

Poetry Series

**Carla Nestoros**  
**- poems -**

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## Carla Nestoros(21-09-1989)

Poetry is my escape and way of facing up to life. It is my therapy. I'm currently studying creative writing at Kingston University and continuing working on improving my poetry so please comment to help me do so.

### 3.

Don't just walk in here smiling  
How dare you look me in the eye  
You make me sick, it's disturbing  
To see you smile when i cry

You shake your head and shrug  
'Don't make such a fuss'  
But you're the one who caused all this  
You did this to us

You find some sort of comfort  
In all of our pain  
And you'll be forgiven once more  
To do this all again

One day we won't need you  
Don't sit staring at the phone  
Nobody will be there for you  
You'd of made yourself alone

Theres no sense in a family  
When this is what you do  
Love isn't always unconditional  
We're already over you.

Carla Nestoros

## 3and7

I've changed myself.  
I've been somebody else, who you've wanted.  
I've been uncomfortable for you.  
I've made myself empty, vulnerable.  
I've broken down barriers, let you in.  
Changed my heart, regretting.  
It's my pleasure, to be yours.  
It's my pain, to be yours.  
It's my absolute positive control.  
You hurt me when...You remember.  
You clung to me, cried, begged.  
Where was he who appreciated me?  
Is the threat of me leaving, what you need?  
I've leapt deeper into my soul than ever before.  
I've seen all my standards break the floor.  
I've done everything you've urged me to.  
I've been somebody else, who you've wanted.  
I've changed myself, Why can't you?

Carla Nestoros

# A Dream World

A dream world  
Waking up's so painful  
I see and hear the same world  
It's so hard to go through  
As a lost little girl  
A dream world  
Feeling unloved  
And always second best  
The day that i'm facing  
Would get anyone depressed  
A dream world  
Two faced people  
I've got so many friends  
But tell me where they'll be  
When the sunshine ends  
A dream world  
I don't fake these smiles  
'Cause i was born to fight  
But the girl laughing in the corridor  
Cried all night last night  
A dream world  
A thousand tears tasted  
Every single night  
Every single morning too  
And i'll know i'll cry tonight  
A dream world  
I'm sorry  
I never can reveal  
What goes on in my dream world  
To make this pain so real

Carla Nestoros

# All Of My Love

If you were ever to go and leave me  
Nobody would ever compare  
I'd wake up in the night  
Wishing you were laying there

I'd smile through the day  
Although I'd be crying deep inside  
At night I'd remember all the magic  
That happened with you by my side

I'd go on single girls nights  
And cry as I did my hair  
Then practice everything I'll say  
If I see you there

I'd see you across the crowded room  
And melt into your eyes  
I'd smile weakly and then wonder  
Why you didn't hear my cries

My skin would crawl every time  
Someone else touched my skin  
Every time someone spoke of you  
I'd think of what we could have been

I'd look through the old photos  
And run my hands down where you've slept  
Nobody would fill that space  
Except the jumper I'd of kept

I'd forever wish we'd both realised  
How much we've both been blessed  
How could I ever move on to better  
When I've already got the best

Carla Nestoros

# All You Deserve

I used to look at you and see my future in my eyes.  
Now as you meet my stare, i feel sick, i see nothing but a mannequin.  
You stare in the mirror.  
And carefully choose the face you'll wear that day.  
You turned my heart to steel.  
So the acid that pours from your mouth can no longer corrode it away.  
Knights in armour are rare but a few shine in my life.  
Too bad for you i've seen what i deserve.  
I've heard of your next victims tears already.  
One day she'll realise your promises are nothing and your heart is ice.  
Me?  
I'll be complete one day.  
I hope you're alone.  
It's all you deserve.

Carla Nestoros

# Betrayal

You closed my eyes so softly  
Wishing for me to sleep, steadily  
I refuse as my anguish takes over  
And i bite my lip  
Shake my head in disbelief  
Images flash through my head  
Reliving my hell  
What am i supposed to do  
As my mind starts to spin around  
Pale skin, heavy breath  
My eyes fill up with crimson  
I thought you'd never hurt me.

