

# Poems from Nicole Sarah

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Presented by

*My poetic Side* 

## Dedication

*To the readers I hope you strongly enjoy, Written from my heart and experiences. Thanks to all  
whos supported me throughout these years. Have a brilliant reading experience !*

## About the author

I am 21 years old, I absolutely love poetry I always have.

I am a creative inspirational poetry writer .

I want to pull the readers in and let them hear me and If you can relate them that?s brilliant we can help each other and inspire one another .

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## Loner

I'd rather be a loner than a bone head,  
I'd rather cry my self to sleep then get lead ,  
Wishing all the things that I hadn't said ,  
To keep my bad thoughts into my head ,  
To demonstrate and act upon my sins,  
my brains mushed and scrapped like pack of tins.....

## It?s not okay to feel not okay

It's okay to not be okay,

it's okay to not think before you speak or act ,

but is it okay ? It's not .

I keep taking a step back, so alone and scared, that's a fact.

Banging picking my face like it'll get better , but it won't , I need help , no one knew how I had felt.

The feeling of emptiness is a curse , my extreme anger is about to burst .

I can't breathe , I'm grasping for air trying to leave .

it's not okay to not be okay, you need emotional and physical support , but no you get left to rot!

## TheEndingTowardsANewStart

I loved the way you smiled at me,  
Then it had to fade, you made me feel betrayed .  
but it's okay , "I'm use to this",  
On the inside I just wanted to run away ,with fear when I only wanted your Kiss!  
when will everything be good? Seems like never, but in a blink of eye it could be gone forever .  
I begged for your love and respect but I fell in the love with the Josh effect !  
Then you say "sticks and stones may break my bones but calling names doesn't hurt me" that is a  
wrong statement because in reality words do hurt , in fact they stick with you and take the best of  
you , its like catching a flu .  
Every word that had been said it made me shread, made my heart feel dead and most definitely  
made the world turn red.  
All I ever expected from you was kind words , and a good loving heart. But no it's hurt, crying  
,arguments , nasty words. It wasn't like this from the start.



## Myself

My heart keeps bleeding ,  
My hair line keeps receding ,  
My pulse won't stop beating ,  
The bad habits keep on repeating .  
I need to focus on me, be the best version and let the world see.  
This can not be, I try to be me, but how can I when he just won't see.  
I stare into the wind , lose concentration while zooming through a station , like it is a creation .  
My life is drama , the people that hurt me need to remember about KARMA!

## Thrive

You've got to believe it to achieve it,  
You need to be able to love your skin , through thick and thin.  
Bring your self to life ,think positive.  
Someday you will thrive .  
Live your best self , one day you will feel gratitude and wealth.

## There is hope

You've got to believe it to achieve it,  
You need to be able to love your skin , through thick and thin.  
Bring your self to life think positive  
Someday you will thrive .  
Live your best self , one day you will feel your gratitude and wealth.  
Bring your self into the light , you will see your future is bright.  
Be kind, be friendly , forget the past don't rewind ,you will have a fresher mind.

Believe and you will see!!

## Answers

Does he love me or does he not?  
in his eyes am I hot !  
Does he see a future with me or does he not ?  
maybe a wife it's just a thought !  
Am I his next or am I not?  
maybe he wants me to suffer and rot .  
Can he love someone like me or will it be hard?  
Do I make him happy or do I just make him mad .

## It?s okay

It's okay to lose yourself until you find who you are,

If you believe in your self , you shall get far .

Stand up tall , you will not fall, answer your phone or pick up that call.

You need to remember that you belong , stay awake and sing along .

You have to be strong and let your self be heard , it's a simple task not just a word .

Give your self a task and distract your well-being , count to 10, your still breathing , thinking positive isn't cheating .

Look at your reflection, do not focus on your depression just on your affection .

Learn to love who you are and every scar . Remember that you will get far.

## Mental health

Mental health is a real problem ,

We face them and become this strong blossom .

Our minds are not set right , we cry , we laugh but in our heads we fight .

We have to speak up no matter how scared we are, if you get help they will help us get far.

Don't feel ashamed , don't feel scared, pull out of it and don't feel blamed , you don't need to be repaired just overcome your fears and be prepared .

Your mental health is a part of you ,

Choose positive and you will feel brand new.

Look online , ask around , don't feel like you are on the front line.

