

Hopeless Acceptance

Have you ever given up?
Have you ever given in?
Have you ever heard something
so many times that you finally
stop fighting it and just accept
it? Even though you know it
isn't true?

Have you ever been told something
or thought something so many
times that you just accept that
it will always be a part of you?
It will always be there haunting you?

Fat.
Skinny.
Dumb.
Alone.
Poor.
Useless.
Too pretty to be taken seriously.
Too ugly to ever find someone
to love.

We fight our hardest against
the labels that are pressed upon
us until we manage to surpass them
and rip them apart.

We scream to the world that we
will not be defined by their narrow
minded views of what should be
and what we are.

But what if we can't overcome it?
What if despite our best efforts
the label continues to chase us?

Beating against the walls of our
mind even when those who spoke
it have long since left us alone.

What do you do when you stare
at yourself in the mirror and the
only thing you can see is that one
problem that torments you?

How do you manage when
your mind and body give
up and accept that nothing is
ever going to change?

We all love to talk about
those who have improved their
lives. Waged their wars.
Conquered their bodies,
their fears, their problems
and come out on top.

But what about those of us
who have not?

What about those left behind
who held onto their hope with
fervent desperation until they
watched it crumbled to dust in
their hands?

--Written April 8th, 2014