

It's Not Worth It

by Gracelyn Clark Riley

Mirror, Mirror on the wall,
Why don't I fit in?
Why don't boys like me?
Why don't I look like her?
I thought about about starving myself,
I thought long and hard about it.
I told myself "it's not worth it"
but one look at her and my mindset changed.

The next day at lunch,
All I did was math.
cutting things into halves, thirds, even fourths.
any fraction, as long as it wasn't a whole number.
creating groups of 2,3, or 4.
I have never had to do so much addition in my life.
Part of me said "It's not worth it",
but the other said "Try even harder."

In the bathroom,
I searched up how to do what I did.
If search history was a person, they'd be so mad at me
I turned the shower head on,
so not a soul in my apartment building would hear me.
I didn't admit it, but this is in no way what I wanted.
Before I did it, I said to myself "It's not worth it."
but I already had the toothbrush in my hands.

I can't do this anymore.
I've lost my train of thought.
I can't think for myself anymore.
I need help, I want help.
But when I was asked if I was ok,

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The words "No, I need help" couldn't come out.
All I could do was sit there and nod my head.
And the only thing I could say to justify it was "It's not worth it."

Looking back on this story, I realize how much I've learned.
I've learned that it's not what's on the outside,
but what's inside your heart that makes you truly beautiful.
Everyone's body is different and no one is perfect.
Everyone envy's someone else
and no one should feel less of themselves because of their appearance
I'm here to tell you you're beautiful just the way you are
and if you're thinking of doing what I did, I want you to know, it's not worth it.