
my palms burn and my fingers hurt
my entire body is unbearably itchy
and i don't mean to break out in hives
or touch poison ivy but i need you
to bring me the calamine lotion i promise
to offer my eternal devotion and if
you scratch my itch i'll scratch yours
and we'll both be relieved
to feel such relief
but instead i just get a yeast infection
and i'm left itching myself to your rejection
scratching my own itch till i'm dead
on my bedspread like what kind of

world do we
live
in
and

when

i open the door
it's light blue

.
there
are
many ways to die
without trying and
there are many ways
to kill yourself without
actually dying and for my
birthday maybe you could explain
to me why you murdered me
and yes i am happy all of the time
yes for sure there is nothing more
to it i am fine do you need anything
do you need another piece of me here
you can have it even though my ass isn't
shaped like an apple and yes i don't mind
letting somebody else be smarter yes i've
let men teach me things i already know since
my ego is hardly ever intact it doesn't matter
and you are supposed to show not tell
so it's fine to have your pants down
but don't start talking about something else
while you're uh playing with yourself

this is my impression of myself (pt. 19)

i like
all the good things
i'll learn to whittle wood
and then i'll make you one
for the sake of the sake or
sake of for sake it matters
what the pretty snake does
what the onyx does what
shakira and i look like
underneath all this
artificial latex skin so
what we are made of
my neck light and soft of
something like the dove
soap on the back of
my person house and i love
all the bad things about
the cultural location of
charisma nobody ever
taught us what love was
the shape size surface of the
sea when i see c c c see c and
i'm afraid of your 8ball pocket see and
i'm afraid of this capability and
i'm afraid i can't refuse an offer and
i am laid down on my altar and
11 months is not a year and
i swear to god if you touch my ear
i'd rather throw this out on the internet
for the vultures to eat for the world to see
and be done with it i don't want to
get off the internet yet and
be serious because then
what would my work be like
gender performance or heresy
that shit is boring to me
i'd rather have fun &
be angry, oopsy

this is my impression of myself (pt. 20)

i'm sorry if i told the truth too much
didn't mean to cause any indigestion
when you
speak your truths nobody
really wants to listen nobody can
actually digest a shiny copper penny
~~let alone twenty~~
~~we also can't commit~~
~~to the silly dirt pit~~
~~we've dug ourselves into and if your~~
~~toothbrush is electric and your~~
~~taste is sorta eclectic~~ and maybe you
don't know how to finish your sentence
and your doctor said you have IBS then
i don't know hey
i'm just being truthful
it's crucial to be brutal my mom
says as she grabs my face to
check my pupils and you can
talk about honesty and
transparency all you want
but it doesn't matter if you
still put up fronts
if everything is still
just an affectation
hopefully he
grows out of it
hopefully you
see my frustration
i forget what
that word was
which perfectly
describes it
i'm just being
honest i can't
find

.
it

this is my impression of myself (pt. 21)

if you are born with it
then it must stay there
nobody tells me what
i want to hear \my
favorite emulsion and
/my oscillation between
i wish my chest was wiped
clear of bumps and bruises
there's too much texture
and you want to be like an eggshell
white and smooth and very fragile
so you break if you are handled and
we're left picking up pieces of porcelain
i'm sick of this sick competition about
whose plates are truly the breakiest and
i think you and i should remember
things as they really do happen
and do we do
do unto you too
hey who are you
i'm so glad blue eyeshadow
is back in fashion listen i don't
want to be an artist or a writer
i want to be a fucking scholar
ha buzz buzz of your pretty
bedazzled electric collar
you'll never learn! so i'll
press buttons and if we
find you a man nine times
out of ten he will try to hit
you and he will definitely
succeed to leash you
but what's the purpose? buzz
buzz fry fry buzz fry buzz when
will you learn that some people
turn evil for no reason we
didn't fail them it was just
always inside of them

