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Grade 10

Nothing tastes as good as skinny feels

A body made of porcelain shells
Skin and bone, small and fragile
Dainty and doll-like in a picture
Silken hair and a petite figure

Eyes of gold, nose buttoned and straight
Put on a waist trainer for a tinier waist
Stay thin, stay youthful, keep your collarbones sharp
Plump, heart shaped lips for the cherry on top

As now we are to covet
Defined jawlines and toned stomachs,
Exercise machines and diet pills,
Using it all just to fall ill.

How do you embrace your imperfections
When you clearly see your defects in your reflection?
Starve yourself until you're small like a Barbie doll
"Nothing tastes as good as skinny feels," after all.

I glance at me when I was young, so so small
then I look in the mirror, flaws and all
If I treat the girl in the polaroid gently then
maybe I would start loving her again.