

# A Shattered Mirror

content warning: body dysphoria & mention of eating disorders

I stand before the mirror  
Revolting the girl staring back at me  
feeble fingers graze my body  
Observing every roll of fat  
I straighten my posture  
Struggling to make my stomach flatten

I ate too much today  
I will skip all my meals tomorrow  
My heart begins to race  
I loathe myself

So I pace

Stretch marks scatter my skin  
I pull at the fat under my chin  
Hoping I can pull it away

My hands make their way to my face  
Crimson and inflamed

I sink into the floor  
My tears gravitate with me  
I watch them ricochet onto the floor

My fingers linger down my thighs  
Brushing across the cellulite  
My hips hang over the sides of my pants  
My hair has become more brittle and bare  
I know I shouldn't care

But how can I not?  
When I see those beautiful girls with wide hips  
Plump lips  
And a waist so thin  
Their silky hair flowing down their backs  
With their perfect smile and glass skin  
Oh how I wish to be like them

Except I simply cannot  
I must live for the future and grow with my thoughts  
I'll get the help I need and try to succeed

