

RECOVER

Brye

Today I ate
A single pomegranate
And thought about pasta
All day

Sandy says
It's only up from here
But that's what a therapist
Is paid to say

I could choose to be tortured
I could lose all my progress
For the chance to look thinner
For the chance to be an object

But I want to feel good
I want to get better
I want to be comfortable
I want to recover

Another wellness diet
Has got us in a chokehold
Gwyneth Paltrow's gone insane

The body positive movement
Has gone mainstream
Like 9 generations too late

You could choose to be tortured
You could lose all your progress
For the chance to look thinner
For the chance to be an object

But I'd rather be bigger
I'd rather quote "fail"
Than lose another second
Of my life to the scale

I want to feel good
I want to get better
I want to be comfortable
I want to recover

Today I ate
This really yummy pasta
And didn't think about the carbs

I used to hate
The younger chubby me
But now I welcome her with open arms