

Poetry Series

Claire Abbott
- poems -

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Claire Abbott()

My poems are feelings, thoughts and words in my mind and body. They express who I am at the time, and fluidly move between themselves. None are right or wrong but represent part of who and what I am

11th November

The old man stops and stares,
a moment from his life.
Stopped with others in the street,
Parading to the low drum beat.
Remember those from years ago,
who lay in Flanders Fields,
and those lost yesterday,
in a desert land far away.
Remember those still fighting,
their fate yet unknown,
and those men,
so brave, he is here for them.
So stop a moment,
hear the bell toll,
Sacrifice we remember,
on the 11th of November.

Claire Abbott

Abuser

You shout,
You scream,
You punch,
You kick,
You laugh,
You sneer,
As I shed a tear.

You bite,
You spit,
You scratch,
You cuss,
You pinch
You burn,
When will you learn?

I flinch,
I bruise,
I cry,
I scream,
I hurt,
Abuse isn't what I need.

Claire Abbott

Afterlife

Blue skies,
Birds singing,
Sandy beach,
Roaring sunshine,
Challenging mountains,
Dry desert,
Deep valleys,
Azure sea,
Mountain streams,
Waterfall.
Rainbow.
Beautiful place, it must be heaven.
So wonderful with tranquility.
You are so peaceful, so at ease.
Happiness fills your heart, body, soul and mind.
Nothing is better than where you are.
No-one is better than who you are with.
Life couldn't get better.
It's just how you imagined it would be.
It seems like you are barely there, barely alive.
Are you still alive?
You're not sure.
You have a body and a mind, a heart and a soul.
It can get damaged again and again,
but it doesn't. It won't.
You are dead. It is your afterlife.
You play how you want. You will always win.
Be happy, be proud. You are yourself for once, forever.

2003

Claire Abbott

Anger And Fury

Anger swells like a tide of fury through my veins,
my head swims in the sea of rage.
Fighting to stay afloat and in control,
as the pain rips through me.

The tears pour like a river into that sea,
their salty taste lingers on my lips,
as I gasp for air into my aching lungs,
and try to calm my beating heart.

Still I cannot rid myself of this resentment,
of myself, of the situation, of you.
The word hate comes to mind,
yet I loved you once.

You have tortured and scarred me,
not just my body but my mind.
You eroded my soul,
now all that is left is tarnished by your cruelty.

What you have done is with me every day.
I cannot hide from the suffering you have caused.
It determines my thoughts and actions,
yet you are no longer here to persecute me.

You tore me into shreds,
extinguished my real self and now;
I cry, let out the hurt and pain.
And for the moment, stagger through the broken shards of my life.

Claire Abbott

As Daylight Breaks...

As daylight breaks and the birds begin to sing,
I sit thinking of my life.
My dreams, my hopes, my prayers,
All taken from me over the years.

As daylight breaks and the sun begins to warm,
I sit crying into my hands.
The hurt, the pain, the shame,
It's here for all to see.

As daylight breaks and my alarm sounds,
I sit breathing in the fresh air.
I'm strong, I'm brave, I'm me again,
I can fight the past.

As daylight breaks and life begins again,
I sit thanking my god,
The good, the bad, the times that I've had,
They are the guidance for the rest of my years.

Claire Abbott

Black, Dark, Nothingness

Ebony black, deep and never ending.
Eating away at tortured souls,
stripping them of a life once lived and filling them with nothing.
Emptiness.

Taking away their last breath, leaving a disfigured mess.
The dark of night surrounding and suffocating.
Terrified as it envelopes them, their fight is futile.

Black, dark, nothingness, a vacuum erasing life.

Claire Abbott

Blame

Don't blame me for your mistakes,
I never made you punch me in the face.
You say I drove you to it,
I made you urinate on me?

How can you use that against me?
I was everything you asked me to be.
Yet that was never enough,
Love shouldn't be rough.

I never told you to push me down the stairs,
I thought you was meant to care.
Blame me, say I'm depressed.
No wonder, I'm living with you.

You turn my life into a living hell,
Constantly waiting to step on egg shell,
Then the abuse comes, first just words
Followed by fists, and more.

You cannot do anything to me now,
That will make me hate you more than I already do,
But you have twisted my mind that much,
I actually think its my fault deep down.

You have messed me so much,
I actually still love you deep within
But I don't deserve any of this.
You are the one with the problem.
Not me.

Claire Abbott

Blank Page

A blank page.

Crisp, white, innocent, pure.

Ink, writing, marking.

Black seeping into the paper,
escaping the mind of the writer.

Claire Abbott

Box For A Hero

This is a poem we put in boxes of goodies sent to soldiers serving in Afghanistan:

To a brave soldier,
Fighting far away,
We send our love and support,
In this box today.

Boxes for Heroes
The name of our campaign,
Supporting you to keep us free,
Toiletries, books and games.

So here's a box of goodies,
Sent with love from home,
Even when you're far away,
You're never really alone.

We got you in the newspaper,
A facebook page as well,
We hope you get what you like,
If not please write and tell.

Claire Abbott

Bring Me Back

I want me back,
I want myself here,
I want to know who I am,
I have been lost for so long.

Who am I deep inside?
Different to what you see,
I don't want to pretend anymore,
I want me back.

I don't want to be a wife or a mother,
I don't want to be that girl,
I don't like who that person is,
I'm really different to that.

I want me,
I want to be me,
I want me to be me,
I want to be whoever I want to be.

Claire Abbott

Broken Trust

Trust, fragile as a spider's web,
broken and destroyed with one fail swoop.
The threads scattered afar and blown on the wind.
Disappearing.

Hopes and dreams, scorched and charred,
as flames of hate lick at them.
So brittle and easy to ruin.

A life, ruined by foolishness,
reckless abandon.
A soul, ripped apart, a body brought to its knees,
as the lies flowed, like a river of darkness.

Claire Abbott

Butterflies In My Stomach

Butterflies in my tummy,
you make my legs go funny,
you fill me with desire,
you set my heart on fire.
Feelings I can't handle,
Destroy me like a vandal,
Wanted you for so long,
Never thought this day would come.
And now I get a text from you,
Telling me what you would like to do,
To finally accept these feelings,
Accept life's dealings.
A love blossoming like a flower,
I'm bowled over by the power,
The feelings and thoughts through my mind,
You my friend and love are one of a kind.

Claire Abbott

Christmas Is Coming...

Christmas is coming,
the kids are getting fat,
lets put some money in the bankers hats,
if you haven't got no money,
your house and car will do,
if you haven't got these either,
tough, the Government won't help you!

Lets look forward to christmas in recession Britain...

Claire Abbott

Cigarette

Tension building,
head screaming,
taste buds tingling,
fists clenching,
teeth grinding,
body craving...
no more cigarettes.

Claire Abbott

Cleansing

Cleansing. You from my mind, from my body, from my life.
Returning all your belongings.
You said to sell them and keep the money.
Why would I want that, means being linked to you.
So I'm cleaning, removing, destroying.
You are no longer part of my life,
No longer part of who or what I am.
I have made something of myself,
I have a new life, a good life, I have achieved that on my own.
I never needed you, just thought I did. But now I know I don't.
So expect a parcel in the post,
Shows its really over when I look and remember,
But the feeling is just emptiness, not even sadness or anger anymore!

