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Trauma as "the bedrock of hysteria"

Ellie Lamothe

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Literary Work

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*.