

From Worrier to WARRIOR

You told me I was ugly
You told me I was weak
You told me to hate myself, to hurt myself, to hide in the shadows of shame
You said "fear me" and I obeyed
You clung around my neck and whispered nightmares in my ear
You punctured my neck with vampire fangs and sucked precious life from my veins
You said that "good enough" never is
You said that "perfect" was an attainable destination worth killing myself for
You said that "one more time" would make me feel safe, happy, certain
You said that sacrificing love, work, health, time, and money would be well worth the price
But you didn't tell me you were lying
You didn't tell me I was running on an endless treadmill which led to nowhere but exhaustion
You didn't tell me that the glowing pot at the end of the rainbow was filled with nothing but worthless fool's gold
You tricked me
You scared me
You hurt me
But you didn't break me
Listen well, OCD:
I love myself and I choose life
Nothing you ever do or say can change that
I stand now and stare confidently, defiantly into your cold, cowardly visage
My eyes are a burning flame and you, a melting, shriveling scrap of ice
I am a fighter
A warrior
A survivor
You may not ever leave me completely, but you're not driving this car anymore
Step aside, OCD
This is my show now
My show
And it's going to be better than I ever dared to imagine