

Nothing Left by Carole Meier

Smaller and smaller was the goal.
To have Control.
No matter what toll it took on me,
I wanted to be pretty.
This idiotically simple thought
God, all it brought was pain
I never meant to change what's on the inside,
To keep what made me Me,
Only to change what Others see.
Watch me get destroyed by this impossible task
I thought becoming popular could fill this void
But to bask in such glory just wasn't for me
Childish dreams
So dumb and naïve

People ask who you are
But who are we to say how anyone should be
I thought I liked who I was, so why did no one agree
They'd never see the one I liked, truly, myself
I want this to stop
I want it to end
Shelf my needs, be strong now, pretend
Act as they do
Dress like they dress
Eat what they eat
No Extras
No Flaws
No Comments, just peace
So instead of wearing this face proudly as mine
I chose the path of least resistance, to hide.
A hollow mask I slipped behind,
But an empty stomach, an empty mind.

At first it filled me with pride, what I had made.
Discipline made me feel full 'til it was too late.
So as the color of my skin started to fade
And counting and comparing took a hold,
As my world steadily went bleak and cold,
I realized what kind of person I'd become.
My emotions boiled down and my mind went numb.
What I used to love so much before,
Suddenly, none of it even mattered anymore.
It all went away
All out of my Control

Being low made me feel high
Piece by piece I replaced reason with a Lie
I've seen the statistics, I know I could die
But it's just so hard to let go you know
It had so much patience, it started so slow
The Routine, it took root
And those tiny Restrictions still looked so cute

It's simple, just a little bit less each time
And resign to my thoughts no longer being mine
Over time It even becomes less and less of a crime

For a long time now who i see is not me
As a child i had a clear Image of who i wanted to be
i Imagined this Person of divine Beauty and Grace
I don't recognize this Face
What the mirror shows has changed
Closer to what i Wanted, but somewhat estranged
Deranged, Who i see is no longer me

Hollow cheeks
Hollow eyes
Hollow soul
The Hollowness took me,
It swallowed me whole
It ate me up, left nothing in my place
An empty Shell
and of me?
No longer a trace