

# unrequited feelings



leslie b

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*leslie b*



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overthinking

the riskiest thing  
is to put all your love  
into one singular person

where will you go  
if one day they decide  
they don't want you anymore?



you don't get to choose  
if you get hurt in this world  
but you do have a say  
in who hurts you

- *i choose you*

i remember  
that first night  
we stayed up past 3am  
and all we did was talk

i remember  
thinking that i could  
listen to you talk  
forever  
and how i've never felt that way  
about anyone before

i remember  
that night  
at 3am  
that was the moment  
i fell in love

have you ever  
loved someone  
so much  
that it scares you?

i'm thinking you are someone i could really like, and that scares the hell out of me. being with you is so easy. it's like we understand each other completely, and that's something i struggle to find with everyone else. but i'm scared. because i think i am the kind of person that throws myself completely when i love something. i've spent a long time trying to get here to where i am today. i honestly don't know if i can do it all over again. i know this is all a lot, and i shouldn't put it on you. it's not fair. but it is how i truly feel. i don't know how to love halfway. i throw myself into it completely and it ruins me every single time. i overthink the things i care about and i predict things before it happens, and sometimes it doesn't happen the way i predict so it's really my overthinking that ruins it. i don't know how to change that. i'm sensitive to the things i care about and i need you to be okay with that. i need assurance, but i will never ask for it. you make me want to throw myself completely into you and i know the spark we create could light up the whole world. but i'm terrified that one day you will stop reciprocating and i will keep lighting myself on fire to attract you and you won't reciprocate and i will burn and i will burn and i will burn and that scares the fuck out of me.

*- a letter i will never send*

hope is a dangerous thing  
for some things you see coming  
but you let it come  
and fuck you up anyway

there was this  
unspoken silence  
between us

it was like  
we both wanted it  
but neither of us knew  
how to begin

i never knew what i wanted  
until i met you

- *i wish you wanted me back too*

i remember it was  
on the third day of the new year  
5am or something,  
you were soundly asleep  
breathing rhythmically  
like you were focusing on a dream

i moved over and put my arms around you  
i wanted to give you some warmth,  
i remember it lingered for a minute  
and you pushed my arm away  
still half-asleep,  
that was the first time you ever reacted that way

about half an hour later,  
5:49am  
i remember because i got up for a cup of water  
you were still soundly asleep  
i rested my hands on your thighs  
it was subtle,  
i just wanted to touch you  
have a connecting point to your skin  
while we dozed



i remember it lingered for a little while  
and you moved your body away  
it was subtle,  
but your intention lingered  
and that lingering feeling started to eat at my chest  
*how could something so subtle have such a big hurt?*

i don't know if it was silly  
that i had an intuition that night  
or silly that my intuition turned out to be right  
but somehow that night  
i knew that this  
was a beginning to an end

i mean it when i say that i'm very sensitive to other people's energies. i can sense when something is off, usually as it happens. sometimes people say that i am over-reading, but most of the time they just haven't processed it themselves yet. i feel like emotionally, every person i've ever liked has left me before i left them. but physically, it always seems like i can't stay put. but the truth is, i just don't want to be around someone that i can slowly feel doesn't want me to be around them anymore.

is it a curse or a blessing  
for someone to be able to  
feel all of these feelings  
so deeply?

it's just one of those nights  
where i'm checking my phone  
picking it up  
putting it down  
picking it up again  
opening our conversation  
even though there are  
no new notifications

- *just wanted to make sure*

the less attention you gave me  
the more i craved for it

waiting an hour  
to get a text back  
a one word reply  
dry  
like you're not interested at all,  
texting back in the next minute  
waiting an hour  
to get a next text back

- *a cycle that hurts*

are you busy  
or are you with  
someone else?

