



*In The Palm Of Her Hands* by Vincent Tram

## *dance of a lifetime*

Paige Gant

**TW: body dysphoria, eating disorder**

pins prick tiny waists  
too-thin ribbons measuring cinch tighter  
ribs visible through skin hold breath  
*suck it in*  
breathing stops  
vunder layers of satin chiffon  
lace itches sequins scratch  
draw blood sweat so many tears  
not good enough not thin enough

contorted art  
beautiful torture  
turning on tiptoe toenails  
broken cracked like powder  
tears fall down cheeks smile  
through physical agony  
stomach empty gnawing on itself  
words ring through ears  
lazy sloppy useless *unworthy*  
not good enough not thin enough  
skirts brush the stage  
a princess trapped by an evil queen  
her ruler rapping on linoleum  
*I can see your lunch*  
blooming bouquets showers of applause  
smile through pain  
you fell out of your turn  
didn't jump high enough  
look beautiful  
feel ugly broken empty  
not good enough not thin enough

passed over overlooked *looked good*  
she said ignorant *a disgrace* she said  
holding fate in her delicate hands you're cut  
empty as your stomach bruised battered  
held by the tender embrace of a blanket  
the gap in your heart filled by warmth love  
a fragile smile time spent outside birds chirping  
sun shining takes time in time  
*I'm good enough I'm beautiful*