Claire Abbott

Come To Me

When life gets too much,
Come to me.
When you feel you can't go on,
Come to me.
I will never judge you,
Come to me, I want to help.

When things start to fall apart,
Come to me.
When the darkness is around you,
Come to me.
I'll be your light,
Come to me, I'll be there.

When you want to talk,
Come to me.
When you need to cry,
Come to me.
I'll talk and cry with you,
Come to me, I want to share.

If it looks bleak and bare,
Come to me.
If you feel no-one's there,
Come to me.
I might not be able to make everything better,
Come to me, I'll try my best.

When you come to me,
Don't worry, I won't laugh.
When you come to me,
Don't be scared of me.
When you come to me,
I'll help you like you've helped me.

I will not judge you,
I will not laugh,
I will not scorn you,
I will not be nasty.

Instead, I will hug you,
I will love you,
I will help you all you need.
I will be there.
Remember, Whenever, wherever, whatever.
I am always your friend.

Claire Abbott

Contemplating

In the dark of the night,
I sit contemplating,
And waiting,
For the right person to come.

I feel so all alone,
Like my world has fallen apart,
I'm waiting,
For someone to catch my heart.

Its broken into pieces,
A million pieces on the floor,
I'm hoping,
Someone will love me even more.

I've been hurt,
I'm scared of what will come,
I'm praying,
One day I will find someone.

Claire Abbott

Crazy Awful Place

Thumping, my head hurts,
My world is spinning around,
I'm lost in this crazy awful place,
I can't find my way out.

Beating, my heart pounds,
Keeping me alive,
One breath in, another out,
Got to keep going.

Aching, my limbs won't work,
Trying to walk,
Trying to reach out,
I can't move myself away from here.

Screaming, my body lets out a sound,
I have no control anymore,
It won't work,
I can't stop the noise.

Drowning, in my tears,
In my sorrow as I weep,
I can't go on,
I can't fight this darkness again.

Voices, calling to me,
Drawing me near,
Who is it?
What do they want from me?

Brightness, blinding me,
I can't see what's happening,
Where am I?
Am I safe at last?

Claire Abbott

Cruel

Your name swims in my head, calling out to me,
shouting, never leaving me in peace.
I can't help but think of you.
You are at the forefront of my mind, playing games.
My heart yearns for you, my body aches to feel you close,
to smell you, to taste you, to have you to myself.

Its cruel. I'm clinging onto the edge, wanting it so bad.
You have got me wrapped up in you so totally.
Yet, my heart breaks too. Do you want me?
On and off, hot and cold, messing with my feelings.
I want you, I want you but how do I tell you?
So wrong but so right. Please want me to.

Claire Abbott

Dare You

The wrong person,
But he's so right.
There's nothing wrong with him at all.
Well maybe not in your eyes.
Well, it's not him that's wrong.
But you can't see.
The friendship we have is so deep,
Deeper than the ocean.
I know him too well.
He's the best friend I got.
Even then if he feels the same,
We can't be together,
It would be wrong, so so wrong.
But so, so, oh, so right.
How would I know anyway?
Could he love me?
How would I find out?
It's so hard to accept,
Our love will never be.
Not unless he feels the same,
Which looking at the facts, is very slim.
Maybe one day....
Oh stop wishing, face the facts.
You love your best friend,
You don't know how he feels,
Find out, take a chance,
As he once said,
The utmost reward of daring is to dare.
Dare you to, dare you to.

Claire Abbott

Daring

A poem sent to me by one of the bravest and inspirational people that I know. I can never thank you

Even the bravest that are slain,
Shall not dissemble their surprise,
On walking to fiend valor reign,
Even as on earth, in paradise.
And where they sought without the sword,
Wide fields of asphodel fore'er,
To find that the upmost reward,
Of daring should be to dare.

Claire Abbott

Disgraced

You cultivate your own path through life,
You have lead yourself to where you are now.
Don't try and blame me, the wrongs you have committed were a choice of your own.

The mind games you're still playing,
Trying to have an effect on me,
You make me mad thinking I will fall for them.
Maybe thats the reaction you wanted.

Well done, congratulations, you have caused the devastation.
You have wrecked my entire life.
What else do you want? To drag me to the bottomless pit to join you?

Disgraced and disfigured, your life is not worth the paper this is written on.

Claire Abbott

Do I Have To Get Up In The Morning?

Do I have to get up in the morning?
To face another empty day.
There is nothing to do except clean up.
I don't want to do that. I am bored.
Do I have to get out of my bed?
Its nice and warm and cosy,
I am safe here, I like it.
And anyway all I will do is sit on the sofa.
Do I have to grow up?
I know I am 24 but I like to act 14,
pretend life hasnt caught up with me,
that I can ignore my mistakes.
Do I have to look in the mirror?
See a face I hardly know.
The hair wild and going grey,
the black eyes sagging with tiredness.
So do I really need to get up in the morning?
All another day will do is disappoint me

Claire Abbott

Don'T

Don't do this to me,
Don't lead me astray,
Don't make me promises today.

Don't do this to me,
Don't tell me what you want me to hear,
Don't make me shed a tear.

Say what you mean,
Say it well,
The truth comes out,
Time will tell.

Say how you feel,
Be truthful to me,
It's a game we're playing,
One day you will see.

So don't rush me,
Don't make decisions now,
Let the fun flow,
It will make sense somehow.

Claire Abbott

Don'T Facebook Me!

Don't facebook me and tell me you are sorry,
your emails and texts tell a different story.

Don't poke me and expect me to poke you back,
Don't try and be my friend again, you haven't got the nack!

You ruined it by cheating and lying to my face,
Now you are living in this anonymous facebook place.

Easier to talk to me, but saying lies again,
Stop messing with my life, you're driving me insane.

So stay off this facebook thing, leave me well alone,
and when you're loney and fed up, remember its a doing of your own!

Claire Abbott

Dreaming

Dreaming of you,
Brings me closer to where you are,
I still miss you,
The day you left broke my heart,
The tears still pour,
When I look at your photo,
I can't believe your gone,
You was so young.
Only three years of age,
My angel went to heaven,
No longer needed here on earth,
Still I want you back,
Nothing can mend this broken heart.
You will never be replaced,
No-one can ever take your place,
You are always in my heart,
One day we will be together again.

Claire Abbott

Eternity

The sky so blue,
The grass so green,
the most beautiful things I have ever seen.
The animals on the ground,
The birds in the sky.
Thanks to a God way up high.
You are in my heart,
You are in my mind,
I am with you wherever you are.
I will not leave you,
Just think about me and I will be there.
Look at the grass,
Look at the sky,
I'm looking at them thinking of you.
It's so hard being apart,
But I know we will cope,
We have love and I have hope.
It's really not that long,
Only eight months,
It will go quickly, quicker than you think.
Soon it will be Christmas,
You will be back here,
I will be here waiting for you.
I will always wait for you,
I will always come back,
I will always care about you,
I will always want you,
I will always need you close by my side.
You are the one I love,
My one and only for life,
If I feel lonely or feel I cannot cope,
I think of you.
You make everything better.
You are a ray of sunshine,
You are a drop of rain,
You are a thunderstorm,
You are the calm afterwards,
You are the wind,
You are the sea,

You are the rainbow,
You are my eternity.