- *overthinking*

maybe you're busy  
and i am just freaking out  
at your lack of response  
or interest, even  
or maybe i am just unnecessarily  
clingy  
needy  
emotional,  
maybe there is nothing wrong  
and i am just overthinking  
but missing someone  
who doesn't miss you back  
*hurts*  
but it's fine,  
i know i will just be  
overthinking myself to sleep  
tonight



8 billion people  
in this world  
and i can't stop thinking  
about one

i can't read your mind  
and you can't read mine

i wonder  
if things will be different  
if we said to each other  
what we truly think

i know you're too busy  
to miss me  
and i am sitting here  
wondering all the what if's

*if this is love, it shouldn't be this difficult.*

communication shouldn't be so hard. you shouldn't have to second guess everything you have in mind. you shouldn't have to apologize all the time. you shouldn't have to constantly feel like you're not enough. or that the next moment you are suddenly too much. you shouldn't have to keep telling yourself that you need to be more understanding and to keep trying and trying and never have it being enough. you shouldn't have to feel like you're backed into a corner and everything you do seems to be wrong despite how desperately you want to make it work.

*if this is love, it shouldn't hurt this bad.*

there shouldn't be this deep ache in your heart where you are constantly finding yourself gasping for air. you shouldn't have to feel like you are going to hurl yourself inside out despite barely eating for 3 days. you shouldn't be finding yourself wide-eyed awake at 3am having a million things running in your mind when your eyelids desperately want to shut but your mind won't shut up. you shouldn't be running around in circles trying to pinpoint the downfall of it all but never really knowing the answer, trying to tell yourself that it doesn't matter, but the cycle torments you over and over and over again.

*if this is love, you shouldn't have to beg for it.*

you shouldn't be finding yourself on your knees alone in your room whispering "please, please, please" a million times. you were never a religious person, but there you were at 4:17am praying to every god you know - saying that this is the one, this is the one. if you had 3 wishes, you would spend all 3 of them wishing that they would stay.

*if this is love, you shouldn't be this sad.*

you have never really wanted anything, but you want this so badly. you want them to be the one, so so much. your heart is breaking and your mind won't stop racing. everything you do leads back to the same person. every thought leads back to the same person. deep down you feel like this probably wouldn't work out anymore, your wishes never come true anyway. but you want it to. but you want it to.

i don't know  
how long i can keep doing  
this little dance with you

pretending to be casual  
when you are all  
i can think about

in the last 10 mins  
i checked my phone 10 times  
3 of them wasn't you  
7 was just my imagination

i spent 20 mins  
deciding  
when is the best time  
to text you back

i wonder  
if you are busy  
or are you playing  
the same game back?

if you want me too much,  
i will not want you back.  
if you want me too little,  
i will move on.

- *a little game*

you've destroyed me  
by being  
so far away



you never know  
how strong your love is  
until you have to start  
loving them from a distance

i don't know  
how many times  
i can keep doing this  
but it *hurts*  
to love someone  
who doesn't love you back

when i'm alone  
i want to be able to feel,  
when i'm with someone  
i just want it to stop hurting

- *a contradiction*

thoughts can't seem to stop  
pouring out of me tonight  
my heart hurts  
but no one seems to care  
all this pain inside me  
but i have no solution  
are they really the problem  
if they have no idea  
that they were the problem?

i can't read your mind  
and i can't keep filling my mind  
with another scenario  
to overthink about

i don't know what i want anymore  
i thought i wanted you  
but tonight i'm not so sure anymore  
all these things you said to me  
i'm not sure what to believe anymore  
the only thing i'm thinking right now is  
*i don't know how long i can do this anymore*

how do you fix something  
if you don't know  
what is broken?

my brain is in a mess tonight  
you are still here  
but my heart is already aching  
i can't stop asking myself  
*how long more before you go?*  
i know deep down  
i don't have you anymore  
and i am not okay with it  
there's a million things  
i want to say to you  
but i don't know where to begin  
i have a feeling  
whatever i say  
will end up to be wrong  
and i will just push you further away  
i wish i could read your mind  
but i think i already know  
what your answer is



i can feel this coming to an end  
but i don't want it to end



unrequited feelings

it makes me sad  
because i feel like  
we barely started  
and now we are already  
falling apart

we could have  
created a spark  
that would ignite the world  
but you were too afraid  
to commit

i miss you  
a lot,  
but lately it seems like  
it doesn't matter  
anymore

the lack of desire  
you have for me  
when i'm around you  
*hurts*

i only told myself  
what i wanted to hear  
and i overlooked the things  
happening in front of me

i focused too much  
on what you said in the past  
and too little  
on what you are saying now

you've made those promises  
i wanted to believe  
*you wouldn't lie to me*  
but people change  
and sometimes  
they change their mind  
about you

got my own hopes up  
because  
i desperately wanted it to work  
and that was the beginning  
of me  
breaking my own heart

the more i love you  
the more it hurts

- *i don't think that's how it should work*



i was alone  
and all i wanted  
was to be able to feel  
something  
anything,

and then i found you  
and i was happy for awhile  
until i wasn't  
until it started to hurt  
and all i could think of  
was that i don't want to feel  
anything  
anymore

