

*Here I am*

*It is now 2023, a new therapist has new ideas and new growth, The medications have worn off and im finally stabilizing, so tell me why your voice I hear so clearly in my head, The never ending nagging, never good enough and the feeling of disaster around the corner is this how life is tell me why I cant let you go why I cant move on cause MAMA I want your approval so badly I want you to see me as successful I know I have gained a ton of weight and my body isn't skinny but no one is perfect. 2023 has came and went the winter was cold and wet just the way I like it haven't spoken to you in two years and haven't seen you in five, it pains me to think how your so okay with the lost connection,*

*It reminds me of the time that you watched me take all my meds and didnt even flinch your eyes were cold and that's when I knew you were pure evil feeding off my soul my innocence my mind my pain and confusion*