

# Dear Body

Bow Anderson

Started when I was a child, watching my mom go on a diet  
I thought maybe I should try it  
Dropped a size and lost my mind in the process  
Waking up afraid of change  
I put all my self worth on my weight  
Living on compliments from strangers  
Self criticizing in the mirror years later

Toxic secrets, I made you keep  
I starved you out, when you needed to eat  
But now that I see it  
I wanna set you free...

Dear body, I just wanna say I'm sorry  
Cause I'd never do this to somebody else  
But it's easy to hurt myself  
(Oh oh)

Dear body, you're taking good care of me  
I wish I could say the same about you  
After all that I put you through  
(Oh oh)

I said, you were too big  
Then you were too small  
Too many curves  
Or none at all  
Why was I so cruel, when you're me and I am you  
I'm sorry, dear body

I dragged myself back to the gym, when it was therapy I shoulda been in  
I've never felt good in my skin, and I still wear a t-shirt when I swim  
Ruined so many holidays, Skipping the birthdays cause of cake  
Counted every last little taste wondering when it would show up on my thighs  
or my face  
I know better, now that I'm older  
But in photos, I still hate my shoulders  
Oh I wanna heal this  
I wanna set us free...

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I wish I could say the same about you  
After all that I put you through  
(Oh oh)

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Then you were too small  
Too many curves  
Or none at all  
Why was I so cruel, when you're me and I am you  
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