Zoom into the good, let your problems run through the mud , tell your self " I can do this" look in the mirror blow your self a kiss.

Everything will get better , open up your heart and you will feel like you matter .

## You know

so i, get my glock, release the safety  
pop in my clip and they start to chase me  
feeling shaky  
pull out my money while its sunny,  
Rubies and diamonds drop from the lions  
" im so frightened"

## Female Teenagers

A kiss feels love, which is above  
falling deeper, feeling loved.  
When i kiss you my heart misses a beat,  
then i feel cherished and feel the heat.  
Getting lost will help you find your way,  
just keep going for another day.  
Time will fly, itll go by,  
Being female feels like a fail.  
Some girls aint seen,  
people doesnt treat them like a teen,  
getting called ugly and uncool.  
But really the one who are naming are a fool.  
Its not about popularity,  
but giving clarity on your personality.  
if you believe you will achieve, take a step forward dont disbelieve.  
Most females cut,  
crying help, strook in a rut,  
some goes through hell  
they dont know if they should tell.  
goes through depression  
everybody starts to question



## Paint me a picture

Paint me a picture,  
Good taste and mixture.  
Good memories that fade and flicker.  
Beautiful beauteous Boy I see you,  
You flutter rapidly past my eyes and by my side.  
Like a dimensional picture  
You architect, so I free you to get the scripture.

## Future me

I see my future self, It tells me not to go further, tells me to stop doing what im doing.  
My future self tell me im going to mess with my life, "i say stop viewing, i know what im doing".  
Then i think what if i do something that will change me forever, i do care but i didn't want to tell my future self that i was, i just wanted to be clever.  
I hear my future self calling me, telling me to listen, i tell myself i am listening, but what do i need to do, what happens to me in future, why, how and what.  
I begin to scratch my eyeballs out, metaphorically speaking. now i start seeking.  
I shout at my self in the mirror tell my self to go away.  
wanting to know what happens because wanting to stay.  
I hear my future self whispering telling me what to do,  
i obey and follow what she asked me to do as i began to screw....  
I need to know? i really do.  
Hello...  
I hear myself calling, i see a flash,... as i began to open my eyes wider my future me starts to slash.  
oh dear me, please dont fear the future me, im nothing like that.. i spat...  
I begin to write a story, just in case anything goes wrong.  
to tell everyone what happens and about my life.  
as my future me starts to seek, i see a shadow thats starts getting weak.  
I say to my self, go away, go away. i dont want to hear me...  
it must be a dream.....

## Waste of space

Loosing friends loosing hope,  
Seems like no one cares, Feel stuck in a globe.  
Why does everything seem so magical?  
like learning new things and doing a pratical.  
Being popular, is not everything, Being hated is.  
getting hurt because i flirt.  
Fooling around with no sound.  
just dont want to be found.  
But im here, feeling like shakespeare  
dropping into tears, coz im full of fear.  
Loving poetry is a dream, not a fairytale, just doing a theme.  
Being a teen, just wanting to be the best like something like the queen.  
Being pretty, people just always thinks im a fitty.  
I say " its not about looks, its about personality"  
not a cartoon, its REALITY!  
Feeling a waste of space, just want people to think of me is ace.  
Think i was misplaced.  
Why am i good at everything?  
Because of that i get called a geek, then i just come out with come backs like "so what im on fleek,  
and you reek".  
Hating who i am, isnt going to solve it. I cant help being wit.  
I may be popular, sometimes i wish i was unpopular.  
even though I still get called hideous names. I take it serious but they take it as games.  
My life, The wild life.

## Your fault

When i look around,  
I realise im easily found  
cant keep hiding or running away  
its your fault, one day you will pay  
you made me sad  
now you win, hope your glad  
your man, we was suppose to be a team  
You used me, lied to me, beated me.  
Well now im free

