

I Wish We Had the Time to Say Goodbye: *two years into the pandemic*

a poetry zine

with bonus content

@catdya

2022

satu dua lirik lagu
dua tiga bait puisi
empat baris dari pantun
tetap sulit untuk diisi

*one two lyrics of a song
two three verses of a poem
four lines of a pantun*
are still hard to write*

*pantun: a form of oral poetry that often follows an ABAB rhyming scheme. the first half is an opening, while the latter half is the main point or moral of the *pantun*. an opening may look unrelated to the point of a *pantun*, as it is usually fluff so long as the rhyming scheme matches.

Foreword

the past two and a half years ruined my life. my mental and physical health took a hit, i felt demotivated and lost, and i saw others faring much better than me. i took to writing poetry during these times

this is my second zine. much more personal and text-based than the previous. the following texts will touch on mental illness, such as depression and anxiety. proceed reading with this in mind.

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untitled

my friends
love me

i want to believe that

they won't abandon me during
my worst moments

but why do i keep thinking
that they will

?

why

do i feel the need to outcompete my
friends in everything

~

out of the fear that they'll leave me
when they manage to surpass me

~

the fear of being unworthy of love
unless i am exceptional

?

i do not put this burden of unrealistic
expectations on my friends and loved ones

no matter how much people preach

no matter how hard i try to
convince myself

that we all have our own pace

something in me refuses to
believe that i am not something
greater

that i have failed

i am still

i am kicking myself for not
knowing better

for not having hindsight

for being
weak

im **scared** of pushing people away

with all of my self-deprecating
talk

i dont want them to feel like i
distrust them

i dont want people to push me away in **fear**
they may upset me

i **want** to be **happy** for them

i want to be happy for my own
good

but this gut feeling makes my
stomach turn

envy
envy

how

envy

do i

envy

where do i go
from here

get rid

of it

?

how do i reconcile

with the fact that there is
no way to undo the damage

that i can't go back
in time and fix
myself

?

i

that the time lost cannot be taken
back

i have to work with what i have

i need to stop

i need to stop

i need to stop

i need to stop

i beat myself up for
the choices i didn't
make

the options i didn't
pick

i regret that i was
not strong enough

the voices are too loud

which ones are mine and
which are lies

i cant differentiate between them anymore

they tell me that everyone will leave

i will be alone

i will never be enough

that people will leave me the moment they become
better than me

they will never come back
i am doomed to rot alone
i will be holding them back
they have no reason to stick around
i will fade into
i will dissappoint them
they will do better
without me

i want to feel emotions without the guilt

i want to be loved without feeling like an impostor

i want to be happy with what ive achieved

or rather, i want to be happy about myself,
regardless

i want to stop comparing myself to others

i want to stop treating everyone as a rival

i want to be content with myself

i want to be happy for others

7-feb-2022

layers

I've crafted myself a grandiose
delusion.

gilded portraits of myself adorned with
flowers I tell myself.

beneath the gold flakes and glimmering
jewels lie, a different portrait hidden
from sight.

an image of myself, hazy,
like fog on a cold evening.

I've lived with it for so long,
I've started to view it as the landscape.

no clear memory of the previous road in
front of me.

no longer can I distinguish mirage from
memory.
clouds from cries.
facade from failure.

unlike the paint that can be scraped,
the fog cannot be lifted.

I've forgotten what I was
underneath it.

fog turns to mist turns to rain
turns to tears.

rage stems from envy stems from angst
stems from fears.



17-feb-2022

why can't we talk like we used to?

the space we once occupied now hosts a new.
your presence feels emptier now than before.
there are no voices to direct me anywhere anymore.
places we called ours, fleeting before our eyes.

I've been waiting for you to say something

the hallways push inwards as my body folds into itself.
air escapes my lungs as my innards contort,
the pressure on my chest.
my vision turns hazy my breathing erratic,
my vocal cords stressed.
i call your name i shout for you but i can't even hear
myself.

I wish I had a good reason to talk to you

our routines still burned in the back of my head
a sense of normalcy to hide the dread
as the weight of all our memories slowly diminish
you turn your back and i turn to something unfinished

I hope you're doing well.
Please don't tell me anything about it

the sickness consumes what is left of you
as you become a different person.
its fangs pierce with ease, yet pulling it out
makes it all worsen.
as you excavate it, you will pull out the parts of
yourself that have never seen the light of day.
bits you couldn't show to anyone else,
baggage only you could work through.

I miss what we had

but

i can't get rid of these feelings
whenever i talk to you

10-aug-2022

snippets and other short excerpts

bajak laut keliling nusantara
untuk mencari harta karun
gw bingung ngomongnya gimana
makanya gw tulis ni pantun

*pirates sail across the archipelago
in search of treasures ahead
i don't know how to put this into words
so i wrote this pantun instead*