Carla Nestoros



# Blue Eyes

You were there, observing me  
Looking at me all night long  
Piercing blue and empty, your eyes  
Held my stare, so strong

You gave me an enticing smile  
As i fell to the floor  
Lifted me up with so much ease  
And led me to the door

As you grabbed another bottle  
And lead me through the night  
You poured the vodka down my throat  
Said 'It's going to be alright'

You knew that i'd been broken  
As you stroked my hair  
Said it didn't matter if he didn't  
Because you'd always care

You leaned me against the wall  
'How dare he treat you like dirt,  
You know i'd never hurt you'  
As your hand went up my skirt

I could of screamed or stopped you  
But i was weak and my emotions done  
The worst thing about this, my nightmare  
It wasn't just over in one

I craved the moments we met  
So i could be pierced with blue  
You wanted me, for anything  
And everybody knew

My body was your rag doll  
Your touch all i could feel  
Until he came my way, my dear  
My heart struggled to heal

You faded fast, my gentleman friend  
I feel exhilaration without the pain  
I'm loved, shame on you, my captor  
Who can never, ever pierce me again.

Carla Nestoros

# Broken

Try me?  
If you really want to  
The depth of your eyes are black  
And you don't hold me like you used to

Painful? Try me.  
I'd do anything for you  
Anything to keep you  
Nothing that i wouldn't do

I long for you, your touch  
Your closeness haunts me  
It's taunting me  
Brazen anger 'cause you turn away

I beg for your smile  
When i get it, it lingers over me, controls me  
And i can't stop what i want to be  
Or what i want...for us.

Carla Nestoros

# Doing It Alone

I'm not strong anymore  
Like i used to be  
I feel like there's someone else  
Living inside of me

Never had a secret  
I couldn't keep 'til now  
I probably will make it through  
I'm just not sure how

When i see the lonely alleys turning off the track  
When the baby pink in me fades to a gothic black  
When i feel as if my eyes are set alight like fire  
When i know that my screams could overcome a choir  
When i feel like i'm falling into a bottomless pit  
When there's no reason for me to say i'll make it  
When the energy drains away like a battery  
When the light of day is way too much for me  
When i don't wanna hug cause it makes me sick  
When it's someone i know could let me down so quick  
When i'm too deeply scarred it's too late for healing  
When i can't make room for any other feeling  
When i'm sinking so hard, i just keep falling down  
When i don't grab for help cause i really wanna drown  
When i'm told people are there for me and i hate it  
When i know my time will come and i await it  
When no amount of smiles could take away the strain  
When no amount of words could ever ease this pain

So just let me be  
What i feel i need to be  
Even if that's unbelievably  
Unhappy

I used to rely on everyone  
But now i've grown  
So this time around  
I'm doing it alone



# Eyes

It happened when it happened  
After and before you appeared  
You seem to not believe my lies  
Exactly what I've feared

You seem to be able to look at me  
Can you see inside my soul?  
It hurts to know I'm misleading  
When I lose my words control

I'm forever telling you otherwise  
But you need to be reassured once more  
What's behind your questions?  
Where's your heart been before?

You play on all the innocence  
Make me feel like I'm who's wrong  
But I was a victim to flattery  
Men's power can be so strong

What's behind the way you act?  
What else could it be?  
If you want guilt, look elsewhere  
Perhaps yourself? Not me.

Carla Nestoros

# Four Turns

Winter, you are disgusting.  
You stare me in the face, cold.  
You are heartless and slippery,  
you are suicidal.

Spring, your innocence makes me sick.  
You giggle at me, tossing your hair.  
You're immature and sugar coat  
the damage winters done.

Summer, you're the worst of all.  
You hold out your hand, welcoming.  
But you are false hope. You try too hard  
to be something you clearly are not.

Autumn, don't let those seasons taunt you.  
Your warm colours have cold harsh winds.  
You are so calm but unpredictable  
you are imperfect.  
Your leaves are so high  
but they fall so far.  
You're sun can shine so brightly  
and nobody will question it.  
Autumn, you are perfect.  
Let nobody tell you otherwise.

Carla Nestoros

# Ghost Of My Past

Dear sweet evil ghost. I'm here.

No time has been untainted by your betrayal. I've stormed through life still angry. My eyes have turned to stone..

My heart has turned to dust.

No path has been unwinding. I'm always thrown into your web.

Of deceit.

No way through. I'm a maze of hatred, yet LOVE does not escape my train of thought to you. She feels your everglowing light.

The freedom i need.

