

Poems About Abusive Relationships

Intimate poems that explore feminine shame and violence and imagine what liberation from these threats might look like, from the award-winning author of The January Children “Endlessly compelling . . . a book that gives us courage, despite all the despairing records of history.”—Ilya Kaminsky, author of Dancing in Odessa and Deaf Republic
In Girls That Never Die, award-winning poet Safia Elhillo reinvents the epic to explore Muslim girlhood and shame, the dangers of being a woman, and the myriad violences enacted and imagined against women’s bodies. Drawing from her own life and family histories, as well as cultural myths and news stories about honor killings and genital mutilation, she interlaces the everyday traumas of growing up a girl under patriarchy with magical realist imaginings of rebellion, autonomy, and power. Elhillo writes a new world: women escape their stonings by birds that carry the rocks away; slain girls grow into two, like the hydra of lore, sprouting too numerous to ever be eradicated; circles of women are deemed holy, protected. Ultimately, Girls That Never Die is about wrestling ourselves from the threats of violence that constrain our lives, and instead looking to freedom and questioning: [what if i will not die] [what will govern me then]

daylight is a dazzling collection of poems from a necessary new voice, at once a clarion call for stories of Black women and a rebuke of broken notions of sexuality and race. Growing up, Roya Marsh was considered “tomboy passing.” With an affinity for baggy clothes, cornrows, and bandanas, she came of age in an era when the wide spectrum of gender and sexuality was rarely acknowledged or discussed. She knew she was “different,” her family knew she was “different,” but anything outside of the heteronorm was either disregarded or disparaged. In her stunning debut, written in protest to an absence of representation, Marsh recalls her early life and the attendant torments of a butch Black woman coming of age in America. In lush, powerful, and vulnerable verses, daylight unpacks traumas to unearth truths, revealing a deep well of resilience, a cutting sense of irony, and an astonishing fresh talent.

Maya Angelou’s unforgettable collection of poetry lends its name to the documentary film about her life, And Still I Rise, as seen on PBS’s American Masters. Pretty women wonder where my secret lies. I’m not cute or built to suit a fashion model’s size But when I start to tell them, They think I’m telling lies. I say, It’s in the reach of my arms, The span of my hips, The stride of my step, The curl of my lips. I’m a woman Phenomenally. Phenomenal woman, That’s me. Thus begins “Phenomenal Woman,” just one of the beloved poems collected here in Maya Angelou’s third book of verse. These poems are powerful, distinctive, and fresh—and, as always, full of the lifting rhythms of love and remembering. And Still I Rise is written from the heart, a celebration of life as only Maya Angelou has discovered it. “It is true poetry she is writing,” M.F.K. Fisher has observed, “not just rhythm, the beat, rhymes. I find it very moving and at times beautiful. It has an innate purity about it, unquenchable dignity. . . . It is astounding, flabbergasting, to recognize it, in all the words I read every day and night . . . it gives me heart, to hear so clearly the caged bird singing and to understand her notes.”

The voices of Mrs. Midas, Queen Kong, and Frau Freud, to say nothing of the Devil’s wife herself, startle us with their wit, imagination, and incisiveness in this collection of poems written from the perspectives of the wives of famous--and infamous--male personages. Reprint.

We Slept Here is a case study in vulnerability and honesty. In this sequence of memoir–esque poems, Sierra DeMulder pulls at the threads of a past abusive relationship and the long road to forgiveness. The poems themselves become that which was taken from her. These are hard poems, made up of clarity and healing, which attempt to share some of their peace with the world.

Poems

Red Roses Red Blood

Love in the Age of Quarantine: Poetry

Tears Before Joy

Milk and Honey

Inside the Minds of Angry and Controlling Men

Red roses red blood is a poetry and quotes collection that deals with a theme that many young people go through.Sometimes they go through all of this by themselves. I've been there where they are right now. This book deals with self harm, relationships with other people and bullying. In this book, through poems and quotes I'll tell you how I got better and my experience through all of this. I v thirteen at the time, the hardest period of my life.

