

You spend hours scrolling through your Instagram feed,
staring at posts of faultless movie-star teens.
With faces and bodies straight out of fiction,
you find yourself falling deeper into addiction.

You sit there and question, “Why can’t this be me?”
Envyng the girls with lives like your dreams.
Seeing every heart, every comment, and every share,
you can’t help but stop and compare.

So you stand up and walk towards your bathroom,
but what you see in the mirror clouds your mind with gloom.
As you gape at your every feature in the reflection,
you start to notice all the flaws and imperfections.

You think your legs are too wide or your face is too round,
your skin is bad or your makeup makes you look like a clown.
The tears start to trickle down your disheartened face,
in an online world of flawless figures, you feel like a disgrace.

But what you don’t realize is that social media isn’t real,
it doesn’t show all the emotions a person truly feels.
It only highlights the positive portions of someone’s life,
not the sad, not the lost, not the pain that stabs like a knife.

Social media is a world of fake followers, filters, and friends,
a whirlpool of hoaxes and frauds that never seems to end.
Angles and lighting molding your face into distortion,
Editing and reshaping your anatomy like contortion.

So stop chasing attention and validation online,
stop determining your worth by your Instagram likes.
You are more than the hearts and comments you receive,
your value cannot be measured by what’s perceived.

Because every blemish, every taint, every crack, every scar,
Is a testament to the perfect person you are.
Because behind the filters and lenses on your screen,
true beauty goes beyond just hashtags and trendings themes.

So scroll, post, share, but don't ever forget:
You are more than your social media silhouette.