I'm finally everything you wanted, as i'm locked away in torture without you

Carla Nestoros



# Half

I'm here, you're there, my darling  
You're there, I'm here, as well  
My body's nothing without yours  
My eyes, my lips can tell

It's 'us', it's 'ours' together  
Here I am simply 'me'  
Half of me is missing now  
Who can this half heart be?

Your laugh, your smile, your touch  
I'm craving everything you give  
How can I, without your passion  
Decide a way to live

But I know I can make it babe  
I've got my love at home  
Home- I don't mean where we live  
But with you, where you may roam

Yet I can feel the cold and hot  
I can nod, frown and smile  
I'm sleeping, waking up  
Walking here and there  
I am a being.  
Though my heart is cold and fraying  
Every time that we're apart  
I'm still a person, I'm still me  
In my flowing half a heart.

Carla Nestoros

# Have You Ever? (My First Poem)

Have you ever held back tears so hard  
It makes you choke?  
Have you ever held onto something so tight  
Eventually it broke?

Have you ever cried so much  
You can't feel each tear?  
Have you been scared to turn off your music  
Because of what you'll hear?

Have you ever not wanted to wipe your eyes  
Because then you'll see?  
Have you ever not wanted to wake up  
Because that's reality?

Have you ever mumbled one thing  
That just fills you with pain?  
Have you ever wondered what went wrong  
And rethink life again?

Have you ever been so close to ending it  
The knives pressed against your wrist?  
Have you ever wondered how they'd cope  
If you didn't exist?

Have you ever held a picture  
And just wished you were there?  
Have you ever seen someone crying  
And just need to stare?

Have you ever lied to someone  
When you say that you're alright?  
Have you ever laid on your bed  
And held your pillow tight?

Have you ever looked through your phonebook  
Just incase you want to tell?  
Have you ever decided that earth  
Can't be too different to hell?

Have you ever missed someone so much  
You just can't face life?  
Have you ever felt a little twisted  
Staring at a knife?

Have you ever hated someone so much  
You can't get out of bed?  
Have you ever wanted to scream out  
All the feelings in your head?

Have you ever wrote so hard and quick  
You make your fingers sting?  
Then realised that a thousand poems  
Wouldn't change a thing?

Carla Nestoros

## If You'Re A Bird, I'M A Bird.

Now I can just live, let me learn  
while you still breathe, the world still turns  
As you still strive to bring me down  
I will still fly to the beat of my sound  
Ultimately I can make my way through  
As long as I'm adamant to not think of you  
I can be fly freely. I've done it before.  
There's no reason to just 'be' anymore  
With more steps forward and more confessing  
I can see us apart as a beautiful blessing  
Now I'm my decisions, no longer a 'we'  
I can say what I've done. I've done it for me.

Carla Nestoros

# Looking Down

As i stand i look down  
But i can't lift my head  
It's started inside and come out  
As my eyes start burning red

My veins start to fill with anger  
But i resist the hit  
I screw my hands up tightly  
So no other hand can fit

My neck is stiff, It won't click  
So i can't look around  
But after that my knees go weak  
That's when i hit the ground

After i cry my eyes sting  
As if my tears are bleach  
They're raw and i can't change it  
The pains too far to reach

In a trance i look up  
Can't believe what i've become  
Can't believe the life i lead  
And all the things they've done

My hands become claws  
As i grip and pull my hair  
It's like my thoughts are pulled out  
So i don't have to share

I feel this all every second  
And they all throw their knives  
Not purposely, they hurt me  
As they go about their lives

I realise the blood all over me  
Then i know my heart has bled  
I realise i'm still looking down  
And still can't lift my head

Carla Nestoros

## My Sunshine :) 3

The rain came down hard  
And hadn't stopped since  
Patters still fall deep in my heart  
Then you.  
The sunshine peers through the clouds  
And i reach for it  
Only to reach you  
I can feel it  
The warmth all over me  
And no longer  
A dropp in sight

Carla Nestoros

# Pain And Passion

Velvet and black lace  
These tears of harsh regret  
Roses that drip blood  
Tell stories i can't forget

Absent from my reality  
Terror in my eyes  
Nothing stops it happening  
No love here? No surprise

Violent storms of rage  
As i scream and fight my way  
Raindrops that fall softly  
Will hear what i've got to say

Heavy head with a deep heart  
Easier said than done  
Never had it easy  
Since my life begun

But the result of my pain is my passion  
It's the reason i get through each night  
And through it all it's my passion  
The drive that continues my fight

Carla Nestoros



# Secrets And Lies

Secrets, Secrets  
Lies, Lies  
She sits in her room  
And cries and cries  
There's no more trust  
In this girls heart  
She finally found out  
She's been torn apart  
She lived in dreams  
As children often do  
But she crawled out  
Into the world they knew  
Things that once were  
Happiness once known  
The truth of it all  
To her was shown  
Her little heart  
Will never trust again  
She'll never know  
She'll always pretend  
No more trust  
For no more lies  
She'll sit in her room  
And cry and cry.

