

## **Intensive Day Program for Eating Disorders: Day One**

Wait, did you say I have to eat as part of this arrangement?  
That's insane!  
I didn't come to gain  
Or have to face the pain of  
Weight, a waffle would be awful  
Thanks for asking  
But I really don't eat breakfast  
I'm not hungry  
And you shouldn't have to  
Wait, till I'm ready, I'm not ready  
I'm unsteady, if you  
Wait, we could go on for hours  
And besides I'm at a steady  
Weight, I would hate to gain more  
Weight, so get this off my plate and  
Wait!

I get no refusal?  
Alright, S.S., we're doin' this.

Down go my defenses  
Water washes out my wall of senses  
Senseless, defenseless  
Against a room of raw suspense

What? You've never seen a woman cry  
From trying to internalize  
Rationalize, antagonize  
A waffle?