In the poem "For that he looked not upon her" the speaker expresses his love for a woman and the pain which that loved has caused through form, diction and Imagery.

The beginning of the poem sets the speaker's attitude toward the speaker through diction. Gascoigne writes that "...my louring head is so low / and that mine eyes take no delight to range"(1-2). The speaker begins with words such as louring and low and in the next line contrasts them with delight. The contrast in both negative and positive words illustrate the complex spin of the speaker's emotions as dark and yet longing for the delight that they cannot have. This longing is an underlying theme that the rest of the poem builds off of.

In the next few lines, the author uses Imagery to describe his resentment of the feelings that he holds. Beginning by describing himself as a mouse he continuous that "which once hath broken out of trap / Is seldom ticed with the trustless bait" His attitude toward the women becomes more complex as he describes her as "trustless bait" in a trap and himself as a mouse that has broken out of a trap. The imagery expresses the visceral emotions that the author feels toward the speaker. He thinks of himself as a mouse a typically helpless and unaware creature. He does not want to express his feelings for fear that he will be trapped like he was on a previous occasion and therefore denies himself the strong feelings he has for the women.

The rhyme scheme changes on the last two lines along with a more literal writing style. No longer describing his relationship in metaphors the speaker returns to the style of the first few lines by expressing "So that I wink or else hold down my head, / Because your blazing eyes my bale have bred". The change in the rhyme scheme emphasizes this shift back to the literal. Having described the depth and fally of his feelings toward this unmanned women he returns to his first point that he can not look at her eyes for fear that he will be trapped once again in love for her. This return to form also helps emphasize the folly of love, that just as the speaker tries to avoid the flame of her eyes he must just like the structure of this poem inevitably return to it.

Gascoigne through diction, Imagery, and form expresses the speaker's love for a woman. The longing the speaker feels toward the woman is strong and yet he restrains himself for fear of getting caught in a trap. This poem outlines the inevitability of love and the folly of resisting it.