

five poems for trauma

“But you took it anyway”

My body is mine to give  
but you took what you  
wanted anyway.

You are like a tattoo  
permanently living  
under my skin for  
the rest of my life.

Now I have problems  
with physical affection  
even with my own husband.

You took that from me.  
You had no right.

“What was it about me”

What was it about me  
that you hated so much.  
The golden age of technology  
and you used it to bully me.

You would call me names  
and thought it was funny  
when your terrorization  
would make me cry.

What was it about me  
or did you hate yourself  
that much you needed  
to inflict pain on me  
to forget about your own.

## “Rebuild”

You called me fat and ugly  
told me that no one could  
ever love someone like me.

You made me hate myself  
to the point that I didn't  
care if I lived anymore.

I started looking in the mirror  
examining every inch of my body  
and saying the most vicious  
things I could think of.

I torn myself down  
farther than you ever could.

It has taken me decades  
but I am finally beginning  
to rebuild who I once was.

“My value”

When you didn't want  
to go on dates in public  
I should have known.  
You didn't want anyone  
to know that I was  
your “girlfriend”

Thinking that I would feel  
grateful that someone  
like you finally wanted me  
You prayed on me  
because I was “fat”  
you used me for  
your own sexual gains.

But you didn't like it  
when I told you no  
did you.  
Surprised by it you left.

I was so hurt by you  
I gave you too much  
power over my heart.  
I am more than just  
a warm body for you.

My value is not based  
solely on my sex appeal.

“Hurting and Healing”

Do you have the idea  
of me hurting

or

do you have the idea  
of me healing.

When we begin  
to grow and heal  
there will be some  
people in our lives  
that will keep the idea  
of you when you were weak.

Because that version of you  
is easier for them to hold  
power over.