Carla Nestoros

# Sweet Poison

At the point where the poison smells so sweet  
You fought battles to appear for me  
The path was blocked  
I'm sorry  
Still kind of scared to let you in  
So scared to grow up  
Regretting  
But you knocked the poison right out of my hand  
I was blind  
But now, i can see  
The hero in you.

Carla Nestoros

# That Night

He clung to me, he cried you know  
He began to pray  
He tried and begged and pleaded  
As I said he had to pay

His red lips screamed [forgiveness]  
Once they screamed [complete]  
I felt his tears on my nose  
As he forced our lips to meet

I was still and silent  
My feet forced to the ground  
His eyes, they begged for answers  
But my tongue and heart was bound

He hit the floor and whimpered  
He put his hand on my heart  
'Remember us inseparable,  
How could we be apart? '

My hands dropped to his shoulders  
As he clung tightly to my thigh  
I pushed him back so slowly  
Even then, I couldn't cry

I took a breath and walked away  
Under my breath I said  
'If you want love, my darling  
Go back to her instead'

Carla Nestoros

# The Journey

Midnight air hits me  
Tears turn to ice  
Shatter on the ground  
I walk glistening pavements  
Considering the steps  
Before mine were taken  
I sympathise  
With the abandoned streets  
No life to revive them  
Then i meet your eyes  
Your touch  
For those minutes  
I'm alive

Carla Nestoros

# The Land Of Broken Hearts

Her eyes are withdrawn from her surroundings.  
And black with mascara tears.  
If you look deeper into them.  
You find the slow path to her fears.  
Her lips are red with violence.  
Screaming for more than they get.  
They pout in the name off passion.  
Yours to kiss with all regret.  
Her hands are soft and loving.  
Seduction in order to teach.  
But her arms are always aching  
For the lengths she has to reach.  
Her face is hiding something with the mask she wears each day.  
Though her beautys obvious, they push her far away.  
Her spirit is cold and tired.  
Her soul is battered and bruised.  
Every time she begs to leave.  
Her request is soon refused.  
And it's at night where her eyes close  
That's where the pain starts  
As she's left alone to wonder  
The land of broken hearts.

Carla Nestoros

# The New Sun

Good morning life's new sunshine  
So bright for daytimes break  
Rip me out of my sweet ignorance  
And make me stay awake

Guide me through the day I'll have  
That rips my every seam  
Pull me back to reality  
When I get one chance to dream

Your light glistens, so hollow  
Warmth spreading through my bed  
Please fill the cold harsh spaces  
Where he used to lay his head

Please surround my vacant heart  
Life, give me back my spark!  
The places that we went to love  
Curse them with cold and dark

Be strong and steal my tears now  
That I otherwise would keep  
If all else fails, dear sunshine  
Send me softly back to sleep.

Carla Nestoros

# The Real Reality

I saw you across a crowded room  
but not in the poetic sense you hear  
I noticed you around for sure  
but you never came too near

I wondered where you came from  
but didn't think of you at night  
I thought you were a nice guy  
but it wasn't love at first sight

We exchanged a few words I know  
but our eyes did rarely meet  
I laughed at your jokes and teases  
but wasn't swept up off my feet

We spoke and laughed for hours  
but it didn't hurt to be apart  
I saw something I had to ignore  
So I didn't break my heart

I giggled and played with my hair  
You grinned and worked your charms  
We looked at each other so deeply then  
But ran to other arms

-----

One day it changed my darling,  
As we fell into a tangle of limbs  
I can't explain how or why or when,  
It was everything I'd searched for  
Now I can't accept anything but you  
Who would think you'd make me feel  
That I believe in a love my darling,  
Not fateful, Not Clichéd, Just real.

