

Inside out

Tears stream down her cheek
As she pukes out her meal
Her wrists covered with deep scars
Her drawings crying for help
'Too fat, not normal,' she whispers to herself
As they tease and bully her
Alone with the hate said about her weight
Her fingers trembling with fear and her body
Aching with memories
Haunted by the past
Cries herself to sleep each night
Holds back the pain with all her might
Broken-hearted, crushed inside
Too frightened to go outside
Too exhausted to smile
She stares at the mirror with disgust
Her eyes lost the sparkle that they once had
Her heart lost the liveliness that it once pumped
'I'm not a doll, I'm a human being.'
'I'm not perfect, no one will ever be, you need to accept me
For me.'
One word can destroy and ruin someone so much
Yet no one notices, the dying inside, smiling inside
She hides her sorrow with laughter and joy
Her mates think she's fine but little do they know
She learnt to forgive but couldn't let go
All she's fine but little do they know

She learnt to forgive but couldn't let go

All names and insults that were said

You see sticks and stones will break her bone

But words, they can hurt, and they haven't stopped since.

Maarya