I wrote this poem for my now ex husband back in 2003.

Claire Abbott

Ever Wondered?

Ever thought about what you really want from life?

A car, a house a big family.

Ever thought about what you need to get these?

GCSE'S, A-levels, a good job, training.

Ever been so lucky to fall in love?

Yet you lost it all so quickly and wish you could turn back time.

Ever look back at what you've done, and realised you were a fool?

Stop! Stop!

Yes look back on life. But why look at the bad things.

I've been through so much and I looked back and saw the bad points in my life.

It didn't make them better, or make me feel any better.

Look at the good things. Think about what you had and how good it was.

Don't set your standards to the stars. Reach for the next galaxy.

Put yourself in God's hands.

Live life for the day. Don't wish it all away.

2002

Claire Abbott

Ever....

Have you ever wished on a star?
Wanted something that bad?

Have you ever told a lie?
To cover up what you have done?

Have you ever dreamt a dream?
And wished it was real in the morning?

Have you ever made a mistake?
And tried to make it right again?

Have you ever loved?
And had your heart broken?

Have you ever laughed until you cried?
Or cried until you laughed?

Have you ever experienced life?
And took the bad with the good?

Have you ever realised it's just a game?
To be played again and again

Claire Abbott

Expectations

Is it true what they said about me,
I had my eyes closed I couldn't see.
You told me lies.

Is it true what they say about you,
Now I dont know what is true,
Cos you told me lies.

It changes everything,
My world crumbles around me,
Gone are all my expectations,
Oh God, where is my salvation?

Claire Abbott

Forbidden Fruit

Fire burning in me,
Stoking my desires,
I want so much,
Come to me, fulfill me.

Don't tease,
don't let the words dropp off your tongue,
You leave me gasping for more,
I want you so much.

Don't touch me and stop,
Don't kiss me so gently,
The forbidden fruit tastes too good,
I want more, I need more, I will get more.

Claire Abbott

Forgotton

An ant in the city,
A needle in the haystack.
Barely noticed, hard to find.
Shrivelled up, shrinking, hiding.
No hurt, no pain, no feelings felt.
The smaller the better, the harder to find,
The harder to hurt and ruin.
Slowly, slowly disintergrating into the dust and dirt.
One day all will be gone.
People will notice the change,
Life goes on, they will forget,
You will be forgotten.

Claire Abbott

Friend

In times of hardship, you are always there,
to comfort me, to cheer me up.
A shining light at the end of my dark tunnel,
calling to me, egging me on.

In times of sorrow, you hold my hand,
you wipe my tears from my face, as i sob.
You listen to me and give me advice,
When I feel I can't make it through the darkness.

In happy times, you are there to share,
to smile with me, to enjoy the moment.
Soaring with me through the clouds,
on my trip through life.

The rarest thing that I have got,
that no-one else can have quite the same,
is a friend like you, always there, never failing me,
I love you dear friend, I will do the same for you.

Claire Abbott

Future Ahead

Lots of noise, but I can't hear it,
Lots to see, but I can't see it,
Something to be, But I can't be it.
I can't see the future ahead.
Maybe I am scared, frightened, feel that I am alone.
I don't know what to do, or what I want to do.
I don't know what to be, or even who I want to be.
I feel confused, so mixed up.
I want this all to be over.
The road ahead that I set myself has fallen away,
It caved in, crumpled, fell apart.
I can't walk that way anymore.
'There are other ways', people tell me,
I know that, I know where they are.
But I am scared, I don't know where they lead,
their route, where they end.
I am reluctant to find out.
I need a guide, someone to help me on my way.
Someone to hold my hand, tell me I'm ok.
For now I will stay static, where I know I am.
Here I know what I am doing, where I am going.
I will pursue what I want, when I want, the way I want.
Don't pressure me.
I don't know everything.
I just try my best in everything that I do.

Claire Abbott

Gone

Gone out of my life! Good
Gone forever, my memories sent back to you in a box.
Gone are the happy and sad, the good and the bad.
Gone, erased.

I've come full circle.
Supported by you, supported you, supporting myself.
New dreams, new hopes, new life.
One you are not part of and cannot ruin.
You are gone.

I am not angry, or sad.
I'm not even glad.
I'm just empty, hollow.
There are no feelings for you at all.

They have gone, just as you have gone.
The healing is taking place.

Claire Abbott

Great Britain?

Is Britain really that great?
Endlessly sowing the seeds of hate,
Growing its people to thrive on the state.

Has Britain lost its shine?
The Government playing this pantomime,
Taking away whats yours and mine.

Glory gone and lost for good,
Empty ground where industry stood,
We tried to save it, no-one could.

Society gone to rack and ruin,
Banks going bust, people suing,
Action planned, trouble brewing.

Family life desolate,
Teenagers and kids desperate to mate,
What a mess we do create.

The bad parts do not dismiss,
Take a look and answer me this,
Is Britain great? or is something amiss?

Claire Abbott

Grief

Grief

One word.

Used to describe so many emotions.

Hollowness, pain, anger, guilt,

Hurting, sadness, lonely,

Do I need to say more.

One word, Grief.

Don't say you have been there,

You may have lost someone, something,

but your grief is not the same as mine.

Grief, does not explain how I feel

Claire Abbott

Ha Ha Ha

You said you loved me.
Ha ha ha
How could that be.
you said you wanted to be together.
Ha ha ha
You never came to see me.
You said you'd never hurt me.
Ha ha ha
But you broke my heart.
You said we'd be forever.
Ha ha ha.
But now we're far apart.
You said you'd always tell the truth.
Ha ha ha
But that was just a lie.
You said you'd never hurt me
Ha ha ha
But you made me cry.
You said a lot of meaningful things
Ha ha ha
Which were never gonna be
You said it was the bestest thing
Ha ha ha
Being in love with me.

2002

Claire Abbott

Heart Pounding

Heart pounding,
Blood pumping through my veins,
Breathless, I run.

Music blaring,
People staring,
Got to carry on.

Sweat dripping,
Pain ripping,
Oh, why did I join the gym?

Claire Abbott

Hey!

Hey! Hey!
I'm here talk to me.

Hey!
Don't ignore me,
I am here.
Speak, utter a word,
Just acknowledge I am here.

You can't ignore me,
I won't go away.
I will always be here,
I am inside of you.

I'm in your dreams,
I'm there in the day,
I won't ever go away.

I am you,
And you are me.
You can't hide or run away.
Just admit I am here.

I am your conscience,
I am your inner voice,
Hey..hey...
Listen to me.
Talk to me.
Reason with me.
Be me.

Hey...

Claire Abbott

How Much Pain

How much pain can one mind take,
how much can one soul take,
one body, one heart.

How can one turn this pain into a positive.

How can grief come good.

I have lost so much, but learnt all the same.

I have been changed into someone new,
but my past is part of who I am.

I do not have regrets, without the pain of the last few years,
I would not be here, I would not be me.

Claire Abbott

I Am Alone

I am alone,
its official,
I have no-one but myself.

I am alone,
but I am not lonley,
I have myself.

I have time for me,
To do the things I want to do,
To see what I want to see.

Now I can be who I want to be.
Finally I feel like I am nearly me.

Its took some time,
A sea of tears,
Lots of sadness,
Many fears,
But now I am here,
They all drift away,
I can see a sunny day.

