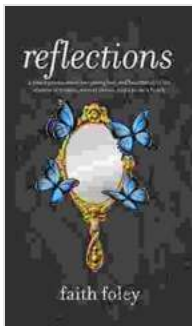


Teen Poems About Navigating Love and Heartbreak in the Shadow of Trauma

Trauma can have a profound impact on a person's life, and this is especially true for teenagers. Trauma can make it difficult to trust others, form relationships, and cope with the challenges of life. For teenagers who have experienced trauma, love and heartbreak can be particularly difficult to navigate.



reflections: a teen's poems about navigating love and heartbreak in the shadow of trauma, mental illness, and a broken family by Devin Lee

★★★★☆ 4.7 out of 5

Language : English
File size : 3130 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 109 pages
Lending : Enabled
Screen Reader : Supported



The following poems are written by teenagers who have experienced trauma. These poems express the complex emotions and experiences that these teenagers have gone through.

"I Am Not My Trauma" by Anonymous

I am not my trauma,
I am not my pain.

I am not the scars that remain,
I am not the broken pieces that still stain.

I am not my trauma,
I am not my fear.
I am not the tears that I shed every year,
I am not the nightmares that still haunt me near.

I am not my trauma,
I am not my shame.
I am not the guilt that I carry with my name,
I am not the whispers that follow me everywhere I go.

I am not my trauma,
I am a survivor.
I am strong, I am brave, I am a fighter,
I will not let my trauma define me.

"Love in the Shadow of Trauma" by Anonymous

I am afraid to love,
Because I am afraid to be hurt.
I am afraid to trust,
Because I have been betrayed before.

But I am also desperate for love,
Because I am lonely and I need someone to care.
I am desperate for trust,
Because I want to feel safe and loved again.

So I will keep trying,
Even though I am afraid.
I will keep hoping,
Even though I have been hurt before.

Because I know that I deserve love,
And I know that I can find it.

"Heartbreak After Trauma" by Anonymous

My heart is broken,
And I don't know how to fix it.
I have been through so much,
And I am so tired of hurting.

I thought I had found love,
But it was all a lie.
I was betrayed and abandoned,
And now I am left with nothing.

I don't know how to move on,
I don't know how to heal.
I am lost and alone,
And I don't know what to do.

But I will keep trying,
Even though it is hard.
I will keep hoping,
Even though I have been hurt before.

Because I know that I deserve love,
And I know that I will find it again someday.

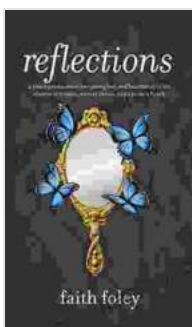
"Hope for the Future" by Anonymous

I have been through a lot,
But I am still here.
I am still fighting,
And I am still hoping.

I know that the future is uncertain,
But I am hopeful that it will be better.
I am hopeful that I will find love,
And I am hopeful that I will be happy again.

I don't know what the future holds,
But I am ready for it. I am ready to face whatever comes my way,
And I am ready to find love again.

These poems are just a few examples of the many experiences that teenagers who have experienced trauma have gone through. These poems express the complex emotions and experiences that these teenagers have faced. They also express the hope and resilience that



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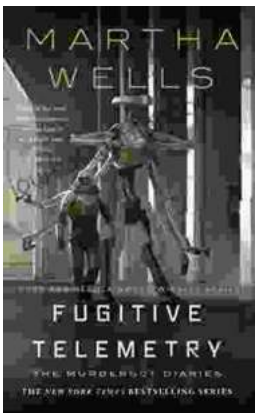
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