- *a cynical cycle*

we promised  
to light up the world together  
but you stood there and watched  
as i lit myself on fire

today i miss you like hell. i woke up 3 hours earlier than i usually do and the first thing i think of is you. i checked my phone and you haven't responded to my text from 8pm last night. i wonder what you were doing and who you were with. the message wasn't even about anything. i try to focus on the one thing that actually matters in this moment - going back to sleep. but i can't do it anymore. i've been awake for too long and my thoughts are now spiraling. what happened between us? where did we went wrong? how do we go back to how it was before? is that even possible? i checked my phone again. obviously nothing has happened in the 20 seconds since i last picked it up. i don't even know what i was expecting. all i know is that i recognize this sinking feeling in my chest. i know what is coming. oh yeah. it is going to hurt.

the answer lies  
in all the things  
we did not say  
to each other

i'm not sure if there's anything  
more painful  
than feeling the person  
you gave your heart to  
slowly losing interest in you  
and you can feel  
the love in your heart  
drying out

was it my fault  
for giving you a chance  
or was it your fault  
for breaking your promise?

- *does it matter?*

letting you go  
feels like losing a part of me  
the newfound love i had for myself  
when i first met you

but things are not the same  
as it used to be  
and the love i had for myself  
is now replaced with hurt and disappointment  
mixed with a tinge of hope,  
perhaps things could go back to  
how it was before

it's not over but it already is  
deep down i think we both know it  
the present will never be the past  
but we keep trying to find our way  
back to what it once was

i'm sorry that i keep doing this to myself  
i don't think i am ready to let go yet  
but then again,  
*when are we ever truly ready?*

the ending has been written  
but i am not ready to face it yet  
i know the fear is mostly irrational  
give me a little more time  
i will find my way there

we had everything we wanted  
but you wanted more



there was something  
unspoken  
about the way you left  
i knew  
something was off  
but i didn't ask  
i didn't know  
it was going to be  
the last time  
i'll ever see you

your hesitation  
gave me the answers  
i needed

i knew  
this was going to happen

i could tell  
from the difference in response  
the way you looked at me  
the lack of details  
when you tell me something

i knew  
something has changed  
but i didn't want to  
confirm my suspicions

maybe i'm just overthinking  
and maybe there isn't a problem  
and there might be  
if i raise up a non-existential issue

a few days later,  
*it happened*  
you said everything i was thinking  
and it has never hurt so much  
to be right

you gave up on us  
before it even begin

*are you fucking kidding me*  
was my first reaction  
when you sent me that text  
telling me it was over

i read through your justifications  
the things you wrote  
to make yourself feel better  
and no i do not forgive you  
for telling me  
truths you should have told me  
at least a month earlier  
*there's someone else*  
why am i only finding out about this now  
you waited  
until the last moment  
until you were absolutely certain  
before you dropped me

thanks for hurting me  
when you absolutely  
didn't have to

i could tell you  
all about what i'm thinking  
*but why would it matter?*  
*what does it change?*  
you've made up your mind  
and the only thing i can do  
is to accept it

i've said too much  
to you  
and still,  
*it wasn't enough*



you fed fire to my soul  
and i burned  
with passion for you  
then you went ahead  
and left me unattended  
so now i just burn  
in agony

why did you say yes  
to something  
you knew  
you didn't want?

it is the most painful feeling  
watching the person you love  
choose someone else  
over you

at what point  
did you decide  
that you don't want me  
anymore?

