

---

*Today I Threw Away His  
Toothbrush:  
Collection of Essays, Letters,  
Poems, and Random  
Thoughts about Love*

*StacyAustralia*

---

---

*Today I Threw Away His  
Toothbrush*

---

---

*Today I Threw Away His  
Toothbrush:  
Collection of Essays, Letters,  
Poems, and Random Thoughts  
about Love*

---

---

## *Dedication*

This book is dedicated to the men in my life past and present who have inspired these essays, poems, and random thoughts; good, bad, and the ugly. Without some of these experiences I would not be the woman I am today.

Love Always,

StacyAustralia

---

---

*For all those women who cried themselves  
to sleep*

---

---

*I can do all this through him who gives  
me strength.*

*- Philippians 4:13 (NIV)*

---

---

## *Table of Contents*

### *Introduction*

### *Essence of You*

- ❖ Untitled #1
- ❖ Haiku #1
- ❖ My Black Brota
- ❖ A Letter
- ❖ What I wirt
- ❖ Untitled #2
- ❖ Haiku #2
- ❖ Untitled #3
- ❖ Black Men

### *Ready for Love*

- ❖ #Dontnormallydothisbut...
- ❖ Haiku #3
- ❖ Not Yet Completed
- ❖ Untitled #4
- ❖ Have You Ever

- 
- ❖ Random Thought #1
  - ❖ Random Thought #2
  - ❖ Random Thought #3
  - ❖ Random Thought #4

### *Ex-Factor*

- ❖ Today I Threw Away His Toothbrush
- ❖ Haiku #4
- ❖ Welcome Back
- ❖ Stall this Moment
- ❖ As I Lay
- ❖ You're Going to Miss Me When I'm Gone
- ❖ Am I Wrong?
- ❖ Good-Bye
- ❖ Oh, It's You...
- ❖ Random Thought #5

---

## *The Morning After*

- ❖ Last Night
- ❖ Haiku #5
- ❖ Commemoration
- ❖ Random Thought #6
- ❖ Random Thought #7
- ❖ Random Thought #8
- ❖ Random Thought #9
- ❖ Random Thought #10

## *If Only He Knew*

- ❖ Untitled #5
- ❖ Today I Wrote You a Poem
- ❖ He Doesn't Know I Exist
- ❖ When I look at You

## *My Side of the Story*

- ❖ It Happened to Me...
- ❖ It Ain't my Daddy's Fault
- ❖ Ya'll Don't Want Me

- 
- ❖ A Letter #2
  - ❖ Star
  - ❖ Sensational
  - ❖ The First
  - ❖ Random Thought #11
  - ❖ Random Thought #12
  - ❖ Random Thought #13
  - ❖ Random Thought #14
  - ❖ Random Thought #15
  - ❖ Random Thought #16
  - ❖ Random Thought #17
  - ❖ Random Thought #18
  - ❖ Random Thought #19
  - ❖ Random Thought #20

*Special Thanks*

*About the Author*

*Copyright*

---

---

---

## *Introduction*

As I leave my 20s and enter into my 30s I reflect on how much my life has changed. I think about the good and bad decisions I've made, the friends and relationships I gained and lost, jobs I hated and loved. I reflect on how much I've grown as a young woman.

*Today I Threw Away His Toothbrush* is a collection of essays, poems, letters, and random thoughts from years of experience as I attempted to find myself and find love. The book is divided into different segments; Essence of You, Ready for Love, Ex-Factor, The Morning After, If Only he Knew, and My Side of the Story.

I began writing *Today I Threw Away His Toothbrush* in the fall of 2010. When I began writing this book, I never imagine it would mean so much to me. I wanted to write since I was a child but I never imagined my first book would be a personal recount of my experiences. By being released on my 30<sup>th</sup>

---

birthday, it's a way to commemorate my 20's while saying hello to my 30's.

Despite many years of “dating”, I haven't had many boyfriends (or the typical sense of the word). I have had a lot of guys I was “talking to”, “hanging out with”, or “we just kicking it.” Imagine what those phrases mean. I struggled with low-self esteem and would often flock to guys I knew weren't good for me. I wanted love and would grasp hold to almost any guy that gave me attention. After the relationship failed I would attempt to feel my void by repeating the cycle.

People may question why I wanted to write a book revealing my secrets, insecurities, and past history with men. I wrote this book because there are so many young women just like me who struggled with insecurities and low self-esteem that manifested into unhealthy relationships. My goal is to encourage my peers and other women and let them know a relationship does not define who you are as a woman. If you don't love yourself it will be so hard for someone else to love you.

---

Some of my experiences may resonate within you while others don't. Maybe one of my experiences may encourage you to leave an unhealthy situation or encourage you to try harder in your relationship. I hope to make an impact on at least one young woman. I admit I still struggle and make bad decisions. However I can proudly say I may not be where I want to be but I'm not where I use to be.

I want to thank each of you so much for picking up my book and taking a chance on me. I hope *Today I Threw Away His Toothbrush* touches your soul and affects you in some way. Please feel free to contact me with your input, thoughts, and words.

Sincerely,

StacyAustralia

---

*Ready For Love*

---

---

## *#Don'tnormallydothisbut...*

I'm not the type of chick who you always see on social media sites saying:

"I love my man"

"I can't wait to see my boo"

"I could spend the rest of my life with him" or any of that other crap.

Blah, blah, blah. That is not my style. I have always been lo-key with everything I've done especially when it came to relationships. I have never cared about other women and their relationships; women I know personally who go through men like I go through books. Each man you date does not deserve an announcement. Especially when you recently shared how horrible he was to you.

