

Terry Bell, V-91089

Words Uncaged Submission (Poem and Bio)

“Unspoken Thoughts”

Written by: T. Bell

When I think about it, doing time is a messed up feeling.
Mind moving slow, staring at this concrete ceiling.
Replaying conversations in my mental history.
Wondering if for me people truly have empathy.
I hear the stories, listened to complaints about life.
On how hard it is and the many things that isn't right.
I'm there in the ways I can, I lend my ears.
I give advice with words that help dry their tears.
But very seldom is concerns shown my way.
When it is, it's in general like, "how's your day".
And every time my response is somewhat like a robot.
I say, "it's all good" but I know it's not.
On the surface it's cool, I'm holding up, physically fit.
Educationally growing, mentally strong, spiritually lit.
Emotionally, I'm torn down but only when I think about it.
Others inability to empathize, leaves their words for me to doubt it.
When they state "I love you", how can it be sincere.
The support is absent and for me they're not here.
I don't want to ruffle feathers, so I keep this within.
I utilize my journal and express with this pen.

Author Bio

Terry Bell is a God-fearing man residing at CSP-Los Angeles. He is a member of Men For Honor and facilitator of MFH's Personal Development Class, as well as the Vice-Chairman of C.R.O.P. (Convict Reaching Out to People). Incarcerated since the age of 17 and sentenced to Life Without the Possibility of Parole; refusing to allow confinement to conceal his potential. He is currently 33 years of age and growing.