

Kae Anspoka

The Book I Owed to Myself

A Poetry Compilation

2022



Hey there! My name is Kae, and I have written some lines about some things humans tend to experience. Those things that people tend to call being alive, overthinking, living as part of the society, being angry, and then accepting fellow humans.

This is my first book. The book I have owed to myself for years. The inevitable consequence is that this now happens to be a compilation of my works over those years, not really my 'debut' book.

I hope you'll enjoy reading the ins and outs of my personal experiences, the stories I wanted to tell, and the secrets I dare not.

Be brave,
And thanks for giving this book a chance
Kae

*** / monsters	5
*** / staring contest	6
*** / weather patterns	7
*** / taught behaviours	8
*** / sociopolitics	9
*** / ignorance	10
*** / losers	11
*** / righteous	12
*** / ted	13
*** / having fun	14
*** / wanting	15
*** / trust	16
*** / one word	17
*** / naked	18
*** / childish	19
*** / stockholm	20
*** / afternoon	21
*** / forgetfulness	22
*** / ask	23
*** / monsters II	24
*** / operation	25
*** / no relief until	26
*** / long distance call	27
*** / noticing	28
*** / packing	29
*** / retail	30
*** / expenses	31
*** / polite	32
*** / flow of time	33
*** / the worth	34
*** / more hope needed	35
*** / practical	36
*** / note to self	37

Copyright © 2022 Kae Anspoka

All rights reserved. No part of this publication
may be reproduced, distributed, or transmitted
without the express consent of the author.

Cover design and layout © Roberts Šulcs
Photo © Adriana Cahova

ISBN 978-1-4716-5795-5

Available on [Lulu.com](https://www.lulu.com)

*** / monsters

don't look
there's a monster under your bed
you have known for a long time
why it's still there

don't scream
the monster needs some peace too
it's obvious just as we all do
where else would it go

don't get out
it's so small and fluffy
the cutest monster around
one might fall in love

don't look
I've always wanted to kiss
a person with a monster under their bed
how can I get even closer to mine

*** /staring contest

reliving the end over
over my shoulder
letting those slippers fly

there are no dogs allowed
try reaching down
you watching me

how can this life
participate in me
if all this is gone

now
then

*** / weather patterns

did you know how many clouds
read then at that bar
there isn't a life out there in here
reading the words, not interpreting

how many times did you regret
and how many times did you pull away
I can't help, but wait for the final one
one must realise why

all my reasons and all your reasons ↘ ↘ ↘ ↘ ↘ reasons
it's just silly little lies
no point in the clouds
they can't fly away

*** / taught behaviours

focus on the light, they said
~~keep your~~ promises and stay
out of everyone's

let things happen, this is normal
we're all nice ^oly swimming nowhere
it is supposed to be like this

never believe in the good things
that is just trickery to ~~keep~~ you
from ~~ee~~ entering the good gates up there

focus on the light, they keep saying
don't date love a ^{girl}, they say
she will burn down your heart

go home early and pray
there's nothing else worthy to do
to live through this madness
reality,
right?

*** / sciopolitics

the cover of The Big Issue magazine
this week seems to be a picture
of some happy couple

a couple so happy that it shows
people passing by freak out
scared to touch as it burns their hands

the inevitable reality sticks with us
it just grows so much
as the rubbish of human depend

they are covering The Big Issue
with the recurring nightmare recurring nightmare recurring nightmare
about the version of me and you recurring nightmare
recurring nightmare recurring nightmare recurring nightmare rec

nightm

cur

rec

recurring nightmare recurring nightmare recurring nightmare

*** / ignorance

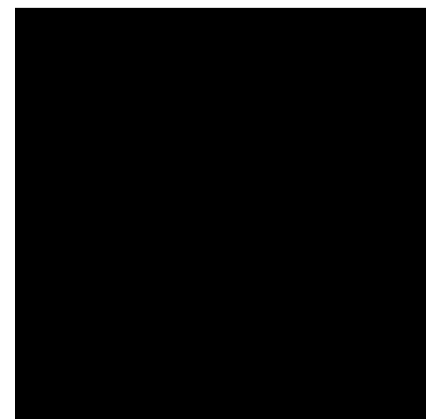
on stretched leg
lit e cher ry kiss
the flooooooOooooOooooOoooo
ma e a new dress

curtains

dr wn your sorrows
in his rabbit hole
wi cheshire cat's smile
tat ~~oo on Dorothy~~xx

ca one change perception
bl owing soap bubbles
an run as fast from politics
as anding sti

sti
sti
st
st



* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s
* * * / | O S ☐ r s



cial between these l i n e s
er hidden smile

prepare to have a drink
half s h k e n, half

I have wri[[[[[[[[[en you all over
my new black k
with no numbers in it
~~nor the suspect appeared in front of a court~~ comforting sound

it w [redacted] er an actual fight
but [redacted] ne still lost
the remote
as they curled up after

fell on the floor

***/ri[redacted]eous

bel ev ng s a neverend ng process
why would we waste t on us
HELP! HELP! HELP! HELP!
nothing ever works out anyway
except more of new heartaches

