

It's hard to explain
When I don't get it myself
What makes you do this?
What makes you destroy yourself
What's the appeal

Trying to convince me I was happier
When I was sick
Frail
Weak
Knocking on death's door
"Your being dramatic"
But it has the highest mortality rate
Of any mental illness
You're trying to tell me I was happier?
You're forgetting the times that I
Didn't want to wake up
Lost the desire to continue on
Didn't see the point
Went to sleep dreading the next day
How was that happier?

"You looked better"
But
I was also dying
How was I happier
When I couldn't be left alone
How was I happier
When I was a threat to myself
How was I happier
When my heart beat faintly
Organs shutting down
Hair left in clumps
And balding spots appeared
Tell me how that equals happiness

Your family worried
Your own mom crying
Begging you

To make it to 500 calories for the day
Resisting
“Don’t listen to her”
“She’s sabotaging your plan”
At the time
You didn’t realize the toll
It would take on everyone around you

Getting angry when people would ask
“Are you okay”
What are they talking about
I’m fine
Isolated and alone
Angry and scared
Sad and distant
But I’m fine

How was I happier when I bawled
Begging my parents to come get me
Bring me home
Out of this hospital
A 15 minute call window was all we had
And all I did was cry
I felt trapped, hysterical, panicked
The nurses waved to tell me
Time was up
Say goodbye

I can’t tell you why
It’s hard to explain
It’s hard to understand
Until you have it

The time spent starving myself
Exhausting myself with exercise
That my body couldn’t handle
Controlled by voices
That weren’t my own
Living by rituals

Shackled by their command
Don't tell me to go back
"You felt better"
I didn't feel anything
Couldn't think
No emotion
I lost friends
Because I was a shell of a person
Not the person they knew

It's hard to explain
The way our minds work
Where's the logic
Don't try and tell me I was happier
As tempting as it is
To go back
So familiar and comforting
But
We both know what's true
I wasn't happier
The voice was

e.g.