

I never thought I'd self harm

# **I never thought I'd self harm**

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**I felt ugly and fat,**

**Unworthy of life.**

**I was never good enough,**

**Never free from my thoughts.**

**I was able to resist the knife.**

**At least in the beginning.**

**I was a happy child,**

**I had friends, and a supportive family.**

**Then came middle school,**

**And everything changed.**

**I was picked on and harrassed,**

**My friends left me to fend for myself.**

**I had never felt so alone,**

**So unwanted.**

**What had I done wrong?**

**Why were they calling me all these names?**

**Slut, Retard, Ugly, Fat.**

**Is this how the world saw me?**

**I looked in the mirror, studying my reflection closely.**

**I was hideous.**

**I hurt so much I was numb.**

**The pain made me feel alive,**

**Made me feel whole again.**

**Each cut I made drowned out the voices calling names,**

**I never thought I'd self harm**

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**I could finally breathe.**

**But the feeling didn't last,**

**The voices always returned with a vengeance.**

**So I would cut deeper, and deeper until I began to feel dizzy.**

**I cried myself to sleep, silently begging the taunting to stop.**

**It never did.**

**I needed help, but was too ashamed to ask.**

**What would my parents think?**

**My schoolmates already thought I was pathetic,**

**Why give them the knowledge to hurt me?**

**I stared long and hard at the irritated scars.**

**Was I worth it?**

**I thought about my life,**

**About my future and school.**

**I hated the other students,**

**I wanted them to suffer as much as I did.**

**Were they worth it?**

**I thought about the sadness my family would feel,**

**And found I couldn't do it.**

**I refused to hurt my family like that.**

**There was still a chance for revenge.**

**After all, the best revenge I could give my tormentors was to live a long and happy life.**

**I'd be damned if I let those bullies win.**

**I'll face them for as long as I need to overcome my insecurities.**

**Because while they have the support of superficial friends;**

**I have the support of an amazing family.**

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