

POEM TO MYSELF (Title)

No one knows the (animal) that (verbs) in me.

No one knows my heart is a/an (adjective) (noun)

I carry through the (noun) toward the (noun).

No one knows the (noun) I softly (verb).

But I do. I do.

I will wake today and (verb) my (noun).

I will walk today and (verb) the (noun).

I will (verb) until I (verb) the (noun).

(Repeat pink animal), (repeat blue verb three times).

(poetry prompt by Joseph Fasano)

(Title)

There are days when I am (my name)
and days when I am not.

My heart is a/an (adjective) (verb)ing (noun) in the morning
and a/an (adjective) (verb)ing (noun) at night.

If only I could (verb) in the (noun),
I would be (adjective).

If only I could let go of (noun),
I would be the (verb)ing (noun).

(Someone's name), this poem is for you.

To love you is to be the (repeat blue words).

(writing prompt by Joseph Fasano)

My Poem (Title)

My name is (name).

Today I feel like a/an (adjective) (noun)
(verb)ing in the (noun).

Sometimes I am a/an (noun).

Sometimes I am a/an (noun).

But always I am (adjective).

I ask the world, "(question)?"

And the answer is

a/an (repeat your words from line 2).

(poetry prompt by Joseph Fasano)

SELF-ACCEPTANCE POEM PROMPT

(Title)

The (animal) cannot help being (adjective).

The (plant) cannot help being (adjective).

The (celestial body) cannot help being (adjective).

And I cannot help being (your name).

Even in my sleep, I dream of (something you like).

Even in my sadness, I love my (noun).

I swim in the rivers of my (emotion).

I climb through the mountains of my (emotion).

I travel for years and years.

And on the other side

is (your name), beautiful (your name),

his/her/their (adjective) (noun) (verb)ing in the (noun).

(poem prompt by Joseph Fasano)

CHANGE POEM (Title)

I am done with being (adjective).

I am done with (verb)ing in the (noun).

I am done with not (verb)ing (adverb).

Life, help me to (verb).

All I want is to (verb) like a/an (noun) in the (noun)
the way I did when I was not (adjective).

(Your name), (adjective) (repeat green noun), say it:

I am not (repeat yellow adjective).

(poetry prompt by Joseph Fasano)

DISAPPOINTMENT POEM (Title)

Even the moon sometimes fails to (verb).

I tried. I woke each day in (noun)

and (verb)ed

and (verb)ed

and thought I was a (noun).

Now I stand here (adjective) in the (noun)

and my heart is a/an (adjective) (noun),

and my hands are (adjective) (noun)s.

Look:

the (animal) (verb)ing in the (noun) [line 10]

fails to (verb) the (noun)

and (verb)s

and (verb)s

and goes right on (repeat verb from line 10)ing.

(poetry prompt by Joseph Fasano)

FRIENDSHIP POEM (Title)

You and I are (noun) and (noun).

You and I are (verb)ing and (verb)ing.

When I am deep in (noun),

you come to me like a (verb)ing (noun).

When you are lost in (noun),

I go to you like a (verb)ing (noun).

Let the world say everything is (adjective).

I would bring you (noun) if you were (adjective).

(poetry prompt by Joseph Fasano)

EPIPHANY POEM (Title)

All my life I tried to be the (adjective) (noun).

All my life I thought happiness was
a/an (adjective) (noun) (verb)ing in the (noun).

All my life I was afraid to (verb).

Now I stand before the mirror
and see the face of a/an (adjective) (noun)
that knows how to (verb) and (verb).

(Your name), don't be afraid.

You are a/an (repeat adjective from line 6) (repeat noun from line 6).

All you have to do is (repeat one of the verbs from line 7 five times).

(poetry prompt by Joseph Fasano)

HAPPINESS POEM (Title)

This is what I wanted: to be (adjective).

Why was I (adjective) for so long
in the (adjective) (noun)?

I love you, (noun).

I love you, (noun).

I love you, (noun).

(Noun), you do not scare me.

Tonight I will sleep in the (noun)

but I will wake again (verb)ing in the (noun).

I will wake again (repeat green verb)ing in the (repeat purple noun).

(poetry prompt by Joseph Fasano)

GRIEF POEM (Title)

I miss your smell of (noun).

I miss your voice like (adjective) (noun).

I miss your hands like (adjective) (noun) (verb)ing in the (noun).

But I know that living means (verb)ing.

And I want to live. I want to (verb).

And you, (name), I want you to be the (adjective) (noun).

Go, be the (repeat the adjective and noun from previous line).

(poetry prompt by Joseph Fasano)