

there was a time in my life in which i desperately swallowed back my tears. a time in which i created a lake. a lake trapped inside of me. a lake that broke my foundations. until finally a dam broke. i blinked and all of a sudden, a river of words came pouring out of me. i travelled along the river and encountered new places. acceptance. healing. the ability to let go. i am no longer drowning on the inside now. instead i created a story. a story about loss, sadness, doubts and insecurity. but most of all. a story about love. love for friends. love for parents. love for oneself. and love for love itself. treat these words with kindness. because these words are more than just words. to me, they are life. they are my heart. these are the words that healed me. these are the words that showed me that i have had hope. even in the darkest of times. these are the words that made me smile. because of these words i have become more myself. i have become more confident. and because of that i dare to hope for this book. i hope that it will help you in some way. i hope that it will help you grow. that it will inspire you. but above all. i hope that it will make you feel something. and that you will enjoy reading it. i feel honoured that you are willing to even try. i owe you, dear reader, my deepest and most sincere gratitude. thank you.



the  
lake



it was a tuesday  
i believe

when the universe stopped being what it was

a phone call

how my holiday had been  
*great, thank you*

can you go and sit down  
*sure*

then came the news

*what did you say*  
a high panicky voice

then the floodgates opened  
and all i could do was cry

i cried for you

for your pain  
for your suffering  
for your choice

i cried for your parents  
sister family friends

i cried for the world

lost

without you in it

**— shattered**

i opened my eyes and for a sweet moment  
i didn't remember why everything hurt so much  
but then my memory caught up with my body  
and it was like the phone call happened all over again

— morning after