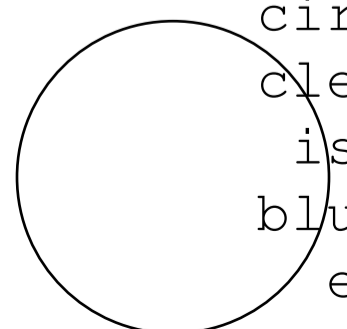
tell ng the truth s so scary
why would we do t to ourselves
noth ng ever works out anyway
except even more doubt

l sten ng s a step too far
why would we want to know
ng ever wor ut anyway
except all of the m sun stand ngs

loving s such h
why would we do t at a²⁴²⁴²⁴²⁴²⁴⁷²⁴²⁴²⁴²⁴ll
nothing ever works out anyway
ex ce pt for all the m ssed opportun t es

w
o
r
k

thi
s
cir
cle
is
blu
e



*** /ted

heads full or empty
we are busy getting going
leaving feels so familiar
circulating
on social media
all those compliments we said
let's pack them in this box
entire population of bees
that we're sending to a random
address

d

a lone teddy bear on the bed
we never dared to pack that
though the same bus takes

us

there 

d

d

if I
sure seems ghastly
and go on – find it
amusing
any purpose is very
irrelevant today
and just like that
a bowtie
you're wearing those pearls
before evening
and under the smile
you wink

y

*** / having fun-

can't be funny

*** / wanting

going around town counting days
watching hours go by in the kitchen
don't pay attention to the call
don't give in to the touch

losing the will to live
is a natural human state
don't want to care about work
~~what is wrong with it?~~
~~don't give a thought about food~~
~~what is wrong with it?~~

~~what is wrong with it?~~
~~what is wrong with it?~~
~~what is wrong with it?~~
~~what is wrong with it?~~
letting go of personal hope
don't like to lose
don't want to get

words can feel so empty
but I still think I miss you
I really don't want to go back
I really don't want to leave it be

*** / trust

Sunday comes with words

like a catholic priest.....

