

That Quiet Feeling After Self-Harming  
By u/oneactualhuman  
Source: r/selfharm<sup>1</sup>

Glowing white,  
Body  
A pillar  
Soft and kind:  
Streak of red  
Across its surface,  
Perfect line.  
Place your finger,  
Feel the depth;  
Drag it across  
Trace its breadth.  
Breathe in the iron,  
Exhale the urge,  
In quietness and confidence  
My song can be heard.  
Painted red,  
Until tomorrow,  
Drops of blood  
Draw out this sorrow.  
Glowing white,  
Body,  
A pillar  
Soft and kind:  
Streak of red  
Across its surface  
A perfect line.

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<sup>1</sup> u/oneperfecthuman "That Quiet Feeling After Self-Harming" Reddit.com  
[https://www.reddit.com/r/selfharm/comments/bktyf5/a\\_poem\\_i\\_wrote\\_about\\_that\\_quiet\\_feeling\\_after/?utm\\_source=share&utm\\_medium=ios\\_app](https://www.reddit.com/r/selfharm/comments/bktyf5/a_poem_i_wrote_about_that_quiet_feeling_after/?utm_source=share&utm_medium=ios_app)