So when people ask if I get lonley,
Tell them no, don't be silly,
How can I be alone when I have myself for company.

Claire Abbott

I Am Nervous

Why am I so nervous about seeing you?
We are friends.
My stomach churns when I think about it.
The moment I have to see you.
Its been such a long time.
Well maybe not that long, but things have changed.
I have changed.
Maybe I am worried you may not like the new me.
Maybe you will prefer the old one.
Maybe you will take sides over my marriage break down.
I can't understand why I feel like this.
I guess if you didn't want to see me,
then you wouldnt have invited me over.
But what if you have given me a fake address,
you have moved after all, and I don't know the area.
What if you are having a laugh on me.
I guess there are a thousand reasons why I am nervous,
but I think the main one is I don't want to disappoint you.

Claire Abbott

I Deserve Better

Resentment at the cards life has dealt me.

It's not fair! I deserve better than this.

Am I such a bad person to have suffered so much in such little time?

Deal again.....

Claire Abbott

I Don'T Need You Anymore

I don't need you,
I don't need your lies,
I don't need your violence,
I don't need you anymore.

I don't want you,
I don't want your excuses,
I don't need your fake love,
I don't need you anymore.

I have me,
I am all I need,
I can trust me for everything.

I have me,
I am all I want,
I am honest to myself.

I have my life,
I have everything I want,
I have everything I need,
I don't need you anymore

Claire Abbott

I Don'T Want This Feeling To Stop

Stardust tingles on my lips,
my heart beats loud and clear in my ears.
My breath gasps, sounds I hardly recognise.
My brain fries with the electricity passed between us.

I don't want this feeling to stop,
my tastebuds do somersaults in my mouth.
Kiss me more, harder faster, hotter.
Make it never end

Claire Abbott

I Have Not Forgotten You

I may not have said your name,
or touched your picture on the fireplace.
I may not have shed a tear,
or felt the suffocating pain again.
But I have not forgotten you.
You are in my heart, in my mind and in my soul.
You make me part of who I am, of what I am.
I may not think of you all the time conciously,
but I dream of your face, and I feel your prescence near me.
So do not worry little one,
my life was changed because of you.
You have made me happy, brought light to my life.
I am pleased I had you for the little time you were here.
The pain is still here, although I am learning to cope.
Yet every now and then I crumble, I break down and cry,
Sob and scream your name, questioning to my God, why oh why.
Sometimes I want you back, want to feel you and smell you,
hear you and see you. But I know,
you are gone, my little angel, for a reason unknown to me,
but what you have left behind is not a black hole,
or unwanted emptiness.
It is love and light, happiness and memories,
forever with me, shaping my future.
I love you xxx

Claire Abbott

I Love You

My hand slips into yours,
I gaze up at your face and smile.
See the magic in your eyes.

I feel so safe with you,
No-one can hurt me anymore.
The love is plain for all to see.

We tell stories and play games,
Well known from childhood,
Now relived in my adulthood.

I nearly lost you,
But you fought with all your might,
To stay with me.

You are my friend, my support,
You are the one I go to in crisis,
Daddy I love you.

Claire Abbott

I Need To Learn How To Do This Again

I am not sure of this,
don't get me wrong,
I like you. I like you a lot,
Maybe too much. I don't know.

I am scared of what I am feeling,
Is it wrong to feel this way?
It feels right, but strange.
I am scared of being hurt again.

Do not be angry at me,
I have not yet told you everything,
Worried I will scare you away,
You may see whats really going on inside.

You have noticed my physical scars,
But I am good at hiding my emotional ones,
Can we just be good friends for now?
I need to learn how to do this again.

Claire Abbott

I Press The Cross Into The Ground

I press the cross into the ground,
The poppy red as blood against the pale wood.
My breath coming in gasps, misting in the cold November air.
The tears fall softly from my eyes, a sob escapes my lungs.

Here I am, all alone in my thoughts,
the silence magnifies the loss.
The brave all around me stare into their own worlds,
Remembering their loved ones, the fallen.

Your faces flash before my eyes,
Our memories fresh once again,
I can hear your voices and remember the good times,
as we thank you for your sacrifice.

Thirteen friends in just two years.
The hurt is still so raw.
God bless you my friends,
2007 and 2009 Afghanistan War.

Claire Abbott

In The Corner

I sit alone in the corner,
My stomach grumble with hunger,
I can't eat, I won't, I don't want to.
I do want to, but I can't.
I'll get fat, I feel fat, I am fat.
No-one can see what I'm really like.
I can't go out,
people will be disgusted with me.
I look awful, ugly, fat, horrible, just like the person inside.
That's why I can't eat, that's why I can't drink.
If I do, I will make myself sick.
Yes its hurts, but not as much as the hurt inside.
I don't know where its come from, I don't know when it came, and I really don't
know why, but I wish, how I wish it would all go away.
People say I'm losing weight. Good.
People say I look ill, I look nice.
They ask, don't you look in a mirror? But I say, no, I can't, it scares me, I hate
myself.
People have started saying I'm ill, I can't see it.
Well I can, but I can't help myself.
Thats where you come in,
You make me realise what I do is wrong.
You help me to help myself. You help me to get help. You are there for me.
You listen and talk, run and walk, eat and don't eat. You understand in a weird
kind of way, that this is a channel for my anger.
Thank you for being there for me.

Claire Abbott

It Wasn'T Me

Scarred by your poison,
my life will never be the same.
I cannot return to who I was.
My dreams erased with the swipe of your hand.
The bruises may have healed,
the cuts no longer bleed,
yet the scars still stand out white against my skin.

Agony in my mind,
never seems to rest,
constantly thinking I could have done more.
What did I do to deserve this hurt?
Always a fake smile, brave face,
Never show the scars deep inside that fail to heal.

Time does make things better,
slowly I recover and regain my life,
changed though it has, it is mine alone.
The scars are visible for all to see,
Why hide them, I didn't cause them, it wasn't me.

Claire Abbott

Killing Machine

Killing machine,
They make you mean,
They make you strong and angry.

Killing machine,
They make you fight,
For valour and for glory.

Killing machine,
They send you to war,
Leaving your wife and family.

Killing machine,
You are but a man,
Trained and in the Army.

Soldier man,
Your not a machine,
But the keeper of my freedom.

Freedom Soldier,
I pray for you,
God keep you safe from harm.

Claire Abbott

Ladette/Lady

Laying on my back,
Alcohol on my breath,
Doing stupid things,
Ever trying to be noticed.
Taking everything that I can,
Trashing my life,
Emptiness swallows me up,

Looking around, I know there is more,
And I want to be part of that other world,
Dreaming of being there, a better place,
Yearning for the acceptance into society.

Claire Abbott

Lesson

I watched as my dreams flew away,
Like a bird soaring in the heavens.
The emptiness and hollowness reared its head again,
My heart bruised and damaged once again.
I had no control over your actions,
You made those choices yourself and left me,
broken and bruised no choices of my own left to make.

I cried as you walked out that door,
Knowing you will never come back, my heart aching for you.
My body and soul wanting you, we were meant to be.
How could you not see that? Why did you get so scared?
Instead of me, you wanted someone else and my world shattered.

I live, in a world that will never be the same,
With a heart heavy from hurting, empty from yearning.
I live, in hope that you will see your mistake,
come back to me one day, say sorry and make it better.
But I know deep down this will not happen,
I can't go back and take that risk.