I



existence has transcended pain

i can taste, but i can't
feel anything

sweet, sour, bitter. yet that's
where it ends

like numbness, but worse.
nothing i eat makes me feel
anything anymore

28-june-2022

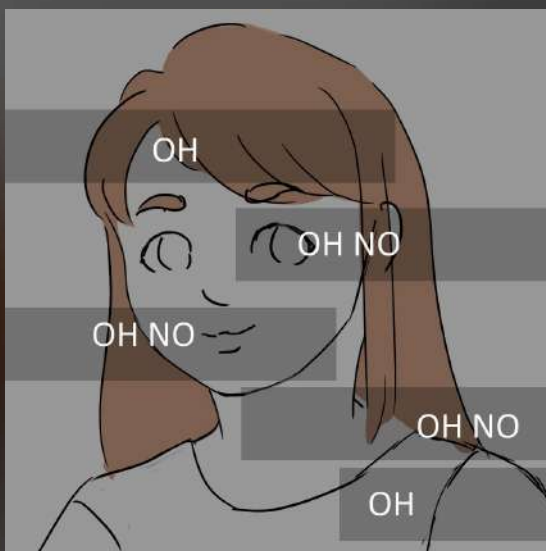
II



the slaughterhouse lights
flicker in the darkness
its drains dripping red
sounds of metal heard from within

the knife cuts through raw flesh
sharpened to slice thin
cutting off all sin

the machine, it shreds
meat from bones, clean
organs and guts unseen



it must go on, it must go on
that was what once said
what one once said

no soul would dare to intervene
it eats everything and anything in between
it devours with its clutches

to purify, to purity
blood as far as the eyes could see
only one left standing in the field
they stare at me. they're staring at me

18-april-2022

I look up to a starry night sky
Wish upon a star up high
We'll always share the same moon
Had I known this was coming soon
the way I would've held you one last time
Time would stop as the world orbits around us
to think I would then only be able to pine
Say it again, one last time, just
Goodbye, I would've said

Epilogue

you showed up last night. not at my doorstep but in
my dream.

i've missed you.
i missed you.
i miss you.

they looked just like you.
they spoke just like you.
they felt just like you.

who are you?
who were *they*?

they gave me something that you forgot.
something that i've denied myself for so long.

i thought i was weak for asking for such thing. a fool.
my delusions ended up fading by itself. it hung in
front of me what it has been denying me for so
long.

everything happened in my head. was anything
even real?

why did i ever delude myself into thinking i could
say goodbye?

i can't.
i couldn't.
i wouldn't.

that would mean admitting defeat.
that would mean admitting i was wrong about you.
that would mean admitting i was wrong.

i kept postponing the inevitable.
i thought you would do something.
i thought you would say something.
i thought you would feel something.

it wasn't you i was aching for. it was them. they gave
me the closure i needed

i'm sorry. it's not that i wish we could've said goodbye. i wish i was brave enough to have asked for one. i wish i wasn't a coward this whole time.

Closure

16-Aug-2022

i look forward to the future
hope you'll be happy
i'll try to stand on my own two legs.
could we have had a better ending?
still , i don't know much else i could've done
love is brittle and shaky.
you should be proud of yourself
the world will keep on turning
same as everyone else. and so should i

end

bring this card to your first
meeting!

activity time!

shitty psychologist bingo

make sure they regret
choosing this line of work!

can't think critically or logically	culturally appropriated "meditation" routines	asks useless pseudo- philosophical questions	"can you focus on me for a bit?"
"heal your inner child" bullshit	focuses on the wrong type of trauma	zero understanding of structural issues	"wow you're so self aware!"
hypnotherapy	pulls out sketchy personality "types"	"just try to relax"	misdiagnosis
"only you can help yourself" while you pay premium	doesn't understand the concept of intrusive thoughts	"other people have it worse"	"have you tried journaling?"

involve your psych!

ask for a full refund
when you get 3 bingos!

music corner

lonely *bujang* hours (*galau*)

a playlist Inspired by my OC, Jo

1. **Cinta ini Membunuhku** - D'MASIV
2. **Gotta Go My Own Way** - High School Musical 2 OST
3. **Almost Is Never Enough** - Ariana Grande & Nathan Sykes
4. **Bakamitai** - Yakuza OST
5. **Remember** (Acoustic) - The Wanted
6. **Getting Over You** - Lauv

A scream into the void, a desperate call for help
- Singing both parts? cathartic. - My favorite sad song to sob to - A classic sad song to sing at the karaoke with friends - The acoustic rendition brings out the best flavors of loneliness and regret - The perfect note to end on.

*bujang: a bachelor, someone unmarried

*galau: gloomy, confused, heartbroken, indecisive, ambivalent

bonus: inspiration and shoutouts

The works that have helped me cope with the state of the world right now

- Mine Right Now - Sigrid
- Sayonara Wild Hearts (game+OST)
- Sawayama - Rina Sawayama
- Stardew Valley (game)
- co-open - lowpolis (game)
- Melty Land Nightmare

Other things that have inspired this zine

- Elizabeth Bishop's Poems, my gateway into poetry and English literature
- Beats Apart by Alanda Kariza, for being an inspiration for the graphic design
- Songs by Kikuo (Love me Love me Love me, Hole-dwelling, etc)
- The Shadowhunter's Codex, for being 40% of my personality at one point
- my first zine lol (go read it too)

Credits

art, writing, and editing: me (catdya)
assets for front & back cover, pp. 7-8: canva

editing platform: canva
illustrating software: firealpaca
image distortion: photomosh

fonts used:
Montserrat
Glacial Indifference
Anonymous Pro
Special Elite



