

My personal
journey of growth
through poetry

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I write with my heart
and words flow
My poems are created
from the depth of my soul

My fingers and toes turned in
shades of blue and purple
My skin white as snow
not enough life inside me to glow
Your cruel voice sounded heavy
in my head
You offered no mercy
A devil you were

Slowly disappearing from this
big scary world
Pound by pound I lost myself
Turning into a person
I didn't recognize
Ignorant for the beauty of
nature and people
Wandering through the streets
like a zombie
Barely alive
A body consisting of bones
No flesh or warmth offered
protection
I was vulnerable like a
newborn baby
And lonely like a homeless man
You took my happy thoughts and
threw them away
Like a thief you stole my smile

I kept moving and starving
myself
Just to lose more and more
every day
of the person I used to be
Couldn't stop
You were too strong and
I too weak
So I obeyed your commands
blindly
Regardless of the consequences

- anorexia