I have always been a private person when it came to my relationships. I never felt comfortable sharing intimate information with people especially via social media. I don't always share information with my close friends until I've

---

invested time in the relationship or sometimes when the relationship is already over. I've always had a fear of looking stupid if things did not work out (which they normally didn't).

Despite this soap box, I did find myself understanding why women are so quick to make the announcement of how in love they are with their man. It's a difference being in love with someone as oppose to just feeling lust and infatuation.

Currently, I am dating a man and want to announce my love for him to the world. We met 4 years ago and dated on and off throughout that time. We remained friends despite never making that commitment to be lovers.

We recently began dating again. We're doing things as a couple and spending more time together and it feels so damn good.

Despite feeling so good, I am also terrified. When I see him, the little girl in me wants to jump up and down, but I'm scared because we have been here before. I want to give him

---

everything but fear stops me. Fear of the unknown. Fear of being hurt. Fear of disappointment.

I want to shout from the rooftop how much I love this man while other times I want to cover my head because I am scared to open my eyes and see and enjoy the ride.

I love this man so much!

I've never felt this way as an adult. I've dated multiple guys. I have had sex with multiple guys but this is a new feeling for me. I have never been willing to sacrifice and compromise my dreams and goals to experience love. This is such a new thing to me and to even consider it is unthinkable. He has never asked me to sacrifice or compromise, but I'll do it for him, I'll do it for love.

Real love!!

Unadulterated love!!

Not "We just met on Saturday and I'm in love" love

Or

"Your sex is so good, I think I can love you forever" love.

---

A love that makes you want to let down your guard and share all your thoughts, feelings, emotions, joys, pains, disappointments, and everything with your man.

Love that will make you tell all the other guys you're dating you're no longer single and they need to stop calling you.

I love him so much and writing this has exposed my softer side. I feel so vulnerable and naked but I wanted to share how I felt. I know love isn't perfect. There will always be trials and tribulations, ups and downs but I'm willing to go through all of that with him.

I hope things continue to grow and work out between us. Regardless of how it may turn out I know I gave him all of me. I completely let my guard down and exposed my true self and not the representative.

My love for him is genuine without any reservations. I #dontnormallydothisbut I love this man and I had to tell the world.

---

*Haiku #3*

Beautiful Sky light

Me, you, and the love we share

Tonight we will make love

---

*Not Yet Completed...*

Before I met you I felt as if I was half a person,

A body,

A mind,

A soul.

No one understood me I was lost and alone...

Until you came into my life and fulfilled me with things,

Because of you I have someone to listen, a shoulder to cry

on,

I just have someone who's there.

Now I have a reason to laugh,

to smile,

to just be me,

And to have someone to love me for it.

Before I met you I felt as if I was half a person,

A body,

A mind,

A soul.

---

That no one understood me, I was lost and alone.

But now I am a whole.

---

*Untitled #4*

I loved you since the first day I laid eyes on you

Never knowing it would be true

We would fall for one another

Oblivious that we would be lovers

You mean so much

Just a taste of your touch

Upon my thighs

Within your eyes

I see what I've never seen before

That you love me so much more

My love I can't deny

Our love I can't hide

Happiness is what we have

Love is what we share

My love will always be there

---

## *Have You Ever*

Have you ever been in love?

The loves that make you feel above

The love that when he makes you sick

You will still suck his dick

Have you ever been in love?

When you can be down with your man.

When you have a problem he always understand

That love when he never downs you for what you do

Cause no matter what he loves you

Have you ever.....

Have you ever been in love....?

With a man that can make you cry,

The man that make you lie,

The man that make you wanna die,

If he ever fucks up the love you share

If he said he didn't care

Have you ever...

---

Have you ever been in love?

---

## *Random Thought #1*

*2006*

I'm writing my own love story. I don't know how it is going to end but it continues to write itself.

---

## *Random Thought #2*

*2010*

I never considered getting married. I have yet to meet a man who made me even consider “forever.”

---

### *Random Thought #3*

*2008*

Honestly, I just want love. I want a genuine, honest, sincere love. I want my man to look at me on a good day as well as a bad day and think ‘Damn, she’s beautiful this is my woman and I love her.’

---

*Random Thought #4*

2008

I questioned why he liked me but was afraid to ask.

---

## *About the Author*

Stacy A. Brice “StacyAustralia” has been writing since she was a child. She is a licensed social worker by profession but a writer by passion. StacyAustralia knew she would not be content with “traditional” social work and felt she could use her writings as a catalyst to raise awareness on various social issues within the community.

“Today I Threw Away His Toothbrush” is StacyAustralia’s first published book. She currently resides in her hometown of Columbia, SC with her beautiful all white cat Dutchess. She spends her time up and down I-77 traveling from Columbia, SC to Charlotte, NC where she spent most of her adult years.

StacyAustralia loves to connect with her readers and would love to get feedback on her work. She can be contacted at [stacyabrice@gmail.com](mailto:stacyabrice@gmail.com) or her blog [www.stacyaustralia.wordpress.com](http://www.stacyaustralia.wordpress.com)

Twitter, Facebook: StacyAustralia

---

*Today I Threw Away His Toothbrush First  
Edition*

Copyright © 2012 Stacy Australia Brice. All Rights Reserved

No permissions are granted to reproduce or transmit this book by any means whatsoever, including photocopying, recording or by any information storage and retrieval system; without written permission from publisher and author.

This book is a work of non-fiction loosely based upon the author's life and experiences. The events described are all written re-inventions which have chronicled the author's life.

First published and distributed in the United States of America in August, 2013.

Printed by Createspace

*Image courtesy of suphakit73 at [FreeDigitalPhotos.net](http://FreeDigitalPhotos.net)*

---