

I Remember When That Was Me

by Kristen Boudreau

My best friend said I think I'm developing an eating disorder

I stopped breathing then
Hands trembling heat travelling
through my blood warming my body

I remember when that was me

The parchment paper crinkles under my thighs
when I raise my legs to place my hands under them
The familiar sound of knuckles descending twice upon
the wooden door then it opens
The pediatrician is in

She tells me that I have lost weight
 She shows me my growth chart
 The line on the paper steadily ascends over seventeen years
 then drops

You have anorexia, she tells me
I don't cry in front of people
I will them to wash away
tears fall
Throat
burns
I don't hide

She says you're crying because your secret has been revealed
 you're crying because you can't hide anymore

No, I say
to myself I'm scared

She says I'm disappointed in you

My best friend said I was looking at the menu
 I chose the salad instead
 of the turkey sandwich
 I didn't want to be bloated

I remember when that was me

My dad liked to take me to IHOP
Chocolate pancakes with chocolate
chips with whipped cream
and chocolate syrup and

more chocolate chips
four fluffy cakes

My worst nightmare
yet my greatest weakness
When I went there I made sure
Made sure it was the only food I
ate that day since seven hundred sixty
Calories seemed like three thousand to me

My best friend said I have been body checking
A lot

I remember when that was me

I knew I wasn't sick
I wasn't anorexic
when I looked in the mirror
my stomach wasn't concave
When I looked in the mirror
pushed my shoulders forward
pushed my torso forward
I saw the bones of my ribcage
sticking out of my skin
the bones of my shoulders
sticking out of my skin

I'm sick enough
I'm not sick

I asked her Are you equating your weight to your self worth
My best friend said Yes

I remember when that was me

I am not good enough
When I get skinny, I
will be good enough
When I get skinny, I
will stop I will be
 good enough