dressed in black and distant

abandoned by us in reality

believe in a world

believe in a white sheep

believe in the kiss

removal of all references
mirrors show transformations

whenever we join hands

~~to make fun instead of help~~

sitting under a dead tree

wrong world

believe in a black cat

believe in those shoes

afterlives come and go *unusededededkillededeeeee*

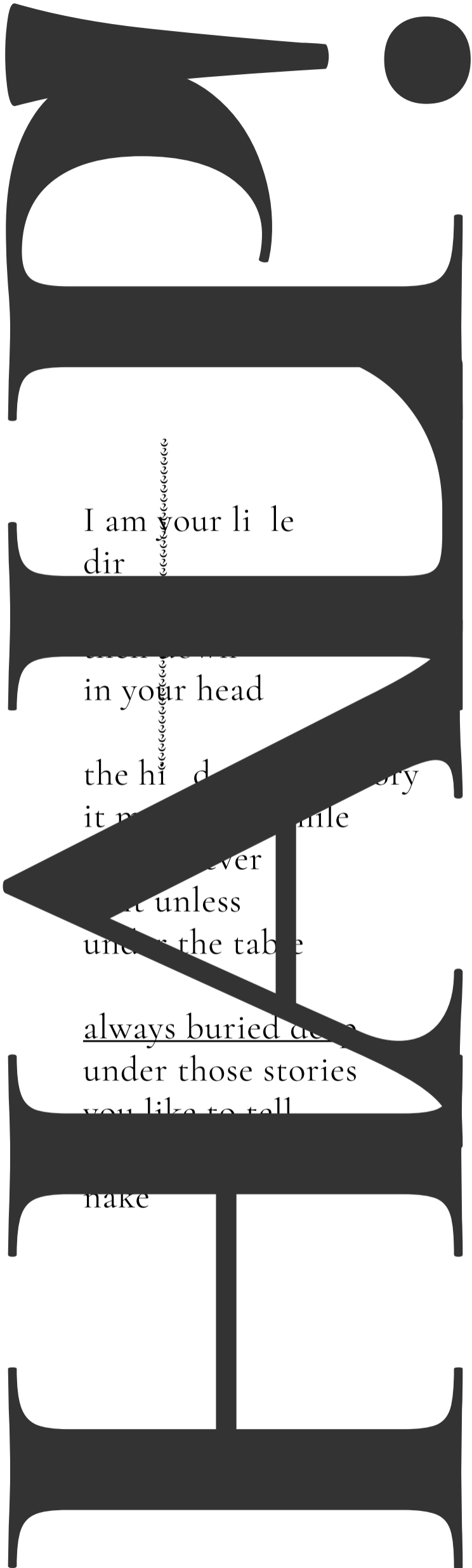
like a midnight train home

we're all here, in Irish pubs
pubswpubswpubsw3degreesprecipitationpubsw

believing in each other

*** / one word

while
breath
s with
purple
s
xit
dignity
are
ong
ged
uch
aress
troke
neet
nite
g
ind
n your
gain



*** /naked

*** /chic deep!

not [redacted] the thing

you didn't even [redacted]

is [redacted]

being scared to [redacted]

[redacted] the annoyance

is so [redacted]

losing cons

ciousne

because just N°N°N°N°N°N°N°N°N°N°N°N°N°N°N°N°

is [redacted]

but then waking up

strange

YOU ARE TRAPPED!

***/losers

YOU ARE TRAPPED!

YOU ARE TRAPPED!

*** / afternoon

do you remember the day
or was it late at night

[r e d s h i f t]

when everything was ours
when we knew this is the end

never have been too bothered
about all the love stuffathomfillfinancialfs
and not like anyone can care
youknowtheyjustdon'tyouknowtheyjustdon't youknowtheyjustdon't

listen to the radio!
would you want to go back a hug
do you want

I sÙre could do with one tonight
oh wâit, it's not night timã yãt

the truth is being monsters
we're so good at being
you know, fucked up 'n' shit
we so bad, it's so good
just, please, don't



*** / forgetfulness

somet_mes _ forget _
_ feel the crav_ng an
_ n my blazer's pocke
but we all know _ t _
_ t's been years s_nce

qu_t smok_ng
d _ reach
t to f_nd the f_x
sn't there

w a k e m e u p !

all of these m_rrors
who knows what has
how w_ll _ ever reco
that _ have been me
just a l_ttle b_t lost

s, people's eyes
ngs _ see
r_gh ten_ng me
changed
gn_se aga_n
all along
out there

***ask

those words twinkling on the wall
that ~~misinterpretedreinterpretedinterpretedremoved~~ signpost

there are no spaces between **p**aragraphs

all that this society gave us
the allowances and the boundaries

you full well knew it was going to make
a huge mess in everything you cared

there are no spaces between **p**aragraphs

did you find more joy in mending
these things your decisions broke

how did you manage looking in the mirror
and trust enough or not enough should there be more that those pieces

there are no spaces between **p**aragraphs

out of the bits and bobs of leftovers
but are you sure there is enough glue,
though

after all the decisions we ɔ we ɔ we ɔ



*** / operation

if I had a pro hear
I'd just give it to you
I wouldn't need to think over
it'd just



but like nos
who can't stand
maybe a woman or two if lucky
but she's back to reality

if I became a ghost after
I'd like to haunt you for years
it would be so much fun

I know you wouldn't be scared.
3 cups water · ½ cup rice

if I owned a house, I'd have
vegetable oil · ¼ cup white
sugar · 1 teaspoon salt
no plastic replica

it would fool you



*** / no rnof until

why cwaken't you just
tnoll hnor thwake ^{cccccccc} 0t you
finod to mno

unburdnon
lnowakevno mno out
of y o u r t hought!!!!s

this triumph
didn't turn out
to bno glwakemorous

l
w
a
k
e
lnowakevno mno out
o
r
o
u
s

✱/long distance call d

~~XXXXXXXXXX~~ -ck
and that sl- o -w r- o -ast
i- ~~missing a half~~ -should go now
~~think you~~ *letter*

a p°ers- o -nal
- 0 -p°eners in my
drawers and m- o -re

decide t- o - ~~sunbathe freak~~ sunbathe freak sunbathe freak me
with new c- o -mp°liments
and l- o -w m- o -rals

this insisting up°- o -n
distance
sh- o -uld g- o - n- o -whe

between
re

a dying missi- o -n
is still av- o -iding
~~vegetarians~~ XXX

== == == == == ==
== == == == == ==
== == == == == ==
== == == == == ==
***/noticing