From an award-winning poet comes a collection on heartbreak and transitions, written with a piercing lyric ferocity. “A book like no other: tender, and eloquent, a singing across borders, across silences.”—Ilya Kaminsky, author of Deaf Republic, National Book Award finalist The poems in Yanyi's latest book suggest that we enter and exit our old selves like homes. We look through the windows and recognize some former aspect of our lives that is both ours and not ours. We long for what we had even as we recognize that we can no longer live there. Yanyi conjures the beloved both within and without us: the beloved we believe we know, the beloved who is never the person we imagine, and the beloved who threatens to erase us even as we stand before them. How can we carry our hor us? Informed by Yanyi's experiences of immigration, violent heartbreak, and a bodily transition, Dream of the Divided Field explores the contradictions that accompany shifts from one state of being to another. In tender, serene, and ethereal poems, Dream of the Divided Field examines a body breaking down and a body that rebuilds in limitless and boundary-shifting ways. These are homes in memory—homes of love and isolation, lust and alienation, tenderness and violence, suffering and wonder.

Precise, taut, minimalist poems are Toliver’s Yellow Wallpaper, using the thud and drone of language to evoke the suffocation of a marriage gone sour, sound bouncing back, and creating patterns that are an inhibiting force in themselves. There’s a pulse to her work, one that harnesses the energy on the page to transcend binaries and boundaries of the self.

Selected by Joy Harjo as the winner of the Walt Whitman Award of the Academy of American Poets Emily Skaja’s debut collection is a fiery, hypnotic book that confronts the dark questions and menacing silences around gender, sexuality, and violence. Brute arises, brave and furious, from the dissolution of a relationship, showing how such endings necessitate self-discovery and reinvention. The speaker of these poems is a sorceress, a bride, a warrior, a lover, both object and agent, ricocheting among ways of knowing and being known. Each incarnation squares itself up against ideas of feminine virtue and sin, strength and vulnerability, love and rage, as it closes in on a hard-won freedom. Brute is absolutely sure of its capacity to insist not only on the truth of what it says but on the its right to say it. “What am I supposed to say: I'm free?” the first poem asks. The rest of the poems emphatically discover new ways to answer. This is a timely winner of the Walt Whitman Award, and an introduction to an unforgettable voice.

Her seventh and most wide ranging collection. In the 1st of 2 sections, the poems move from the amusingly elegiac to the erotic, the classical to the funny. The 2nd section is a series of 15 poems for a calendar based on lunar rather than solar divisions

Poems of August

It's Not Love, Unfortunately

Moon Is Always Female

Poems for You, My Pretty

Domestic Violence

Trigger Warning

Domestic Violence Awareness Poetry from contributors world wide. Their voices are heard through their poetry. Before reading any further, please understand this book has a trigger warning. If you have been abused or are being abused, this book may cause bad feelings, flashbacks, and bad memories. The feelings and experiences depicted in these poems are raw and emotional. Profanity is used sometimes. Rape feelings are depicted. Examples of abuse are given. Reader Discretion is advised.

Bella’s first full length book of poetry "Side Effects of Remembering the Little Things" explores what it means to experience toxic love. She walks the reader through her relationship taking the reader into the cracks of the eventual breaking point. Bella’s book will make you cry, and feel a little less alone.

Written through and inspired by the Covid-19 pandemic, this collection of poetry contains themes around love, heartbreak, abusive relationships, grief, body image, self-love and healing.

Inspired by and mostly written while listening to Taylor Swift’s album folklore, Poems of August is a collection flooded with nostalgia, scarred with the memory of first love and heartache, and a journey of personal growth, both as an individual and one-half of a relationship. The poems tell a story of an unwanted romantic poet longing to be noticed only to lose herself in a toxic, emotionally abusive relationship. It is a story of heartbreak but also of finding oneself after piecing the broken pieces back together, remembering who one was before breaking, and choosing healthier relationships. This is a story of how nostalgia can go from an aching scar to a warm glow golden as August.

"Between the ages of eleven and seventeen, a child experiencing sexual abuse kept a secret journal of poetry. Throughout the abuse, she kept her little orange book hidden whilst she filled it full of poems questioning what was happening to her, whether the abusers really loved her and whether she was normal. Named after the original journal,The Little Orange Book

by Jessica Eaton and Claire Paterson-Young contains a unique analysis and exploration of the poems and their themes. Each poem is presented along with evidence from literature and practice in child sexual abuse..."--Back cover.

From Domestic Violence to Freedom

Barren Wasteland

Dream of the Divided Field

Girls That Never Die

Spectra

Scared Violent Like Horses

A short book of poems that were written on a journey through abusive relationships towards a life changed by God into an abuse free one. It precedes the later poetry book, Firedance.

