

## Correspondence

To the Editors

### **A poem and drawings by a 14 year old child with Anorexia nervosa**

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(Key words: Child; poem; drawings; Anorexia nervosa)

A very unique poem has been written by a 14 year old girl I treated for Anorexia nervosa, describing her experience of the illness. It is accompanied with a drawing, which is also the creation of this very talented young girl. She has given me permission to reproduce these in a Scientific Journal.

#### **Skinny bones**

I wanted to experience  
But it led to an addiction.  
3 full meals a day,  
To nothing at all...

I looked in the mirror  
To see nothing but fat.  
I saw pictures of models  
And thought I want to be exactly like that.

I wanted to eat less,  
But ate nothing instead.  
“Don’t eat, don’t eat”  
This little voice said.

I was afraid of food  
Afraid of gaining weight.  
If I didn’t find help  
It might have been too late.

Thoughts of suicide  
Running through my head.  
“Why am I here?”  
I wanted to be dead.

I danced a blade across my wrist.  
I watched as the blood had now started to drip.  
I knew I’m suffering in nothing but pain,  
I knew it all, but my tears would still slip.

I didn’t talk with anyone.  
I pushed people away.  
I cried myself to sleep.  
I cried night and day.

My bones started to show.  
I had constipation.  
My hair started to fall.  
It was nothing but frustration.

Others saw skin and bones  
But fat was all I see.  
They told me I was too thin,  
Why can’t they let me be?

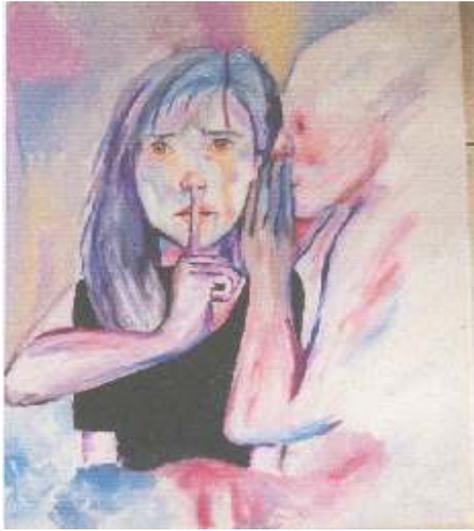
Fainting when I stand  
I was now too weak.  
Afraid to ask help,  
I just couldn’t speak.

The next thing you know  
I’m on a hospital bed.  
So many needles in my arm.  
I just couldn’t be fed.

My father worried a lot,  
My grandma would even cry  
I felt sorry for them both  
As their only daughter might die.

I finally got help.  
I stopped my addiction  
Anorexia ruined my life.  
I was no longer in affliction.

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