I need to have a life of my own,
To grow and learn and become who I want to be.
I wish you could have stayed and seen my dreams with me,
Instead now I hope you will somehow make it up to me.
But I won't have you back.

You made the mistake, you ran away,
Deal with it, don't leave me picking up the pieces.
Admit it, face it, face me. Don't run away anymore.
One day I will be happy again, through my own dealings,
When that day comes I will say,
Thank you for breaking my heart, for it was a lesson I had to learn.
A lesson in life and without you I wouldn't be who I am.

Claire Abbott

Let Me Sleep

I can't sleep,
my mind is tired and weary,
but my brain doesn't hear me.
It won't switch off.
Won't stop and let me rest,
Give me silence, let me be.
Can't rid myself of these thoughts,
of the past that I've been through,
Although theres nothing I can do,
I cannot change whats done.
I just wish it didnt haunt me,
Cause my mind to wander elsewhere,
To a place I cannot share, cannot escape,
I feel trapped in my life,
In the mess and mistakes,
How much time does it take?
To erase it from my mind

Claire Abbott

Light In My Life

Your breathing makes no sound,
As you lie quiet next to me,
your eyes fluttering as you experience your dreams.

I watch as your mouth curls at the corners,
a smile in your dream,
happiness engulfs your day and night.

You are a light in my life,
I can still see you sleeping so peacefully,
and now you will be forever there,
the dream world has taken you,
the love lives forever,
the light will never die.

Claire Abbott

Living In Yesterday

Some things that I say to you,
Have a special meaning,
Deep within my heart.

Some things that you say to me,
I have to let them be,
'Cause they're tearing me apart.

But there's nothing I can do,
And there's nothing I can say,
It's not going to work out,
We're living in yesterday.

Claire Abbott

Lonley

Like a cloud in the sky,
Floating silently by,
I get noticed here and there,
But no-one really seems to care.

I fly by all alone,
Once again I'm on my own,
Like a bottle out at sea,
No-one seems to notice me.

Friends are nowhere to be seen,
I'm like a pie with no cream.
I'm like a twin on itself
I'm an empty bookshelf.

I start getting angry,
And I act rather badly.
Become isolated,
Realise its me that I've hated.

Shut in the dark,
About to embark.
On the greatest journey yet,
Its about time we met.

Myself and me,
We want to be.
Together as we should,
Together like we could.

Once I start to like me,
Maybe I will start to see.
I have friends there,
Who really really do care.

Claire Abbott

Lost

I was lost, all alone,
A child without a friend.
I was there, upset and scared,
With nowhere to go.
I was here, in a different time,
Isolated from society.
I am found, I found myself,
You gave me hope.
I am there, for you my friend,
You gave me love.
I am here, I am glad,
You gave me courage, hope, love, strength,
Now please let me help you friend.

2002

Claire Abbott

Love And Light

To fully appreciate love and light,
you have to have walked through the dark times.
To conquer the dark and pull yourself through,
look to the light that's constantly shining.

Claire Abbott

Mend Me

Hey! You are alone now.
No-one to turn to.
You threw it all away.
So go out, get about,
Come home another day.

Become someone you want to be,
Stop trying to please me.
Don't try to say sorry.
Just get out, sort it out.
Come home another way.

Broken hearts,
Can be mended,
The cracks aren't that bad.
So stop being sad.
Come and mend me.

Claire Abbott

My Angel Daniel..Gone To Heaven

An angel came from heaven one day,
she came and took my light away.
When asking why, she said to me,
God has a plan, what will be, will be.

So off you went to heaven above,
A place of peace and of love.
I miss you now, I miss you forever,
One day we will be back together.

My little angel, my little man,
I pray to God, you were with me Dan,
But God told the angels, to pass onto me,
There's more to this than what I can see.

Too perfect for earth,
Too precious for me,
God called you up to heaven up high,
Where you belong as a star in the sky.

RIP Daniel...I love you little man...xxx

Claire Abbott

My God, Your God

Regardless of religion, creed of belief,
I thought your God, whichever one,
Was meant to be good, spreading love.

So why is this world such a mess?
War, famine, drought, flooding..
hatred, plagues, disease and more.

How can a God that apparently loves everyone,
manage to impart suffering on so many lives.

How comes, if God loves everyone,
some religions teach that if you don't follow them,
you won't go to heaven?

If God is so great, why does he not stop the suffering of this world?

If God made everything, and knows everything,
why does he not stop the evilness and wrong doing,
before its even committed?

And if forgiveness is granted by God,
why are we taught that there is a hell?
Surely we are already there,
God just needs us to realise it before we can reach heaven.

Claire Abbott

Myself

Tired.

Of myself, of others, of life.

Tired.

Of things I've done and those I haven't.

Tired.

Of guilt, of anger, of bitterness.

Angry.

At myself, at others, at life.

Angry.

At what mistakes I made and what I failed to do.

Angry.

At guilt, at bitterness, at emptiness.

Guilty.

Of hurting myself, hurting others, messing lives.

Guilty.

Of not saying sorry or forgiving.

Guilty.

Of bitterness, of emptiness, of hatred.

Bitter.

At myself, at others, at life.

Bitter.

At what I've thrown away, when I could've had the chance.

Bitter.

Towards emptiness, towards hatred, towards myself.

Empty.

Towards myself, towards others and life.

Empty.

Of all feelings except those so bad.

Empty.

Filling the cavities with hatred.

Hatred.

For myself, for others and for life.

Hatred.

So harsh I can't bare it.

Hatred.

So much, I want to die.

Shrivell up and go to a better place.

Nan

You look so frail as you sit there,
Half asleep in your old arm chair.
The fire blazes, keeps you warm,
Age is wearing you.
But the lines on your face never change,
The soft voice cursing as I give you a fright,
The loving kiss soft on my cheek,
The holding of my hand.
I miss you so much,
so far away.
Time isn't on our side,
But when you feel alone,
I am here for you.
I love you, you are my Nan.

Claire Abbott

No Harm

My eyes still sting with tears when I see you,
when I smell your smell and see your smile.
My head spins as I try to make sense of these feelings,
you abused me so why am I hugging you?

I suppose that the bond is still there deep within,
and no matter what you did,
I don't want no harm to come of you,
when you are in a foreign country, fighting a foreign war.

I did love you once, very much so,
I do love you deep down,
but I cannot be in love with you,
you hurt me too much and way to deep.

Yet, today was different, you apologised,
you spoke words in a different way.
You had changed, war has done you good.
Maybe you have grown up now and realised what you lost.

And I know you have said these words before,
but it was different we both know that.
I am sorry too.
However much I hate what you did,
I love you somewhere for who you are,
and no matter what happens, I don't want harm to come of you.

Claire Abbott

No Regrets

Whisper my name in my ear,
as our bodies move as one.
Time stops in that moment.

One single moment,
changes life forever.
What will happen now?

Friendship caught in lust,
can it be more?
What have we done?

No regrets,
for when I look in your eyes,
I see something there.

I may not see you for a while,
you cannot deny the passion,
don't pretend you didn't feel the magic.

Claire Abbott

Not A Care In The World

The breeze blowing through my hair,
Sun setting across the glistening sea
I don't have a care in the world.