Every little girl goes through her princess phase, whether she wants to be Snow White or Cinderella, Belle or Ariel. But then we grow up. And life is not a fairy tale. Christine Heppermann’s collection of fifty poems puts the ideals of fairy tales right beside the life of the modern teenage girl. With piercing truths reminiscent of Laurie Halse Anderson and Ellen Hopkins book for every young woman. E. Lockhart, author of We Were Liars, calls it “a bloody poetic attack on the beauty myth that’s caustic, funny, and heartbreaking.” Cruelties come not just from wicked stepmothers, but also from ourselves. There are expectations, pressures, judgment, and criticism. Self-doubt and self-confidence. But there are also friends, and sisters, there for the taking. In fifty poems, Christine Heppermann confronts society head on. Using fairy tale characters and tropes, Poisoned Apples explores how girls are taught to think about themselves, their bodies, and their friends. The poems range from contemporary retellings to first-person accounts set within the original tales, and from deadly funny to deadly serious. With black-and-white photographs from up-and-coming artists, this is a stunning and sophisticated book to be treasured, shared, and paged through again and again.

Even if you haven’t been hurt by domestic violence, someone you know has and wishes they could tell you about it. Perhaps you are a therapist, teacher, academic, or social worker who wants to help those who are suffering. Or maybe you are in an abusive relationship and need to know that you are not alone. The poems, memoirs, and creative nonfiction pieces cover a range of abuse, as well as of those who left destructive and unsalvageable relationships. The beauty and truth of the language, as well as the honesty and courage, set this anthology apart from self-help manuals and academic treatises on domestic violence. This book offers a path forward to healing, health and fulfillment, using the power of art to give voice where voice is overlooked or denied.

Offers information and true stories from abuse survivors on ways to screen partners for abusive tendencies before becoming involved in a bad relationship.

A leading authority on abusive relationships offers women detailed guidelines on how to improve and survive an abusive relationship, discussing various types of abusive men, analyzing societal myths surrounding abuse, and answers questions about the warning signs of abuse, how to identify abusive behavior, how to know if one is in danger, and more. Reprint.

Jaundiced View: Desire Love Hate Religion

The Poet X

Essays and Poems about Survival and Growth Post-Abuse

A Selection of Relationship Poems

And Still I Rise

The Freed Soul

Eavan Boland’s new collection turns to the domestic interiors in which the dramas of women’s lives are played out: seductions and quarrels, anger and grief, the care of children. In her attentiveness to the humdrum realities of suburban life, Boland makes them luminous with the power of live myths. Looking back over her own life, back through the lives of the women who preceded her, Boland arrives at the deep structures of memory where, as she writes, legends are made new ‘not by saying them, but by unsettling / one layer of meaning from another’. This is a collection from a poet at the height of her powers, writing with authority and grace.

Do twins begin in the womb? Or in a better place? Kaeleigh and Raeanne are identical down to the dimple. As daughters of a district-court judge father and a politician mother, they are an all-American family -- on the surface. Behind the facade each sister has her own dark secret, and that’s where their differences begin. For Kaeleigh, she’s the misplaced focus of Daddy’s love, intended for a mother whose presence on the campaign trail means absence at home. All that Raeanne sees is Daddy playing a game of favorites -- and she is losing. If she has to lose, she will do it on her own terms, so she chooses drugs, alcohol, and sex. Secrets like the ones the twins are harboring are not meant to be kept -- from each other or anyone else. Pretty soon it’s obvious that neither sister can handle it alone, and one sister must step up to save the other, but the question is -- who?

Is your heart searching for healing, purpose, love, and life? You will find healing and more as you read Jaundiced View: Desire Love Hate Religion. Shirah Chante was blessed to receive healing in her own heart after surviving both broken and abusive relationships through writing poetry. Her first and most heartfelt poetry is written in her first book of poems Jaundiced View: Desire Love Hate Religion.

How do we help women who are trying to escape from abusive relationships? Many people have asked themselves this question, and many friends of domestic violence survivors struggle with this daily. Survivors need a balance of financial and emotional support to really move on and out of a toxic situation. In this book Karléh Wilson, a domestic violence survivor, shares first hand what it meant to realize she was in an abusive relationship and the steps that were necessary for her to change her life. Her essays are accompanied by poetry from Jordan Taylor, an outspoken women’s advocate, and artwork by Olathe Antonio, a Native American illustrator. “Housing laws that impact survivors of domestic violence are of significant importance to me because our homes are our refuge. Everyone deserves a safe home to lay their head at night, and the outbreak of the coronavirus, a global pandemic unlike anything we have seen in our lifetime, is proof that housing is healthcare. Housing is the central most component to our life outcomes as they pertain to health, education, employment, marriage, etc. Because of the centricty that housing occupies in its role for healing and refuge, domestic violence should be regarded as one of the worst ways that you can hurt someone, especially if you claim to love them.” Wilson takes a conversation that is typically taboo and brings it to readers in a way that will change the way you think about intimate partner violence. Survivors are resilient and capable of changing their lives for the better. If you are looking for ways to help victims, your purchase of this book contributes to a charity fund that supports programming for survivors and victims of domestic violence in Louisiana.