- *i can't stop thinking about this*

you can't  
treat people like shit  
and expect them to  
not get mad over it

if words could kill  
i would have died,  
a thousand times over

after everything  
we've been through  
i was not expecting it  
to end this way

it was in your eyes  
that i knew  
you were in love with me  
and it was in your eyes  
when i realized  
you no longer love me

- *same eyes, different story*



i had all these things  
i wanted to tell you  
i don't think it matters  
anymore

you had me and you decided that  
you didn't want it

it is time  
i learn to let go  
*if you wanted to, you would*  
i've said enough  
for you to know how i feel  
i can't keep waiting  
for an answer  
that isn't going to come

today  
i say goodbye to you  
i close my eyes  
and i wait for the hurt  
to come



rock-bottom

how many more times  
can i be broken  
i can't keep putting myself  
back together

it might be the  
worst feeling in the world  
when the person  
who wanted you  
changes their mind

leaving is easy  
you just walk away  
and never look back

it is what comes after  
that they don't tell you about

- *what's next?*



after you left  
the smell of you  
continues to  
*linger*

the first few days are the hardest  
you wake up in the middle of the night  
the breakup replaying in your mind  
*what did i do wrong?*  
you rethink every scenario that happened  
how it felt so right  
at one moment in time  
*maybe i should have said that*  
you tried to look for the moment  
when things started going bad  
maybe it was something you said  
or a specific thing you did  
or didn't do,  
that started the turbulence  
and led to this moment  
every time you close your eyes  
you can feel where it hurts  
*it's over*  
but it doesn't feel like it  
it will take you awhile more  
of replaying everything that happened  
for you to finally realize  
that this  
was never your fault

i really really wanted us to work out.

you said  
*you don't have to explain to me*  
*i get it*  
but i don't think  
you ever did

it wasn't you  
that hurt me the most  
it was the expectations  
i've built for myself  
*because i believed you*  
and now i am suffering  
the consequences  
of my own beliefs

i don't know how to find the balance between wanting to love someone and not wanting to get hurt.

i only had myself  
to blame  
for getting hurt  
in the end

it was in your presence  
that i found  
my sense of belonging  
it didn't matter  
what i was doing  
you were always  
right next to me  
now that you're gone  
nothing feels right  
without you  
i don't know where to go  
anymore



it's hard being the person who falls first.

someone once said to me

if you want something  
very badly  
set it free  
if it comes back to you  
it's yours forever

if it doesn't  
it was never yours  
to begin with

- *i really wish you came back*

how many times  
can you miss a person  
until it doesn't hurt  
anymore?

i think we were too obsessed with wanting it to work out that we forgot to enjoy what we had.

it's mad  
how you can love someone  
and not be happy  
and not even realize it

you looked me in the eyes  
and told me  
*you are the only one*  
i heard the conviction in your voice  
and never doubted you  
for a second

i guess what happened was  
you changed your mind halfway  
and it never came up  
so you conveniently  
forgot  
to tell me

technically  
you didn't lie  
but it still makes you  
a liar

was it my fault  
for believing you  
when you said the things  
you did?

i remember  
how much you mattered to me  
and how quickly  
you stopped mattering



would it have  
worked out between us  
if there wasn't someone else?

- *questions i ask the universe*

you never said sorry to me  
how can one person  
be so cruel  
and not see it?

it's hard to believe  
the good in people  
after people like you

some days  
i really wish  
we have never met

i wish i've never  
responded to that DM you sent  
never said hi back  
never stayed up till 3am  
texting you back  
on the first day

i wish you never broke my heart  
i wish you never met someone else  
i wish you were honest enough to tell me  
i wish you never made me feel like i was happy  
when my entire world was crashing  
and i couldn't see it  
i didn't know

i wish i could take back  
all i've given to you  
but it's too late now  
you've given me a glimpse  
of what it means to be happy  
and i wish  
i wouldn't keep thinking about you  
even after all of this

i wish things were different  
but i'll never know

too many feelings  
for too many people  
i haven't had the courage  
to put it into words

we were never  
*just friends*  
and we can never go back  
to being friends

at one point we were everything  
now i can't even speak your name

- *nothing lasts forever*



after you,  
i don't know  
how to trust anyone  
anymore

you let me down  
i hope you know that  
*i know you know that*  
you broke my heart  
someone  
who has been nothing  
but genuine to you  
from day one  
i know you probably regret it  
but it won't take away  
all the hurt  
you've given to me  
and no  
i won't forgive you  
but i will allow myself  
to forget about you

i can still feel  
the exact part of my chest  
where it hurts

- *heartbreak is a physical feeling*

i want you to know  
how much  
i was hurt by you

but i know  
the best way to move on  
is to not think about it anymore

we are all really  
just trying to find love  
but somehow  
we keep getting hurt  
in the process

