

6.7 oz.

83 lbs.
the amount I lost
two years ago.

51 lbs.
all I managed to keep
off for two years.

137 lbs.
how much my mother weighed
when she got married.
she always reminds me
that people told her she looked
too thin.

0 lbs.
when I might feel beautiful.

32 lbs.
how much our daughter weighed
when we adopted her.
a new baby can weigh
more than you'd expect.
the lack
of a baby
weighs differently
but as much.

44 lbs.
how heavy my hand
feels when I write.

48 lbs. more
to write about my mother.

58 lbs. more
not to.

70 lbs. more
to write about my father.

70 lbs. more
to write about all
those like him.

20 lbs. less
after I cut myself.

20 lbs. less
after I cut myself
again.

20 lbs. less
again.

100 lbs.
100 lbs.
100 lbs.
my father's fist
against my front door.

100 lbs.
100 lbs.
100 lbs.
I am an adult now.
he can't touch me.

100 lbs.
100 lbs.
100 lbs.

I will not answer.

Jill Williams