

Body,

How have you managed to survive it all?

Through the torture, abuse, and manipulation you are still here standing.

After everything I did to try to destroy you, all you did was try to survive

Even against my wishes you survived

After crying at night not caring what happened to you. You gave me a second chance when I didn't want one

You still stood after the damage I did to my heart and organs.

A faint heartbeat was all you could manage

Forced to exercise when all your energy was used to keep me alive

Vials of blood needed to be taken, but my veins were too hard to find, too constricted, nurses used a needle for babies

The damage to my organs

They were shutting down, that didn't make me change my ways

In such a bad headspace

But feeling numb was better than feeling anything at all

This illness has the highest mortality rate

1 in 5 fatally fall to eating disorder complications

"That won't ever be me", I told myself

It's been 3 years since I stepped foot into treatment

3 years since my life was saved

My parents are the heroes

Getting me help against my wishes

But here I am now, grateful for their hard choice

I still have a long way to go

But steps forward are still progress

No matter how small

"I may not be where I want to be, but thank God I'm not where I used to be"

Mom and Dad, this anniversary is for you, for your strength and compassion. Thank you for what you did that day, and thank you for not giving up on me