

## Trauma as “the bedrock of hysteria”

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## Trauma as “the bedrock of hysteria”

i am teaching my body you are not a threat  
not every man is a minefield  
i must be wary of  
balancing on a ledge with my delirium  
the way the moon dips its toes into the pale blue

i am unsure who taught me  
to medicalize the violence  
with its starving, sticky tendrils  
around my tendons  
i know when trauma blooms inside me and my blood boils  
you do not degrade me  
for not being saccharine

i am done being the sacramental bread  
for the dull teeth of men  
who are half eulogy  
who cannot keep themselves full

i am working on integrating the fractured parts of me  
howl  
caught in my throat  
mouth full of cherry laughter  
my body as a vessel for shame  
and solace  
and thrills

i am more than coral skin  
and accidents

i am a vastness

**Ellie Lamothe** is a sociology student at Mount Saint Vincent University, an activist, a poet, and the founding editor of *Laurels & Bells Literary Journal*. She’s passionate about feminism, collective healing, and working to end gender-based violence. Her poetry has appeared in *Glass: A Journal of Poetry* (Poets Resist), *Yes Poetry*, and *Ghost City Review*.