*as th_ sum m_r rains b_gin
br ath_ in th_ /*** and cl_an
y_t know this is th_ impli_d
for _warningwarningwarningwarning! of th_ inco ming cold*

*wh_n I m_t you, or to b_ mor_ pr_ cis_
wh_n you r_ alis_d to hav_ m_t m_
air s_ m_d to sm_ll of sp ring tim_
and w_ couldn't notice much /****

*th_n w_ start_d talking about
th_ marv_ls of _nglish w_ ath_r
b_caus_ th_r_ was nothing_ls
ft to say any mor*

*** /packing

holding>breath>breath>breath>my>hand>won't>h>e>l>p
the>big>nothing>red>something>bag>where>am>i>h
nothing>something>red>something>nothing>in>this>can>stop
your>i>n>s>n>e>ide

do>of>out>of>this
except>denial
further>on>forever
all>around>the>cherry>deselect-this-now!>tree

breathing>is>strange>activity
even>for>the>king>of>the>hall
these>potentia>mnesci>ced>drinksdrinkdrinkdrink
will>just>make>me>sad

*** /re_tai_l

inhrodu_chory offar on kissas hodey
lifa saams ho ba flesting in
buh I'm noh apilaphic ,

colours
te

don'h you dera stouh eh
aihtar wey, sta didn'h do
or is hteh hta issua

ma
ih
tara

ctilling wiht sunglessas end

songs

tara era hta souls

on

sela

I'M IN THE SAME ROOM
AS YOU.
CAN YOU SEE ME?

*** / expenses

belief costs so much
more than new car
price higher than bird
always flying over and why
vi

dri ng cuope
will not *give*
meaningful discount
for this life here

drowning in feelings thoughts
day lust in dreams
but this is one of those
when I'm wrong

a measurement of how well a
probability distribution or
probability model predicts
a sample

*** / p@iit3

ets metssetkg everythetkg the kew jumpetkg
fr̄m th̄se pesky ^{skyscrapers}
that k̄b̄dy ets all̄wed etk
except f̄r the staff call the staff call the staff call "f c̄urse

s̄me days are l̄kger *thak "thers*
s̄ currekt ec̄k̄my
beetkg akgy at that ets trekdy these days
as cret^{pp}letkg s̄ we cak' t actually d̄ akythetkg

what ets the p̄etkt etk admetttetkg the truth is your browser history
telletkg ȳur pēple thetkgs as they are
"r ets ett the kew ap̄l̄getes
t̄ keep **can you?** the status qū: fr̄m chakgetkg □□□□□□□□

s̄ what etf the betlls are petletkg up
~~xxxxxx~~ack aky m̄re
h̄w maky tetmes cak th̄se paymekts b̄ukce
at least the pēple etk charge
are p̄lette k̄w

>>>>who's there?

*** / flow of time



looking back non retro<protrude> Rnd know
Rnd need the warmth
where am i?
do they call them hugs

too <tag> to hug som friend
y&t Rnd don't want to hug you mo
where am i?
do they call that the part

and then you want and drink
all the <am> things to them
where the fuck am i?
drink they drink though

```
while 1 == 1 {  
    ignore everything;  
}
```

*** / the worth
*** / the worth

look try
decided th
did you lo
or dec
keeps on
self-i
wonders
ee i t
f-imp o
super whi ch searc h
ance your br ain

a bre ath w
but w ear
it do
sn't out
ear
ut the lu
is w
s hard
make
ind of this
le ss over time

i nxxd to ask you a quxstion!

ul ated
tever who
ated
n I eve
and wha tev
sets secret

That's a brilliant serve and charge from R
the matt er
er and ex
it you I googh ng it was worth
ile s to exctly

***p

I d
w n't re e er ny re
r c it w rth the hurt
ylid I lw y l ng f r
wn nd uni nterrupted c ntr l

I d
w n't re e
r c it w rth
y did I lw y
wn nd t

w 1
p lld c lli de nd cr h
ndtic pew ut ullet
t pe ple ju pt h te

w 1
p lrd c lli
nc itic pew
t l pe ple ju
the fir t re

t3lk to mx!

I d
the n't re e er if ever h d
ut fuzzy nd the w r net r und
d thi i etter, repr g tic
rt ittin gre lity d e n 't h ve t hu rt

I d
the n't re e
ut fuzzy nd
d thi i e
rt ittin g

t d y i g ey nd r i ny
the w rlc r eh le
the wi li fi i fl kay
it i d y

t d
the l y i gr e
the w rld i
it i wi
d y

plx3 sx , t 3lk t o m x!

*** /note

 i
 t
 i
 s

 ov
 e
 n
 o
 r

w

>why:?