

Everyday

Alyssa Martinez

I wake up
I get dressed
I hope today won't be like yesterday
Deep down I know it will
Do I look fat in this shirt
I put on the sweatshirt even though it is 90 degrees outside
I can't let people see more of my body
Not when I already know what they say when I am not there
I don't eat before I leave
Too many calories
I go to class
Lecture after lecture
I smile and talk to my friends
Not because I am happy
Because if I don't smile they ask what's wrong
I don't have that answer
I still don't eat
Still too many calories
I go home
Do homework
My roommates come home
I go to my room
I don't have the energy to smile anymore
I smoke and get high
Drowning my problems in substances
All my problems are suddenly gone

Now I can smile
I eat
I regret it
I weigh my options of living
I decide it's too much work to die
I go to sleep
I repeat

Alyssa Martinez is a college student currently attending the University of North Dakota. She is majoring in criminal justice and sociology, while also gaining a certificate in writing, editing, and publishing. She believes that writing is a powerful tool for self-expression and creativity. Her goal is to share her love for writing with the world and inspire others to find their own voice.