- *hopeless romantics*

*before i let you go*  
i want you to know this  
you were everything to me  
at one point in time

i thought you were the one  
at the beginning  
i don't know which point  
i stopped believing

before i let you go  
i hope you know  
that i've tried my best  
to make this work

you can't force compatibility  
and i know  
i will not be happy with you  
anymore

it's over  
but i will still  
think of you  
forever



moving on



i don't know how else to move on  
other than to keep thinking about you  
i'll take in all the pain  
and let it hurt  
until i'm used to it  
until it doesn't bother me as much  
until the hurt starts to fade  
until one day  
i might not notice it anymore

- *i don't know how else to do it*

you will hurt  
a lot  
and you will be okay  
again

the people we love  
they become part of us  
we carry their memories  
and we see flashes of them  
from other people we meet

and i will carry your memory  
for the rest of eternity

what is coming  
is better than what is gone  
i have a hard time believing  
that i will ever find someone  
better than you

trust is something  
i'm trying to be better at  
i know it's going to be  
a lonely road ahead  
and i can only pray that  
i make it all the way through

it's been months  
since we last talked  
things have sort of fizzled  
i wonder if there is anything left  
anymore

i guess it doesn't matter  
if i'm choosing to move on  
i wish more people would tell you  
that leaving an unhappy situation  
doesn't make you happy  
it leaves you lonely  
and that's another feeling  
they don't tell you too much about

you will be sad  
for awhile  
and you will be  
okay

the truth is  
i was fine before you  
and i know i will be fine  
after you,  
although it sure doesn't feel like it  
right now,  
but i know it will be fine  
i will be fine  
i will be fine

you've been through this before  
you can do this again



i used to be happy  
when i see your name  
on my stories

now i question daily  
how long should it be  
before i block you

it's crazy  
how quickly  
people can stop  
to matter

you can't keep waiting  
for a message  
that isn't going to come

some day  
you will meet someone  
and all of this pain  
you're going through right now  
will be worth it

one of the hardest lessons  
i had to learn was  
*you can't love someone  
into loving you back*  
i gave you everything i had  
but you didn't care  
it wasn't what i gave  
it was what you wanted  
and the truth is  
no matter how much  
you want someone  
it won't work  
if they don't want you back

you did not  
do anything wrong  
it just didn't work out  
that's all

- *note to self*

the more i looked at your profile  
the less it hurts  
it's like i can almost see myself  
slowly losing interest  
in you

if i can't have  
all of you  
then i don't want  
any of you



most nights  
i wish that things could  
go back to how it was  
before

some nights  
i know that deep down,  
i don't want that

you deserve someone  
who is willing to stay for you

things don't always  
work out the way  
you want it to  
and i am trying  
to be okay with that

i think  
when this is over  
i will finally  
be able to  
breathe

sometimes i catch myself  
wondering  
how you are doing now  
and i realized  
*i don't care anymore*

if you can't be loyal,  
nothing else matters

i kept trying to  
find someone  
to complete me

turns out  
the person i was looking for  
was me all along

perhaps  
the best thing to do  
is to truly not give a fuck  
about anything  
or anyone  
at all



today  
is the first day  
i saw 11:11  
and didn't think of you

it takes a lot of power  
to not cascade myself down  
into this darkness

- *self control*

you breaking my heart  
was probably the best thing  
that happened to me

you showed me  
the people i need to avoid  
and you taught my heart  
how much more it could take  
despite being completely broken

i was a sadder person  
because of you  
but i am also a stronger person  
because of you

after you  
it's not going to be easy  
for anyone  
to hurt me again

meeting  
you  
changed  
everything

you don't need someone  
to complete you  
you have yourself  
and that is all you need

if i ever saw you  
on the streets again  
i will simply  
keep walking

i was cleaning my room today  
and i found an old picture of us  
*oh god*  
i don't remember  
the last time i thought of you

on the picture  
i looked happy  
and i think i really was  
but i don't remember that feeling anymore  
honestly,  
i don't even think i recognized myself

it was today that i thought of you again  
and i miss you.  
but i miss the old version of you  
the one that doesn't exist anymore  
and i'm not the same person  
i used to be either

memories  
they have a special way  
of doing things to you  
it's been six months  
since i last thought of you  
i loved what we had  
and i am glad  
that it is over

i've wrote about you so much that at this point you just kind of feel like a fictional character to me.



