

Pieces of me everywhere

By

Denise Harrison



Printed edition:

Also available in multiple e-book formats.

Published by:

Unheard Voices

An imprint of The Endless Bookcase Ltd

Suite 14 STANTA Business Centre, 3 Soothouse Spring,
St Albans, Hertfordshire, AL3 6PF, UK.

More information can be found at:

www.theendlessbookcase.com

Copyright © 2025 Denise Harrison

All rights reserved.

ISBN: 978-1-917061-34-6



The creation of the Unheard Voices imprint was supported using public funding by the National Lottery through Arts Council England

The Ugly Glory series showcases authors who are homeless or have lived experience of it, writing about their experiences in a realistic, down-and-dirty fashion. **WARNING:** some works in this series contain harrowing, explicit or sexually offensive words or images that may disturb or shock some readers.

About the Author

Denise Harrison is a writer, blogger and podcaster borne out of her own personal experience of homelessness, addiction and poor mental health. Her work has been featured in publications such as The Big Issue, Metro, The Guardian and Happiful Magazine as well several not for profits. She is passionate about raising awareness and tackling stigma around addiction and mental health and recently wrote the film script for the award-winning film “This Is Depression”.

She finished her full-length play “Pandora” during second lockdown, a dark, semi-autobiographical “unfairytale” which shines a light on homelessness and exploitation, and shows what really happens to pretty girls when they’ve got nothing left to sell... Her dream for 2025 is to bring “Pandora” to life, and the proceeds from this book will help to make this dream a reality. Thank you so much for your support.

Contents

About the Author	i
Introduction	1
Pieces of me everywhere	3
1 How To Make A Scarecrow	4
2 Stop All The Clocks/The Beginning Of The End Of Me	5
3 This Is Depression	8
4 Home	10
5 Hollow	12
6 Groundhog Day	14
7 True Romance	16
8 Trouble Sleeping	17
9 Hearing Voices	19
10 Train Wreck	21
11 The Woman Who Walked Into Doors	22
12 Waving Not Drowning	27

Introduction

In 2017 I started to write. Not because I wanted to become a writer, but because I was newly sober, living in a homeless hostel and basically starting over again from scratch. My head was full of noise, I had no healthy way of coping, and sitting night after night in a homeless hostel was driving me crazy.

I needed an outlet. Something safe, something healthy, and preferably something that would help me make sure that once I got out of there, I was never going back.

Writing became that outlet.

It became my coping mechanism, my friend, my way of expressing “me”...but most of all it allowed me to see inside my head, and, baby step by baby step, it helped me pull apart and process things.

I became obsessed, because those late night conversations with myself became so much bigger than I could ever have imagined, as day by day (sometimes hour by hour) for the first time in forever, I started to get to know myself.

Alcoholism very nearly destroyed me. Writing showed me why I turned to alcohol in the first place. The voids I was trying (and failing miserably) to fill, the horrors that I went through in active addiction, and how to try and deal with them, but most importantly of all, it taught me to not be so hard on myself... and that alone is priceless.

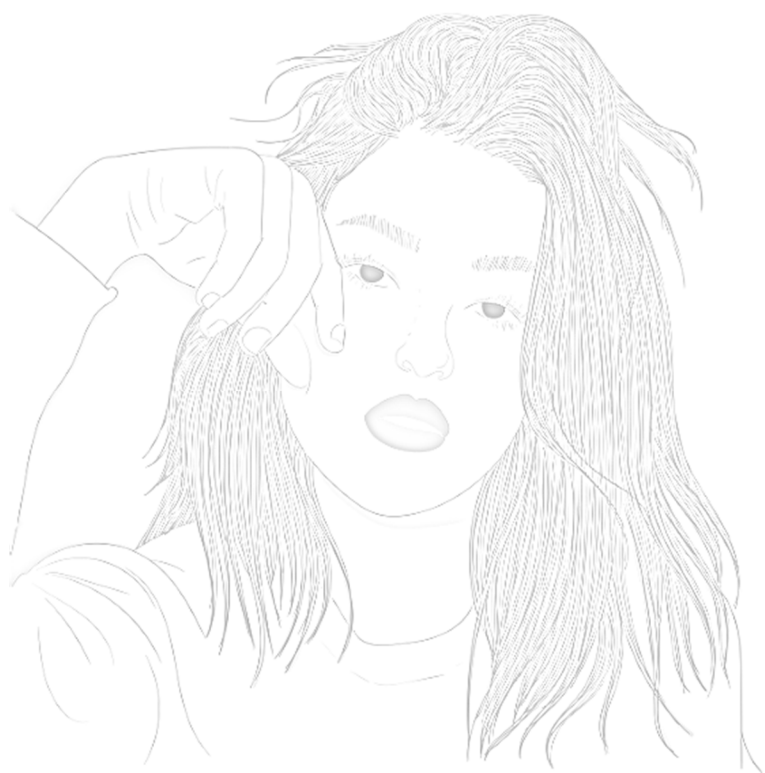
“Pieces of me everywhere” is the story of my life, written as a series of snapshots, that capture my spiral into homelessness and addiction and my subsequent recovery. They are in no specific order, and I like it that way, because it means that anybody

reading this can dip in and out, and still understand and follow my story.

To say that I hope you enjoy it is wrong. This book contains a tsunami of tears, and was mostly written at a time when I desperately needed something to cling to... but I hope that at the very least, it gives you an insight into trauma and addiction, and at the very best, that it can help provide hope for a better future to someone who, just a few lonely years ago, was me.

Thank you so much for reading.

Denise x



Pieces of me everywhere

1 How To Make A Scarecrow

So first, you take a pretty girl and then you break her heart. And as she lies there grieving, take away anything and everything that she's ever cared about; except for one last thing. The thing you know she simply cannot be without... and then wait until she's sleeping, before taking that as well.

So now she's inconsolable, with her broken heart and stolen things, and everything she ever cared about is gone... which means the timing's perfect.

It's time to make the scarecrow.

So now you take your grieving, pretty girl, and you make her really thin. And that thick, long, curly hair of hers? You start to put some knots in it.

And you whisper, whisper, whisper, that you think she's had enough now, that she should try and take the edge off things... as you pass her a bottle, and watch as she drinks.

And drinks.

And drinks herself unconscious, until she winds up in the gutter.

And the scarecrow's nearly ready now, with her broken heart, and matted hair and the clothes that fall right off of her, and you can barely contain your excitement... because soon it will be time.

Time to reveal your latest masterpiece to everyone around her.

And see how fast they scatter...