Carla Nestoros

# The Star

All the days i've wanted someone to say 'Okay'  
That tells me i'm ready to drift away.  
The people have passed me and caused despair.  
Time on the edge, looking down, i had to bear.  
On the brink of sanity, Striving for life.  
Everyone around trying to silence my strife.  
Hands down, i have cheated death so far.  
Oh to be looked up at, in the form of a star.  
I'd shine down on the ones that ruined my days.  
As they only deserve, my immortal praise.  
And the ones i have loved, who've given me, shared with me.  
Locked up secrets, I've knelt in the dark to see.  
Were blessed to have day, But i tempt the night.  
Days ending brightly, Moonlit delight.  
The rain can dampen me, The wind can blow.  
i'll be fixed in the sky, and never let go  
As I'm hidden in darkness, Sat in the sky.  
I'll forget every sin and every goodbye.  
I'll be forgiving, graceful and write those names  
In the beauty of the sun's ever glowing flames.  
I'll look down on earth, See i've come so far.  
Oh to be look at, in the form of a star.

Carla Nestoros



## This Room [hero]

This room is full of doors, but my corners where i'm headed.  
Where i can sit and wonder who'd love me if every front was shredded.  
With no mirror to view a reflection.  
And no gaps for any light.  
With nobody who could hurt me.  
Where i'm sure i'll be alright.  
I'd rather be alone than risk what lies ahead  
There could be pain and suffering.  
No, i'll just stay here instead.  
I could think about it anymore.  
That keeps me protected.  
It's a lesson i thought i'd never learn.  
No apologies accepted.  
My only fear about this room is things will change when i'm away.  
Somebody else might take my hero, my hope that it'll be okay.  
So i know until a hero's present, i'll have to just assume.  
My faith remains here with me.  
In this corner, in this room.

Carla Nestoros

# Time

Please don't shed tears sweetheart  
Because your lover threw his hands to the sky  
And he's not coming back now  
But i'm begging you please not to cry

His dreams aren't with you anymore  
And i know you can't help but crave  
You can't feed your addiction, I'm sorry  
You have to stand up and brave

His voice is being held elsewhere now  
And you're right they don't hear it like you  
It's okay to feel sick sweetheart  
Theres nothing much else you can do

The truth is he has other thoughts now  
And you can't help but know it's gone fast  
It's time that's ripped you apart i know  
So strange how those 60 years passed.

Carla Nestoros

# Voices

I know your there  
I hear your stare  
It deafens me  
You knock the door  
I cannot reach it  
I try to crawl  
Across the floor  
They hold me back  
They've grabbed my legs  
But how?  
They are nothing  
But voices  
Inside my head

Carla Nestoros

# Wars

I'm sitting on the end of my bed  
That one day should of been ours  
Blood and roses surrounding my feet  
I'm searching through our photographs  
The ones that'll never exist  
Because you'll never be around  
You'll be breathing heavy  
Elsewhere  
Tonight i lay still in other arms  
And it's okay to be apart  
We both have other wars  
To fight

Carla Nestoros

# Who Knows?

Why are my hands still shaking?  
Why is my mascara down my face?  
Why am i so broken?  
Why don't i recognise this place?

What am i doing in my life?  
What will i tell my kids i achieved?  
What am i looking for in you?  
What lies have i already believed?

Where will i be when i'm 40?  
Where will i end up next year?  
Where did i put my last tissue?  
Where did i dropp my last tear?

Who will i look back and remember?  
Who will give me my last kiss?  
Who knows the purpose of me here?  
Who will i blame for all this?

When will my questions be answered?  
When will i grow up and realise?  
When will it all make sense?  
When can i shake those goodbyes? x

Carla Nestoros

# Wishes

I wish i was your first thought in the morning  
Your last thought at night  
I wish you stayed awake wondering  
If i'm sleeping alright

I wish you stroked my hair and face  
Because you cherish me so much  
I wish you couldn't get through a day  
Without my loving touch

I wish you would buy me pretty things  
For no reason at all  
I wish you could promise me, honestly  
You'd catch me when i fall

I wish i was your whole world  
And you couldn't breathe without me  
I wish you didn't like skinny blondes  
Who bare all on page three

I wish you didn't criticise  
My make-up, clothes or hair  
I wish you'd just believe i'm beautiful  
No matter what i wear

I wish you'd promise me forever  
But you know you won't until  
You realised that if you don't do that  
So many others will. x

Carla Nestoros