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**Grade: 7**

**My Thumping Heart**  
**By: Alexis Santosa**

Ba-thump ba-thump ba-thump!  
My heart is thumping harder than ever  
Yet feels as if it's completely dead inside  
Their laughs kept crashing onto me, like a river  
And I could never swim out of its tide  
Glasses can help me see clearer?  
Please; everything I look at seems so much blurrier  
Because my eyes are filled with tears

Ba-thump ba-thump ba-thump!  
My heart is pounding harder than ever  
Time glided by; youth sizes don't fit me anymore!  
The baby bird has fledged its feathers  
Ready to soar  
Although I never knew it would be this difficult  
Red spots on my face left and right were all I could see  
Yet the screen showed only perfection  
I never knew that beauty was not a real reflection  
And decided a mask would hide these imperfections

Ba-thump ba-thump ba-thump!  
My heart is smashing  
Against my chest  
As I run to the bathroom choking  
Up my lunch  
I need to keep down the digits on the scale  
No matter how much  
I'm dying inside  
Have to stop eating more than the rest  
Have to make sure I look the best  
In front of my camera

But...  
Should I stay in this eternal abyss?  
Should I live in this everlasting darkness  
Eating up my soul?  
If I just look up...  
Will I finally be free?

Ba-thump... ba-thump... ba-thump...!  
My heart is starting to open  
Its hesitant petals into bloom  
I start to understand as I gaze at the moon  
Just how wrong I was  
About everything  
The ash in my mouth dissipates with a smile  
My breath is taken away; not by anxiety or fear  
It's exhilaration  
And my face is burning  
Not with tears...  
But from learning  
How beautiful I truly am

Ba-thump... ba-thump...  
My heart is beating  
Not with sadness...  
But with joy