

Bow Anderson, Dear Body

Started when I was a child, watching my mom go on a diet

I thought maybe i should try it

Dropped a size and lost my mind in the process

Waking up afraid of change,

I put all my self worth on my weight

Living on compliments from strangers

Self criticizing in the mirror years later

Toxic secrets, I made you keep

I starved you out, when you needed to eat

But now that I see it

I wanna set you free.....

Dear body, I just wanna say I'm sorry,

Cos I'd never do this to somebody else,

But it's easy to hurt myself

(oh oh)

Dear body, you're taking good care of me

I wish I could say the same about you

After all that I put you through

(oh oh)

I said, you were too big,

Then you were too small,

Too many curves

Or none at all

Why was I so cruel, when you're me and I am you

I'm sorry, dear body

I dragged myself back to the gym, when it was therapy i shoulda been in

I've never felt good in my skin, and i still wear a t-shirt when i swim

Ruined so many holidays, Skipping the birthdays cuz of cake

Counted every last little taste wondering when it would show up on my thighs or my face

I know better, now that I'm older

But in photos, I still hate my shoulders

Oh I wanna heal this,

I wanna set us free.....

Dear body, you're taking good care of me

I wish I could say the same about you

After all that I put you through

(oh oh)

I said, you were too big,

Then you were too small,

Too many curves

Or none at all

Why was I so cruel, when you're me and I am you

I'm sorry, dear body