## Why me?

I aint pretty, I aint thin,.  
well thats what i get told.  
I start to spin, i stare into space,  
knowing everyone thinks im a disgrace.  
I look around and realise im easily found,  
I cannot hid or runaway, knowing that i dont even get a say.  
I cry inside,wanting someone by my side, then people telling me to 'die'.  
I get high so i can make the world a better place.  
need space-dont want to show my ugly face,  
-IM A DISGRACE- born on the wrong time and born in the wrong place.  
Words do hurt,one word you blurt. i am alert!  
Pushing me around, youre a fool and a clown.  
I beg for you to stop, my hands start to flop.  
Thinking why me? Why cant you see what it is doing to me?  
2 years later it still carries on, dont go to school,people think im gone.  
I go online, i see pictures and posts about me.  
I drop to the floor and start to bleed, the nail was stuck deep into me.  
I get rushed into hospital, My head starts to skittle.  
I cry to my mommy i say ' why me? I dont want to be me'  
My mum didnt know anything, i never told her.  
She starts to whisper- she tells me to be strong and never leave her, told me how much she loves me but,  
I wish she could understand and see.  
2 days after went back to school, The bullies carried on showing off trying to be cool.  
I walked away and said ' words dont hurt ' but deep down they really do.  
They followed me, then i just lose it and actually stand up for myself from taking it for this long its made  
me who i am and made me stronger.  
NOW I DONT FEEL THE PAIN NO LONGER!

## Believe

I want to feel the sensations when he says my name ,

I want to go on vacations with no blame.

I want all the attention that isn't lame.

I want to feel real love from the heart,

with no lies , commitment not feeling lonely and feeling apart .

I want to feel like a happy bird and fly like a flappy bird, you may say that it is absurd but in my mind anything is possible if you believe , nothing is naive .

I don't want to leave , I want this to work so I shall believe !

## Free

Most of the time I can be happy ,

but at bedtime I may be snappy,

I over think far too much , I close my eyes , my hearts in a rush.

The obstacle to the lie, I do not desire this from a guy , it all fails all I want is to live a fairytale. Hit me in the head with a nail as I know I can't sail to my fairytale.

My arms are sweating , I feel pale, keep me on my trail.

I hear rumbling when I'm running and tumbling ,I can't stop mumbling , my mind is stumbling !

I want to live my dream , be strong and Independent with no team , with no anger that will no longer steam, not relying on anyone and being my own theme.

I want to be Free...

## Why?

Why am i always hurt?

why is it always me?

I always feel like dirt.

Why cant you see what your doing to me?

My heart misses a beat when i see you, i love you but i want you to love me too.

your my fantasy and my dream.

I go up in steam. Even though we are a team.

shaking when i start waking.

He tells me im too ambitious, he says i need to chill, because im never going to become the person i want to be.

He flirts with others thinking i wouldnt know, thats just low! Im not a mug or a hoe!

i put up with all your bullshit and lies, i just know when i just look into your eyes.



## In the darkness

I once saw the glooming light ,  
That's where my happiness died.  
The darkness somehow looked bright.  
I felt as though my hands were tied.  
All I wanted to do was cry,  
Feeling as though this was my last goodbye.  
Why do I let myself exaggerate and explode ,  
My feelings doesn't matter , no one can figure out my code.  
I try too hard, when I should love my self more,  
This darkness is killing me , I just want to Roar!  
I want to get back into the light and be brand new ,  
But how's that possible when everyone's used .  
No one says I love you , I just want to say I love you too.  
My heart ain't healing , I feel too bruised.

The sad moments that had happened was that a dream,  
Or was I wake but wasn't what it seemed.  
I can not tell the difference my life is a mess, life is so cruel .  
May this be a test ?

## Donald Duck

Donald duck,  
has a beak.  
Same colour to match his feet.  
Shares a house with Mickey mouse  
in a mystery club house

## Now you see me

NOW YOU SEE ME NOW YOU dONT  
KISS MY ARS AND MY TOES  
IM RIGHT YOUR THE WRONG  
TURN AROUND TOUCH YOUR TOES  
TIME WILL FLY  
IT SHOULD GO BY  
LIVING A LIFE,IS NOT AS BAD HAS FEELING SHARP LIKE A KNIFE.  
Most friend are two faced  
im glad where spaced.

## The feeling of love

When I open my eyes, I see darkness, when I close my eyes, I see light.  
But when I look at you , I see this beautiful smile that makes me smile back at you too.  
I zoom in to the good, while the bad habits run through the mud , All I need is to feel loved.  
The questions, the lies running through my mind , think to myself "get in line".

My mind is ticking , my eyes are flickering , I can't stop picking , I can't stop kicking!

If this is how love feels then I don't want it, don't need it and can be without it .