The birds singing in the trees,
The clouds turning pink,
I don't have anything to worry about.

My life is mine,
It's what I have made it.
I've changed and turned it around.
Now I don't have a care in the world.

Like a child skipping through the grass,
My mind wanders and slips into sleep,
Restful well deserved peace.

For I have conquered my own troubles,
I have fought my fears,
And now I don't have a care in the world.

Claire Abbott

Number Four In The Queue

You think it will last, together forever?
He's been there before with many a lover.
Number one wife, he cheated and lied,
Left her and the children far behind.

Marriage vows to wife number two,
Listen to me, what I am saying is true.
He cheated and lied, had an affair,
It's where I come in, to my despair.

His marriage in tatters, comfort he sought,
We were in love, well so I thought.
Two years of hiding it, finally came clean,
We had a loving, happy little routine.

It didn't end there, he just couldn't stop,
His love for women was over the top.
He cheated on me, now says he loves you,
But remember now, you're number four in the queue.

And don't forget the few in between,
A night here and there with them, so obscene.
He gets bored pretty easy, remember what I've said,
One day you will find, someone else in his bed.

He cannot be faithful, he can't tell the truth,
A liar, a cheat, its so uncouth.
He will sweet talk you, but always beware,
He likes the game, called having an affair.

Claire Abbott

One Day

I wish I could heal the breaking of your heart.
My friend I am always here for you should you need me.
I am so sorry that you are hurting,
and there is nothing that I can do,
nothing that I can say that will take your pain away.

I wish I could make you feel special to someone.
You are so far away from home.
I wish I could reach out and hold your hand,
give you some comfort.
My friend do not fear, I will always be here.

Just write or call me, whatever time.
I might not always answer but I will get back to you.
I have been there, but nothing I say changes how you feel.
I know how it hurts.
Please don't worry, one day you will understand.

Claire Abbott

Pain

A thorn, like a thousand daggers rips at the skin.
The blood pours, the wound gapes and I feel free.
A match, intense like the sun burning at the skin.
It smoulders and smells, turns black and the hurt comes out.
A tablet or two or three or four,
Freedom in my hands.
Swallow quick, don't be sick,
You'll be free from these horrid lands.
A knotted rope, a noose from which to hang,
Something I will succeed in.
Something stops me; I know better.
I fall down, right down, the darkness envelopes me in its compressing arms.
Pushing me, harder, harder down.
I've fallen so hard.
The numbness prevails, the guilt, anger, emptiness in my tomb where I lie slowly
suffocating in my own mind.
My breath rips out tearing my lungs, sobs and tears galore.
I fight, more and harder, yet each ladder rung breaks and I tumble.
Again and again.
In despair, crying out for help.
No one can see, no one can hear, no one wants to.
Outside this terrible pit of shame, my body soldiers on.
Day turns into night, night into day.
Time doesn't matter, I fight till I can't fight no-more.
I can't, I won't, I don't want to accept.
There's more than this, more than the bitterness and emptiness, the harshness
and hatred of the mind, my world.
Somewhere I will be free.
Flying high above the clouds, soaring, singing, smiling.
All the things I have forgotten how to do.
But now I go to war again, the battle may be won, but the war's not over yet!

Claire Abbott

Pain, Shame....

Pain, shame, guilt, anger,
The feelings inside of me.
Hurt, scared, lost, weakened,
I can't let others see.

Bruised, battered, scorned, raped,
Injuries you gave to me,
Hide, cover, smile, pretend,
I just can't let others see.

Afraid, alone, far from home,
Why do this to me?
Love, power, hate, control,
Please let me free.

Claire Abbott

Poem

The sky so blue,
The grass so green,
the most beautiful things I have ever seen.
The animals on the ground,
The birds in the sky.
Thanks to a God way up high.
You are in my heart,
You are in my mind,
I am with you wherever you are.
I will not leave you,
Just think about me and I will be there.
Look at the grass,
Look at the sky,
I'm looking at them thinking of you.
It's so hard being apart,
But I know we will cope,
We have love and I have hope.
It's really not that long,
Only eight months,
It will go quickly, quicker than you think.
Soon it will be Christmas,
You will be back here,
I will be here waiting for you.
I will always wait for you,
I will always come back,
I will always care about you,
I will always want you,
I will always need you close by my side.
You are the one I love,
My one and only for life,
If I feel lonely or feel I cannot cope,
I think of you.
You make everything better.
You are a ray of sunshine,
You are a drop of rain,
You are a thunderstorm,
You are the calm afterwards,
You are the wind,
You are the sea,

You are the rainbow,
You are my eternity.

Another one for my now ex husband wrote in 2003

Claire Abbott

Presence Is Around Me

I heard you whisper to me last night,
your breath warm in my ear as you spoke to me.
Standing next to me, bright as day.

I could't understand what you said,
it made no sense to me.
Just sounded like the crashing of waves.

I know you have a message,
what can be so important that you visit me,
in the silent dark hours.

Decipher the message and make it clear,
Come visit me again, make yourself known,
I know you frequent this place.

I can't always see you, and you make no noise,
but your presence is around me.
You are around me all the time.

Claire Abbott

Relax

Flame flickers and burns,
Lights up the dark.
Fills the room with soft incense,
Relax, relax, relax.

Claire Abbott

Remember Me...(Poem About A Soldier)

Do not cry for me,
Do not shed a tear,
Although you cannot see me,
I am always here.

I am in your thoughts,
I'm in your dreams,
Do not fear for me,
Death isn't what it seems.

There is no darkness,
Just love and light,
So rest now please,
I am alright.

So do not worry,
Don't be upset,
I have lived my life,
With no regrets.

I loved and cared,
And laughed happily,
I gave my life,
For the world to be free.

In moments of need,
When you feel despair,
Just call out my name,
And I will be there.

A memory now,
kept in your heart,
Remember my love,
we are never apart.

RIP Brave Soldier x

Remembrance Day

Red, bright, glaring,
vivid amongst the green,
lying on the cold grey stone.
Remembering you,
the Dead.
Our Heroes.
Red as your blood,
spilled on a battlefield far from home.
The stone cold as the ground,
you laid and died upon.
Fighting for our freedom,
for who and what we are.

Tears for the loved ones lost,
drip silently down the cheeks of many,
glistening like the dew on your graves.
Sobs of grief echo around,
remembering your final days,
hollow from pain.
Boots and shoes pounding the pavement,
as many of you marched on before,
we march to Remember you,
on Remembrance Day.

Claire Abbott

Screaming

Screaming in passion,
Screaming in pain,
Its screaming just the same.
Sometimes good,
Other times so bad,
screaming is what we had.

You made me scream in many ways,
Do you remember those passionate days?
The times you kept me up all night,
The times we stayed to watch the dawn light.

Then there was that awful day,
When I screamed and you went away.
You left without goodbye,
You hurt me bad and made me cry.

Now I see you once a year,
Even now I shed a tear,
I think of all that's been and gone,
of everything that went on.

But I know deep in my heart,
We will never ever part,
What we had was so so good,
I can't replace it, never could.

So if you're ever back in town,
You know i'm here come around,
We'll reminisce those happy times,
You'll always be in my mind.

2002

Claire Abbott

Silence

The sound of silence is all around,
its eating me up,
the black hole is coming down to swallow me.