In this poetry collection, the author of Ghost Country deeply examines violent masculinity, driven by a yearning for more compassionate ways of being. McCarthy ’ s flyover country is populated by a family strangled by silence: a father drunk and mute in the passenger seat, a mother sinking into bed like a dish at the bottom of a sink, and a boy whose friends play punch-for-punch for fun. He shows us a boy struggling to understand pain carried down through generations and how quickly abandonment becomes a silent kind of violence: “ how we deny each other, daily, so many chances to care, ” and how “ we didn ’ t know how to talk about loss, / so we made each other lose. ” Constant throughout is the brutality of the Midwestern landscape that, like the people who inhabit it, turns out to be beautiful in its vulnerability: sedge grass littered with plastic bags floating like ghosts, dilapidated houses with abandoned Fisher Price toys in the yard, and silos of dirt and rust under a sky that struggles to remember the ground below. With arresting lyricism and humility, Scared Violent Like Horses attends to the insecurities that hide at the heart of what ’ s been turned harsh, offering a smoldering but redemptive and tender view of the lost, looked over, and forgotten. Selected by Victoria Chang as winner of the Jake Adam York Prize Praise for Scared Violent Like Horses “ McCarthy ’ s book of Midwestern threnodies begins in image and ends in solemnity . . . McCarthy ’ s poems are profluent stories?a joy to marvel at this skill, impressive considering the book ’ s bleak landscape. ” —The Millions “ McCarthy has whittled out a sense of freedom from the heartache of the past, and the reader is left with a remarkable vision. ” —Booklist “ In unshowy, plaintive, quietly delivered language that should not be mistaken for affectless?and that can be stabbed through with surprisingly piercing metaphor—McCarthy vivifies a place and hard way of life too little visited. ” —Library Journal “ Ultimately, what the reader is left with is a stunning overlap of lost boy and lost landscape glimpsed through the lens of a gifted poet ’ s magical linguistic and storytelling abilities. ” —Victoria Chang “ A book that grabs the reader with its insistent lyric beauty. ” —Allison Joseph

Silent Squall

Lima :: Limón

the princess saves herself in this one

The World’s Wife

A Collection of Provocative Poems

The Sweetest Kind of Poison

Winner of the National Book Award for Young People’s Literature, the Michael L. Printz Award, and the Pura Belpré Award! Fans of Jacqueline Woodson, Meg Medina, and Jason Reynolds will fall hard for this astonishing New York Times–bestselling novel-in-verse by an award-winning slam poet, about an Afro-Latina heroine who tells her story with blazing words and powerful truth. Xiomara Batista feels unheard and unable to hide in her Harlem neighborhood. Ever since her body grew into curves, she has learned to let her fists and her fierceness do the talking. But Xiomara has plenty she wants to say, and she pours all her frustration and passion onto the pages of a leather notebook, reciting the words to herself like prayers—especially after she catches feelings for a boy in her bio class named Aman, who her family can never know about. With Mami’s determination to force her daughter to obey the laws of the church, Xiomara understands that her thoughts are best kept to herself. So when she is invited to join her school’s slam poetry club, she doesn’t know how she could ever attend without her mami finding out. But she still can’t stop thinking about performing her poems. Because in the face of a world that may not want to hear her, Xiomara refuses to be silent. “Crackles with energy and snaps with authenticity and voice.” —Justina Ireland, author of Dread Nation “An incredibly potent debut.” —Jason Reynolds, author of the National Book Award Finalist Ghost “Acevedo has amplified the voices of girls en el barrio who are equal parts goddess, saint, warrior, and hero.” —Ibi Zoboi, author of American Street This young adult novel, a selection of the Schomburg Center’s Black Liberation Reading List, is an excellent choice for accelerated tween readers in grades 6 to 8. Plus don’t miss Elizabeth Acevedo’s

With the Fire on High and Clap When You Land!