## Perfect

In your eyes ,  
theirs sparkles and love  
wanting to rise.  
Your smile,  
Id miss anything to walk a mile to see your smile.  
Your lips,  
makes me wanna kiss you and take you on beautiful trips.  
Everything about you is perfect,  
if anyone tells you different. dont let it bring you down and take effect ;)

## Nightmare

Feeling like a nightmare, feeling like a storm  
always pulling myself like a windstorm.  
Beating so fast, sure it wouldnt last,  
why the lies? then the goodbyes?  
feeling beatable, you look a cheatable.

## Desire

Desire is like feeling fire,  
fire is feeling steam  
All together we are a team  
in reality not a dream.  
Love is a a feeling that we give and share with others.

## have you ever?

Have you ever thought doing anything stupid?  
who hasn't, life gets hard sometimes,its okai, who are you to kid?  
Have you ever felt worthless and alone?  
everyday, everyone has won,now all alone.  
Do you feel as if you have to face the world?  
well you only need love, then you'd be filled )

.....

to be continued



## Mine

Im scared for what he might do, Im scared for what he might say.

Rumours and lies about him, clearly aint true.

When i look at him, I get butterflies and i start to know the rumours and lies aint true.

just the jealous bitches trying to split us up, well now they know hes mine, and i aint going to listen to the lies.

Obviously im going to trust the one i love which is my guy.

He tells me he loves me, he tells me he dont want to lose me.

when he calls me princess or babe, my eyes flutter, i start to stutter.

## love

My love for you,has grown stronger and now becoming true.

My heart beats closer,then ever before!

I feel the heat, when your around,

I dont say a word not even a sound.

The taste of you makes me,realise how much i love you!

## **P-E-R-S-O-N-A-L-I-T-Y-S**

Everyday of my life, isnt a new day. Feeling like shit, everyone saying its okay.

Scared for what may happen next, fighting, getting locked up, getting horrible text.

i dont know what to do. WHAT, WHERE or WHO.

Im so screwed.

I can never be a happy nd i cant smile, people around intimidate me, n all the trouble leads to a pile.

only if things was easy and could be on jeremy kyle.

what will i do, what will i say, will i be okay

people act as if they know me, but they dont, no one knows me, not even me.

I have many personality's, none of qualities.

## Him

i wish i could tell you about the things in my life,but soon you will know.  
the arguments,the rumours it will become a show.  
the last couple of days you have shown me to ignore,  
when people r saying horrible things n a whore.  
youve taken good care of me,just want you to understand and see  
i love you,but dont deserve you.  
im glad your mine, you have a good heart and your a kind.  
if it wasnt for you, id be the person before.  
but you came into my life, but if you got on my bad side itll be a world war.  
you came into my life, one day,hopefully be your wife.  
your one i want to be with for the rest of my life,i love you

## Be all you can be

All you need is

Faith, Trust &

a little

pixie-dust.

Do more of what makes you

happy.

be yourself, be happy.

Self confidence is the best outfit,

rock it, wear it and own it.

Be all you can be,

a life, a job, a partner and also a family.

Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can. And prove you can and show that you can. we all know you can :)

## Is it not?

Is my life in order, or is not?

Am I destined for a future or what.

Am I real or am I not?

I feel as though I'm getting played in a show with no part to play,  
with nothing to say.

## Situation-ship

When you grab me by the throat ,  
My body tingles and starts to float.  
When you look directly in my eyes,  
I think to myself I need to be good before we have ties.  
I flutter , I tutter and I mutter,  
I try not to say a word but before I know , it comes to an end ,  
I want it to last forever but I know it shouldn't ,  
It wouldn't be ok and it just couldn't .  
The more time I spend with you , the more I fall in love with you .  
The more laughter I do with you the more hurtful it'll be.  
I need to be brave enough to see.  
The times we spend together, the more we talked , was the best thing ever .

## IT MAY TAKE AWHILE LONGER

There is no reason ,  
But what your doing to me is treason.  
I thought I captured your HEART ,  
as ONE we wouldn't be apart.  
The thoughts I'm having is insane,  
but your not the one to blame.  
I need to be stronger , it may take time but I can wait a little longer .  
You have my soul , take it and mash it in a bowl, you'll soon realise the lies and maybe have no ties.

I'm willing to take that risk it may be sorted with a true love kiss.  
If it shall not be , we shall see , we can turn it into reality , depending on your personality.  
Open your eyes dear , you will see and hear, or I may tear.  
it's feeling like a one sided situation darling , make it official , let's make it a fairytale , I want the love,  
the sparkling ring , I don't want this to fail !