Its suffocating me,
that silence is all around,
oh God, what would I give just to hear a little sound.

The noise of silence is here again,
its pushing me down,
the empty hollowness is driving me insane.

Break this silence up,
come and rescue me,
take me out of this silent misery.

Give me any sound,
anything at all,
please don't leave me here,
this silence is so cruel.

Claire Abbott

Smile

Thank you to a true friend who sent me this poem, I would like to share it with others. You gave me so much inspiration and have helped me so much. You mean the world to

Smile; Life begins around the corner,
You need the courage to turn around the corner,
The corner is an enemy, until you ask to be friends.
The right person is a stranger,
The stranger is a friend if you ask nicely,
Ask the stranger nicely, and he may start to love you.
Courage needs to be prodded,
Life starts around the corner,
Why are you still round this corner?
GET ROUND THE CORNER!

Claire Abbott

Snoring

Snoring next to me,
My head is hurting,
I'm so tired.
Shut up! ! !
I can't sleep.
You are keeping me awake.
I kick you, you lift your head,
And fall back to sleep!
Wake up!
You are now laying on my feet!
Shut up, stop twitching!
Get off my bed....
go on downstairs back into your basket.
Good girl,
Now you can snore and dream away.

Claire Abbott

So This Is Love?

Holding on to your body,
Feeling your heart beat,
Hearing your voice whisper in my ear,
Is this what they mean,
When all that matters to you,
Is the person standing next to you,
Is this the sort of feelings you get,
When you meet the person of your dreams,
Is this love,
Or just a wild fantasy!

2002

Claire Abbott

Soldier

A coffin sat before me,
enclosing the body of a young soldier.
His life cut down in his prime.
Ten friends dead in such little time.

Young soldier my friend,
Why did you have to die?
A life taken in a war far from home,
I hope you didn't feel too alone?

Now you lay here,
Your time on earth is through,
God has called you up above,
He has a job for you, as an angel spreading love.

Too important for earth,
Full of everything good
Too precious to keep,
Sleep brave soldier, you earned it, sleep.

Claire Abbott

Some Place Else

Blackness Surrounds

The velvet darkness envelopes me,
Air seems to disappear.
I start to choke and suffocate.

I can't take this any longer,
I want to escape this impending bleakness.
Desperation sets in, I'm crying for help.
No-one can hear me.

I want to escape but theres no way out.
I want to be free.
Help me someone please.
I can't live like this anymore.

Life would be better without me.
Nothing to mess up or do wrong.
Life would be happier without me,
I should be gone. I should die.

Take me some place else lord.
A place where there is love not hatred.
Somewhere I can live in peace and harmony with myself and others.
Let me die please let me die.

I can't take this pain no longer.
I've been hurt to many times.
I pray and ask for good things yet its all wrong.
Must be my fault.

If I wasn't here things would be good.
If I was away people would be happy.
Let me go please let me go.
Let me be happy some place else.

2002...I was battleing a period of self harm

Claire Abbott

Story

I tried to write a story,
About a girl named Sue,
But i couldn't write it,
I didn't know what to do.

I put some words together,
It sounded really bad,
It made no sense to anyone,
Why poor old Sue was sad.

The chapters were all back to front,
Pages upside down,
One minute Sue was in her bed,
The next she was in town.

She bought a new nightgown,
Went swimming in the sea,
She led a really weird life,
Made freinds with a pea!

Now the story never finished,
Cos me head went blank,
Just as Sue was to meet her mum,
She also robbed a bank.

The moral of the story is,
I know this one for sure,
Get the story in your head,
And plan it out before.

Strange enough when I tried this,
It all slipped into place,
I shouldn't try to write stories,
Sue's in the bin; now no trace!

Claire Abbott

Stranger

A stranger became my friend,
A friend became a stranger,
I loved and lost my heart,
Yet my heart was lost to love.
A darkness, it swept over me,
I felt I couldn't go on,
A ray of light you shone through,
And helped me on my way.
Goodbye to the past, although it's sad,
It's not such an awful thing,
Hello to the future and what's before me,
I can follow my dream.
But without losing and having lost,
I would never have found or been found,
You've been there for me
To know you is to be proud.

2002

Claire Abbott

The Past

Daylight dims,
The clouds come down,
Thoughts running through my head,
I want to relax but something is there,
Its haunting me.

I can't recognise it,
Don't know or understand,
The pain and anger inside of me,
Its bringing me down,
Hurting me.

I want to be happy,
To feel fulfilled,
But the past is still with me,
It won't let go,
Why can't it leave me alone.

It's there when I'm awake,
It's in my dreams,
Eating me up from inside,
I want to let go,
Take my past away

Claire Abbott

To Love

To love is to care,
To always be there.
To love is to want,
But to give and take.

To love is to share,
The laughter and the pain,
To love is to listen,
And to give advice.

To love is to be,
Together as one,
To give your heart body and soul,
And never regret.

Claire Abbott

Treachery

Treachery, a so called friend.
So much to contend with,
Without you causing this.
The blackness of your heart shows through.
Now we know who and what you really are.
Unable to extinguish the pain and anger,
caused by you.

So naive in what you have done,
Can't you see what you have caused.
Your poisonous ways have disfigured the dynamics of this group.
No more can we call on your association.
From now on you face the world alone.

Claire Abbott

Truth And Lies

Some poeple always tell the truth,
Some people never lie,
You lied you fibbed and told the truth,
You managed to make me cry.

It's not that very often,
When someone tells the truth,
the whole truth and nothing but,
I really can't believe you,
I've got to have some proof.

How could you go and do this,
You said you'd never hurt me,
Was that just another lie?
Because you've gone and made me cry.

I think you'll find that in this life,
You'll find two different sorts,
There ones that tell the truth
and ones that always lie.

The ones that tell the truth,
Will make you sing and dance,
The ones that tell the lies,
Will make you sad and cry.

Claire Abbott

Use Me, Abuse Me

Use me, abuse me,
Do what you want.

Hurt me, ruin me,
I don't care.

I'm not here.
It's just my body not my soul.

Break me, rape me,
Fulfill your goal.

You disgust me,
Have my body, not my mind.

Take it, you want it,
See what you find.

A hollow shell,
No love left inside.

I've withdrawn to that safe place,
That place you will never find.
You will never get all of what you want.

Claire Abbott

Walk In My Shoes

How can you understand?
How will you ever know?
You will never be the same as me,
You will never feel the same as me,
You will never see the same as me.

How will you feel?
If I judged you, how you judge me.
What would you do?
If you was in the same situation.
It wouldn't be the same as me.

My life is unique to me,
Every living moment and aspect is mine.
So when you look at me and disagree,
Remember to talk a walk in my shoes,
before you try to judge me.

Claire Abbott

What Is This?

It suddenly creeps up,
without me even noticing,
I didn't realise it was there,
Until you showed me the way.

You gave so much to me,
I want to share it back
I want to spend my life with you
This must be love

I can't imagine me and you
going our separate ways
perhaps we're meant to be together
romeo and juliet such a perfect play.

So this is what it feels like
this is what it's going to be
you and me forever
I can't wait for it to be.

2002

Claire Abbott

What You Do

It is a strange and funny thing,
That you do to me,
How often you make me laugh or cry,
Till I just can't see.

