



NO DOUBTS, NO REGRETS **KRISTEN FORBES**

The following poems were written by Kristen Forbes, who passed away from cervical cancer in June of 2008. You can read more about Kristen [here](#) and in her father Kirk's forthcoming book *Love, Kristen*.

*I survive
everyday
I'll do this till I die
I must
for that I'm forced
you wouldn't know
I look for understanding
but from who
and what reason
I close this book
with knowledge that
I've said what I said
no doubts
no regrets*

*Put in a box
loud loud
music
craziness runs through your bones
to the fingers
then you move
not knowing not caring*

Everyone has left me

*no more tears to hear me
now that you have stripped me
take the one thing
you haven't touched
my breath.*

*I'm not really here anymore
no opinion
no sharing
we order our death through windows
for our convenience*

*Such words
that are so unexpressed
will this last
or is it just a simple test?*

*Relaxing
just as the sun sets
then I find time
to come to terms with myself*

*The beat vibrates
touches my toes
shakes me into reality
something that
everyone can be touched by*

*Move back and forth
don't ask why
follow what you feel
and what you want to do
by day's end you'll feel
much better*

*Come with me
let me show you something
show you how the world is
wonderful*

To learn more about Kristen and her family, visit kristeneve.org