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A Fresh Start

Behind the closed door,
Comes a click and a snap,
Your eyes are bloodshot,
Why don't you take a nap?
But you can't, can you?
There's another post to make,
Anything for "likes",
Even if it's fake.

It takes you thirty shots,
Before you get it right,
You've made your skin smooth
And your eyes bright;
But you're not satisfied,
Perfection seems so far,
How come you never have
The beauty of those stars?

At last, it's all done,
But you didn't have dinner,
Your stomach is rumbling,
Yet you've "gotta get thinner".
You can't stop the craving,
So you gulp it all down,
Guilty and ashamed,
You hurl it all out.

It's one in the morning,
Time to study, you say
But that new reel on Insta,
It really can't wait.
It doesn't matter anymore,
You're just a "waste of space",
Compared to those prodigies

That never fail to ace.

It's been a long time,
Since you've had any fun
You're tired, you're sick
You want to be done.
It started as a hobby,
A solace, a blessing,
It turned into an obsession,
A curse, unrelenting.

A cycle of comparison,
Of judgment, of despair
Crumbling self-worth
Before you're aware.
But remember, friend,
That none of this is real,
They never share their struggles,
Only what's ideal.

So take a break and unwind
Find your own special streak,
Be kind and be you,
The you that is unique.
You're worth so much more,
Than the views that you gain,
Don't let the comments
Shackle you in chains.

Embrace your imperfections,
Just the way you are,
Life can be messy,
But hope's never far.
Focus on true beauty,
Deep inside your heart,
Lift the heavy burden,
It's time for a fresh start.