In her striking second collection, Natalie Scenters-Zapico sets her unflinching gaze once again on the borders of things. Lima :: Limón illuminates both the sweet and the sour of the immigrant experience, of life as a woman in the U.S. and Mexico, and of the politics of the present day. Drawing inspiration from the music of her childhood, her lyrical poems focus on the often-tested resilience of women. Scenters-Zapico writes heartbreakingly about domestic violence and its toxic duality of macho versus hembra, of masculinity versus femininity, and throws into harsh relief the all-too-normalized pain that women endure. Her sharp verse and intense anecdotes brand her poems into the reader; images like the Virgin Mary crying glass tears and a border fence that leaves never-healing scars intertwine as she stares down femicide and gang violence alike. Unflinching, Scenters-Zapico highlights the hardships and stigma immigrants face on both sides of the border, her desire to create change shining through in every line. Lima :: Limón is grounding and urgent, a collection that speaks out against violence and works toward healing.

Poetry, Quotes, and Prose

NEW YORK TIMES BESTSELLER Grammy Award–nominated, platinum-selling musician Halsey is heralded as one of the most compelling voices of her generation. In *I Would Leave Me If I Could*, she reveals never-before-seen poetry of longing, love, and the nuances of bipolar disorder. In this debut collection, Halsey bares her soul. Bringing the same artistry found in her lyrics, Halsey’s poems delve into the highs and lows of doomed relationships, family ties, sexuality, and mental illness. More hand grenades than confessions, these autobiographical poems explore and dismantle conventional notions of what it means to be a feminist in search of power. Masterful as it is raw, passionate, and profound, *I Would Leave Me If I Could* signals the arrival of an essential voice. *Book cover painting, American Woman, by the author.*

It's Not Love, Unfortunately is a volume of poetry that explores experiences with relationships over a span of a lifetime; from finding out early on that moms and dads are not all like Ward and June Cleaver, to learning that boys are after more than friendship in junior high, to marrying at eighteen and learning what an abusive relationship is all about, to finding the survivor within, divorcing, and after years of searching for love...finally coming out around forty years old, the poet finds that relationships with women can be just as frustrating and abusive as those with men...and that no matter what station you are in life, and no matter what side of the fence you sit on...love never comes easy and is even harder to find. Nevertheless, this volume of poems will leave you with a few tears and a few smiles, but will never leave you feeling alone. No matter who you are, if you've ever loved or searched for love you will recognize yourself in these poems. If you're a Baby Boomer, you will find that the poet incorporates a lot of pop culture from the 1960s and 1970s that will bring memories rushing back, if you're a GenXer or a Millennial, you will find there's some familiar territory here for you too, but all readers will find the clear connection is relationships, for better or worse, make us into who we are. If we're lucky, we will have interesting stories (poems) to tell, even if "it's not love, unfortunately."

Poetically Broken: Domestic Violence Awareness Poetry

The Little Orange Book: Learning about abuse from the voice of the child

Writings on Domestic Verbal, Emotional and Physical Abuse

daylIght

Jerk Radar

No Mo' Abuse

Climbing Life’s Mountains speaks and ministers to the person who has directly or indirectly experienced hardship. This book compassionately transforms the reader’s feelings of hopelessness to ones of triumph, as one can see themselves claiming victory over the trials and tribulations, that are unapologetically robbing them of their joy. No Mo’ Abuse is a collection of poems written by Ann Heir for women in abusive relationships. This collection includes poems including a narrative poem titled “Rally of a Warrior” detailing a scene from Heir’s own experience with abuse, along with poems written in various styles that encourage readers to get to know God (“Who Are You God Free”), find their life purpose (“A Long Journey”), and go make a difference (“The Aftermath”). Poems included in this collection are written to move readers from an abusive relationship to knowing God to healing. Readers are encouraged to begin a life free from abuse. Ann is a graduate of Bethune Cookman University and Jacksonville University in Teaching Educational Leadership. She is an assistant principal with Duval County Public Schools. Her goal is to impact lives.

From Amanda Lovelace, a poetry collection in four parts: the princess, the damsel, the queen, and you. The first three sections piece together the life of the author while the final section serves as a note to the reader. This moving book explores love, loss, grief, healing, empowerment, and inspiration. the princess saves herself in this one is the "magic" series.