Sometimes you say the funniest things,
To have me rolling on the floor,
Sometimes you say the nastiest things,
Which make me slam the door.

But most important of this all,
Is the things you do not say,
Cos we can read each other's minds,
I wouldn't want it any other way.

2002

Claire Abbott

What You Don'T See

People think they know you,
They are friends and relatives.
They've known you for so long,
They assume they know everything.
Really they don't know half of it.
When you go to bed at night,
they don't see behind the closed doors.
When you go to school each day,
They don't see what's in your head.
When you talk to people,
You don't say everything you are thinking.
When you write a poem,
Words cannot express all that you mean.
People don't really know me.
They never see me cry,
never see what hurts me and why.
They never see the pain,
That I put myself through.
Never see the thought or unhappiness,
the hatred, the guilt that runs through my mind.
Never know what I am thinking, yes I may be talking about science,
But I'm thinking about mistakes I have made,
About me as myself.
People don't know that I'm obsessed with my weight,
And that I constantly battle against a disorder.
People can't see the real me,
I don't want them to.
I don't think they'd like me.
I don't even like me.

Claire Abbott

What You Reap You Will Sow...

Gail and Sue,
Number one, number two.

Kate and Bec,
Should have took a reality check.

Claire and Trace,
You are such a disgrace.

Married to two,
Yet each relationship you blew.

Slept with more,
Your behaviour I abhor!

Such a let down,
Such a stupid clown.

Ruined our lives,
but we will survive.

Old and lonley you will grow,
what you reap, you will sow!

Claire Abbott

When I Hear Your Name

Desolate, barren, empty....the love went a long time ago.
The hate and anger stayed longer,
Now all I feel is emptiness, nothingness.
I don't even flinch when I hear your name.

Claire Abbott

Why

Worthless destruction fills me with rage,
When will this stop? The hurt and the pain.
The loss of life, the toll grows every day,
How can we make this go away.

Fighting a war, in a foreign land,
No-one knows what its really about.
No-one cares and wants to be involved,
The mysteries of war, always unsolved.

The coffins keep coming, another life gone,
Draped in a flag, for their final journey.
Mothers weep, as they say goodbye,
Why have their sons had to die?

Claire Abbott

Why Me?

Why me?

You hurt me.

Why me?

You said you loved me.

Why me?

You said you cared.

Why me?

It was all a pack of lies.

Why you?

I shouldn't have believed you

Why you?

I should have known better

Why you?

I should never have trusted you

Why you?

You went and broke my heart.

Why us?

Why not?

Why?

A thousand questions left unanswered in my heart

Claire Abbott

Wine

You make me smile when I am sad,
You make me sad when I am happy,
You make me do things that are really bad,
You make me into a complete nutter.

Yet I turn to you in my hour of need,
I turn to you for no reason at all,
When I'm lonley, bored or just fancy it,
I turn to you.

Honestly I know, you're not great for me,
Causing me trouble and misery.
But at the same time I can't give you up
Those feelings you give me are too great.

Invincible, loved, happy, carefree,
Sad, lonley and unhappy.
Mad, free, and feeling sick,
oh dear I've drunk you too quick.

So I have to learn my lesson,
All in moderation,
I should learn to say enough is enough,
Rather than wake in the morning feeling rough!

Claire Abbott

Wish Upon A Star

Wish upon a star,
bounce it off the moon.
Dreams do come true,
maybe one day soon.

Claire Abbott

Wizard Man

Wizard man, share the love,
share your magic with me.
Wizard man, make me smile,
let our love be.
Wizard man, if you're from Oz,
can I be your Dorothy?

Claire Abbott

Words

Words are words are words,
They have a meaning,
They say something,
They love, they hurt, they do whatever you want.

But words are words are words,
They are insignificant,
Non-sensical,
Non-meaningful
They are only words.

They convey our feelings,
The convey our love,
They convey our wants,
Our hopes and our dreams,
But they are just words.

Words are just that,
Noises with meaning,
Meaning what you want them to mean,
Sounding how you make them sound,
They mean everything or nothing at all,
As words are only words.

They can please, they can hurt,
They can make you smile or cry,
They convey a message from one to another,
But words are only words.

Words are not needed,
The sound could be still,
The use of pictures, of sight and taste and touch,
Does everything a word can do and more.
Cos words are only words.

They can mean everything or nothing at all,
But somethings cannot be put into words,
They cannot explain everything,
They do not explain anything at all,

Really words are just words

Claire Abbott

You Are Confusing Me!

You are confusing me, as to what you want.
I'm not a toy, I have feelings, I have wants and needs to.
I really like you but I don't want to scare you away,
Cos you are giving me mixed signals and I don't know how you feel.

So tell me, what is it that you want?
Do you want the physical side of things,
and expect me not to get attached?
Do you want to just use me and then,
When someone better comes along you will go.

Or am I just analysing this too much.
Are you wanting more, but like me you are scared.
Not sure how to read the signals,
Not sure how to cope with these feelings,
which I haven't felt for such a long time.

Please tell me which,
You are confusing me!

Claire Abbott

You Are In My Heart

Did I ever tell you how much I care?

Did I ever tell you how much you mean to me?

I don't think I did.

Its true.

Without you I would be no-one.

Without you I wouldn't care.

Without you I wouldn't know love.

You showed me love of the greatest form, and even now when we are apart, I'll never forget.

We both moved on, your in a new place now.

New faces, new friends, new love, but nothing will ever compare to me and you.

That one night we spent together, watching the sunrise.

The sweet nothings you whispered in my ears.

I can still see it, I can still hear it.

Nothing will ever take you from me.

You are in my heart.

Claire Abbott

You Was Meant To Love Me

You was meant to love me,
You was meant to care,
You promised we'd be happy,
Promised you would always care.

Now the pain rips through me,
Like a knife through my heart,
We should be together,
It's so wrong being apart.

You hurt me,
You lied,
You coward,
How could you do this to me?

My heart is broken,
The trust has all gone,
The dreams we dreamt together,
How could I be so wrong?

Now my heart is breaking,
Like glass to the floor,
How can I ever love again?
Love like I did before?

You liar,
You cheat,
You user,
How could you do this to me now?

After all that I went through,
The hurt and pain I had before,
You helped me through it all,
And now you've hurt me more and more.

You supported me through the shame,
Through the bad you gave me light,
Now you've taken it from me,
How can it ever be alright?

How could you?
How could you?
It hurts so bad.
I will never get over you.

Claire Abbott

Your Fist

I'm watching, I'm waiting
I can see you from the corner of my eye.
Its heartbreaking.

Your fist makes contact with my face,
I can feel your heart race,
The blood pulsing in your veins,
Here comes your fist again.

The anger in your eyes.
Your shouting, your shaking,
Oh god here we go again.

I'm screaming, but no sound comes out,
I'm hurting, as I hear you shout.
I feel the pain as I break,
Oh god, how much more can I take?

Your weight crushing me,
Forcing me down,
I can't get my breath as you push me to the ground.

Ripping my clothes,
Stealing my dignity,
I won't give up!
You can take my body but you will never have me.

The pain is burning through me,
As my flesh is ripped and torn,
Oh god help me,
I wish that I was never born

Darkness closes in around,
My body lifeless on the ground,
Run away from what you have done,
Go on - leave me here to die.

Claire Abbott