

Today's track workout left me feeling down
Everything I had been thinking became validated
The constant lies swirling
Day in and day out
"I told you this would happen"
"You are fat and slow- kiss your dreams goodbye"
"Go back to the old ways"
"You were better then"
"Once this ends, you know what you have to do"
The voice so loud
So controlling
I want to escape
But the source is within me

Feeling so hopeless
Running with such destructive thoughts
'Keep them all inside'
I tell myself
Just get on the line and go
'Stop crying'
'Be stronger'
Don't make a scene
I couldn't run from the voices today
They rode along
And beat me to the line

Stuck in the middle of what was and what could be
The painful no man's land
Temptations to go back to the old ways
Comfortable. Familiar. In control.
I'm trying hard
To fight the screaming voice
A constant tug of war
There's my rational voice
And the eating disorder voice
I feel everything
And then nothing at all
But I can't decide what's worse

Other people tell me
“You will be faster”
“You will be stronger”
I’ll reach my goals they say
Once I reach my goal weight
How can that be
When I feel like this
I’ve had this feeling before
The last time I had to gain weight
I have too much to carry now
My body isn’t used to it
Slowing down
Out of shape

Eat more and exercise less
A formula to lose my mind
But here I am
Abiding by the rules
To see if it’s true
To see if I feel better
But right now
I feel worse

If gain weight
My head screams
If I lose weight
The rational side screams
“Don’t you want to meet your goals?”
“Don’t you want to practice fully again?”

Yes
But it’s moments like these
When I can’t decide who to listen to
Listen to the screaming voice
For a few moments of peace
A few moments of silence
Because it’s pleased
But I know it’s wrong
So what do I do

It's a full time job
Trying to balance my brain
And all the orders it gives

I'm giving this a try
They are professionals for a reason
See what happens
Trust in their judgement
Do it for them
If you can't do it for yourself

I want to see what happens
I don't give up
This is not the end
Even when it feels like it
Goals are still present
I want to know I gave it all I could
No 'what if's'
No 'what could have been'
No "I wonder"
Not anymore
I'm sick of it
I want to be great

e.g.