

4-4-2023

Just, Please

Mae Lotts
Bridgewater College

Follow this and additional works at: https://digitalcommons.bridgewater.edu/bc_philomathean



Part of the [Arts and Humanities Commons](#)

Recommended Citation

Lotts, Mae (2023) "Just, Please," *Philomathean*: Vol. 2, Article 13.

Available at: https://digitalcommons.bridgewater.edu/bc_philomathean/vol2/iss1/13

This Poetry is brought to you for free and open access by the Journals and Campus Publications at BC Digital Commons. It has been accepted for inclusion in Philomathean by an authorized editor of BC Digital Commons. For more information, please contact rlope@bridgewater.edu.

Just, Please

Just, please

Look at me

Can you see all my hard work

Do you see it? MY blood, MY sweat, MY tears

Just look at me

Please, just look at me

I can't look at myself

My reflection breaks my heart more than my own promises

I cannot validate myself

I already promised myself I would try that more.

So validate me

Please, validate me

I hate to beg, but please validate me

All my hard work

My biggest accomplishments, even my smallest

Cheer me on

Isn't it amazing that I am talking to you now

All my hard work will mean nothing if you don't validate me

Look at me

I wake up every morning

I am making it through life

It's amazing how well I am doing

It's suspicious how well I am doing

At least you can look at me

Let me interpret your stare as being impressed of me

My accomplishments, all I've been through

Haven't I lived through enough?

No, I am not talking about the recession or Covid.

I'm talking about the life that entered and left my body

I'm talking about that part of me that left every time they touched me

The knife my friends put in my back and stirred around

I'm talking about all the pain I've lived through and how statistics say I should no longer be here

Maybe, it's because I haven't lived through enough

Is that why you don't validate me

Please, give me your pain

I beg you to give me your fears and anxieties

Then will you validate me?

I'm begging you, look at me

Just please Validate me

I can't look at myself, so become my Narcissus

Just please don't touch me,

I have had enough validation done through people's hands

Only with your eyes, look at me

Validate me with your words and actions

Be proud of me

Validate my inhales and exhales

I cannot seem to validate myself

I can't see why I have lived through so much

So can you do it for me?

Can't you see me?

No, that's not what I asked for

That's not enough

Do more than see me

Do more than validate me

Be proud of me
Be happy for me
Be grateful for me

Be aware of everything I do
Every action I take
Each step I take

Please?
I know I am selfish.
I just want to see myself
For all I have lived through
For all I have done.
I'm not asking for much.
I just want you to see me
To validate me

It's not that hard
To be me
I can still inhale and exhale
Is that not enough for you?
To validate me

Written By:
Mae Lotts