**Abstract**

Confessional poetry or 'Confessionalism' is a style of poetry that emerged in the United States during the 1950s. It has been described as poetry "of the personal," focusing on extreme moments of individual experience, the psyche, and personal trauma such as mental illness and suicide, often set in relation to broader social themes. Alice Walker’s *Poem at Thirty Nine* is a confession poem. The frequent use of ‘I’ makes this very personal and the nostalgic experience makes it clear that she is recalling her past spent with her father. Psychological trauma which the author had undergone has been depicted in this poem.