

Two Poems by Emily Rose Miller

I Want to Be Small

so small i turn
sideways and disappear
so small that "small"
loses all its meaning
so small no one sees
me in an empty room
so small i can imagine
myself desirable again
so small i desire myself
again so small i can
stand to stand in a mirror
and watch myself twist
so small my glasses eat
my face so small
my collarbones cut
a figure so small i look
at myself and recognize
who that is so small
i don't remember
holding space
so small i can fit in
my boyfriend's
effortlessly thrifted clothes
so small i don't care
if that makes me hetero-
normative
so small i fit
between fence slats
in my ex's back yard
so small i could be
the fly on my past
love's wall,
so small i could buzz
around his ears i once
sucked so small
my partner could put
his lips around me
and swallow me whole
so small i forget
that i am.

Find the Sum of Your Worth

If $X + Y = Z$ where X is the way you see yourself in your head and Y is the fact that you've doubled your weight in two years, what is the total of Z ?

- A) Your mother telling you to stop eating, that she only wants you to be healthy. *Have you tried Spanx? You need to wear bras even while at home because otherwise your now-full boobs will begin to sag prematurely. You should try the Keto diet like your friend I saw on Facebook. Does your boyfriend feel self-conscious about your weight?*
- B) When you put on your boyfriend's clothes to lounge in and the fabric sticks tight to your belly, your arms, your boobs. All the women on Instagram look so cute in their partners' clothes and you look like a sad attempt at trying too hard. When people see you standing next to his lean form what must they think?
- C) How you'd never felt body dysmorphia until you looked in the mirror one day and saw a woman who looked nothing like you standing in front of your body. She kept covering you in all the pictures on your phone while enjoying life, too. Eventually you stopped looking for yourself but still never recognized that woman.
- D) The way you have to buy new clothes every winter because size tens no longer fit and then neither do size twelves and then size fourteens feel too snug. Last you checked you were a size four. Every piece of clothing you buy has to be returned because none of it fits right anymore.
- E) All of the above because there's no such thing as existing fat and unscathed.