the way you left  
made me glad that  
it didn't work out  
between us

i don't need you anymore.



writing is the only way i know how to feel better.

things don't always happen the way you want them to. and when it doesn't, it hurts.

i've spent too many nights overthinking myself to sleep. waking up too early feeling like i can't breathe because my mind won't stop racing. i never knew what to do with myself, until i found writing. it's the only thing that makes me feel at peace.

i wrote "getting over you" after one of the most hurtful experiences in my life. i did not expect so many people to find resonance in my words. thank you for validating my feelings. and thank you for making me feel like i wasn't the only one in the world going through this hurt.

my second book "unrequited feelings" is based off a recent experience i had of liking someone who changed their mind about you. it's a horrible feeling. but i felt more empowered this time to handle it because i knew there are people out there who feel the same way as i do.

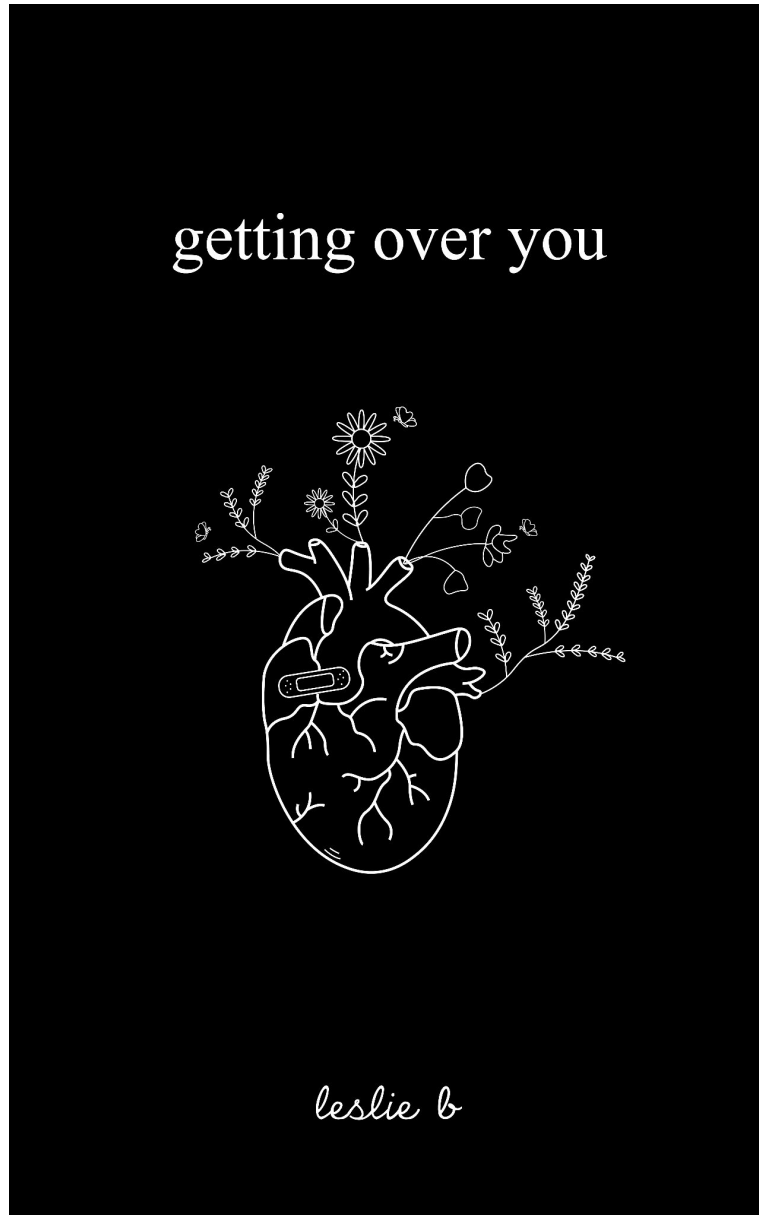
if you're going through something similar, all i can tell you is that you are not alone. i can't make it better, but i am here with you. and i love you.

thank you for saving my life.

leslie

Also by Leslie B,

getting over you



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