

Butterflies

Aubrey Roemmich

I haven't been feeling very good lately
Very poorly in fact
I don't sleep well anymore
And the sun sets much too early

(Please don't tell me it will all pass, it's much more than that)

The clock hasn't stopped ticking

(Oh goodness, how much more narcissistic could I get?)

Could someone find me a glass lake?

*(There is not a single thing I could feel that hasn't been
felt before)*

Cue the poets and the painters

I feel it all in my stomach
I remember *(haha, get it, Mr. Fuller?)* when they used to
Be described as butterflies
That was a nice thought, wasn't it?
Butterflies are always so gentle
But this feeling in my stomach won't let me keep food down

I feel isolated
Alone
Desolate
Adrift in a world that does not care for me
Oh god, I hate feeling bad for myself, but I want someone to hold me
and tell me it will be okay

I will be okay

I will be okay

But sometimes I believe I won't be

*(Don't worry reader I am too much of a coward to ever hurt myself,
but sometimes I stop eating in an attempt to finally feel something)*

Skin and bones, skin and bones

(It never works)

I can feel my skin and bones

(Please read this all in a whisper)

They're too loud, they're all too loud

I've composed a text to my friend

But I don't want her to worry about me

*(I also don't want her to forget about me. She is having the time of
her life at a different college with new friends, and I am so fucking
proud of her, but Jesus Christ I am so afraid she will outgrow me)*

But I want her to reassure me

I need to know that she still loves me

Because I don't love me but if she does, I will be okay

Hey! I just wanted you to know I've been thinking about you, and I am so glad we are friends. I really don't know what I would do without you <3

Anyways, I'm super excited for the Mt. Joy concert this summer! I've never been to Colorado, and I know that this band is going to be so good live.

We need to FaceTime soon. I miss talking to you face to face :)

Read 10:58 pm

I haven't felt like myself in a while. My head and heart feel heavy... honestly, I really wanna go home and I don't think I wanna be a lawyer anymore. I feel like I'm drowning in everyone's expectations and I'm going to let them all down.

Sorry, that's a lot to handle. I'm not trying to dump it all on you. I just needed someone to hear it. Anyways, I'm really looking forward to seeing you over break.

Sent 1:30 am

I don't know why that first text says "Read 10:58 pm"
She's never left me on read before
She never will
But I'm so afraid she will

I miss when butterflies in my stomach felt nice
I miss when I was a happy little girl
I miss all the things I know I'm missing out on
I miss. I miss. I miss.

Aubrey Roemmich is currently a sophomore at UND. She is majoring in English and minoring in political science while working towards a certificate in creative writing and a certificate in writing and editing. She enjoys spending her time reading, writing, and going on walks.