

One Day

There was never a sparkle in those sunken eyes

Disappeared while she believed all the lies.

Hair is breaking, skin is pale,

Lower number on the scale.

Every day at a lower weight,

But nothing could ever stop her hate.

Until one day, someone asked.

Standing there, she broke down, at last.

Life got better, after that day.

But it wasn't easy, not right away.

She fought her demons, day and night.

She wanted to quit, but she needed to fight.

Slowly but surely her life returned.

She dreamed and pondered, she longed and yearned.

Just as it should be with a girl her age.

A life ahead of her; an empty page.

Fully recovered, she remembers her past,

She wouldn't be here today, if no one had asked.