

Apples

Brye

I joke about locking up the fridge and the pantry
Camera in the kitchen, how dare you eat when you are hungry?
The fridge is full of slim, fast drinks
I'm eight years old, I need to eat
But I drink them all throughout the week
A walking sponge

Go inside your nightstand drawer, I'm looking for a cough drop
Find my baby pictures next to pills you take for weight loss
Apples falling from the tree
Hope you don't rub off on me
Watch you cut your calories and I soak it up

When I look down, I can't see the bottom
It's an endless pit filled with all of your problems
Superfoods, raw vegetables, and apples
I'm falling as far as I can
I'm falling as far as I can

Freshman year, the both of you are intermittent fasting
Celery juice for breakfast, I'm smaller, thanks for asking
Sixteen and recovery, you have to hide the scale from me
You're trying so hard to help me, but the roots run deep

Mmm

When I look down, I can't see the bottom
It's an endless pit filled with all of your problems
Superfoods, raw vegetables, and apples
I'm falling as far as I can

But when I look out, I can't see the finish line
It's an endless road filled with mountains I can't climb
Ketosis, kale chips, liquid diet
I'm running as fast as I can
I'm falling as far as I can

Looking back, I'm so relieved all this didn't kill me
It's far from perfect, but I think there's actually been healing
My sister's seventeen right now, she's confident she loves herself
We're on the other side somehow

And when I look up, I see all the progress
I see my mom eating more and caring less
Therapists, resilience, replanting
We're doing the best that we can
I'm doing the best that I can