One of the characteristics of poetry is that it has a unique way of conveying ideas, creating mental images, provoking thought, emotional connection, and portraying experiences in human life. I love poetry because it allows me to share my feelings and emotions in poetic form. May I ask you to take an imaginary walk with me as you carefully explore the heart? Will you allow your imagination to transform into reality as you experience real life events, real people, real pain, and real love? Although some of my poems are metaphorically written, others are written from true facts. I am a domestic and sexual violence survivor. Before you read my book, I need to share with you that some of my poems are written from actual events that took place in my life. It is my heart’s desire that as you read each poem, it will gain your attention, evoke empathy, and give you a greater insight. May each descriptive word have an emotional impact on the readers that will be remembered. May the pain I shared from abusive relationships help to raise awareness to help others on their journey as you peruse through “Poems from the Heart,” and feel the joy of victory at the end of my book! Thanks so much! Author Rosemary R. Vines

An autobiography of poems of one woman’s experiences with domestic violence, rape and healing to bring hope to those trying to escape from a violent partner.

I Would Leave Me If I Could.

Identical

We Slept Here

A Collection of Poetry

Side Effects of Remembering the Little Things

Why Does He Do That?

Almost ten years after its original publication, this groundbreaking and practical guide remains a wise, informed, and vital resource for those who want to assist a friend or loved one in her struggle to escape an abusive relationship. Susan Brewster, a longtime psychotherapist whose practice includes working with abused women and their families, recognizes that friends and family need specific tools and ideas to help them develop a relationship with their abused loved one that will ultimately benefit her, not control her. The survivor of an abusive relationship herself, Brewster teaches readers how to recognize the signs of abuse, handle negative feelings, become an effective advocate, deal with the abuser, and more. This compassionate book is just as timely and important as ever, offering the information needed to give strength to women who are trying to break free. Helping Her Get Free was previously published as To Be an Anchor in the Storm.

What do you do when there is nothing you can do? When life creates circumstances which are inescapable and traumatic, all one can do to survive is to eradicate the poison from their spirits and persevere through the hardships anyway. Barren Wasteland is a collection of emotionally intense poems which are a response to many controversial issues faced both first-hand by the poet, and collectively as a society. There are times one can feel that everything has been lost, and hope becomes an impossibility. Our minds can become like a barren wasteland: beneath the garbage lies the richest and most fertile soil to plant the seeds of the future in. We grow the most in our darkest times, and it is our choice whether we see obstacles- or opportunities. From addiction to abusive relationships, and even suicide, few stones are left unturned in this rich volume of thought-provoking and soul-felt poetry.

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. Milk and Honey takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

Poetically Broken: Domestic Violence Awareness PoetryIndependently Published

The Sweetest Kind of Poison is a collection of poetry about toxic relationships and letting go of what no longer serves you. It takes you through the fall, the collapse, the withdrawal, the recovery, and the now, chronicling a journey of abuse, heartache, confidence, self-love, letting go, and growing up. Because sometimes only our darkest experiences can bring out our raw strength and help us find the people we are meant to be.

Helping Her Get Free

Brute

How to Stop an Abusive Relationship Before It Starts

A Book of Poems

A Poetry Collection about Self Harm and Abusive Relationship, a Book Journal to Write Your Own Quotes and Thoughts

Coming from a place of visceral experiences, Trigger Warning is an exercise in human catharsis. Meghna’s debut is built on the tensions of duality-of love and resistance through poems that resemble Plath-like confessions and throw light on mental health issues like depression, borderline personality disorder, bipolar disorder, and CPTSD. The book explores the diminishing of identity that gets erased through abusive relationships. Through its contents, the poet comments upon the exploratory journey of understanding oneself-of unraveling the chaos within. At the same time, it also touches upon sensitive topics like childhood abuse and violence revolving around relationships. This book is an unfolding of battles, it is also a mark of triumph and ultimately. It is a testimony of hope despite everything. It is a contemporary voice that embodies much of the problems of the 21st century in pursuit of a deeper connection, one in which suffering finds comfort. Trigger Warning is a mix of free verse, haiku, and haibun. The reader gets to experience the sheer abandonment with which Meghna shapes her poems like little girls growing up to be strong women who find their voice and learn to love themselves, with tenderness and passion-the prologue to modern femininity.

Poems of Love and Resistance

Overcoming Intimate Partner Violence

Poems from the Heart by Rosemary Ridley Vines

Poisoned Apples

A Poetry Collection

A Guide for Families and Friends of Abused Women