

Laura Enk

Reconstruction

I woke up in pieces
Shattered from your invasion
I looked around, trying to count how many parts of me
You stole for you

For your minutes of pleasure
That caused my years of nightmares
Of panic
Of anger
Of guilt
Of pain

I was nothing
The pieces were too small
The edges too jagged
To fit back together
Broken beyond repair

Day in and day out
I lived in the dark
For fear
That light would unveil
My brokenness
Would emphasize
The parts of me
That were no longer there

But when the light came
I did not hide
Its warmth emanated through me
A peace that said
You will heal

And so
With every breath of laughter
Every tear shed
Every particle of guilt released
I forged new pieces
Of me

The resilience that courses
Through my veins

Is the foundation
On which
I have built
A new body
A body that is whole
A body that is mine.