



## Love your ugly

Your petty and your uncharitable and your socially awkward  
Love the stain on your favorite shirt, the way you wear down  
the heels of your shoes

Unevenly, and too fast

Love that thing you did a decade ago, and that awful person you used to be  
The crick in your neck, the knee that gets sore

When the rain comes

Love your cheat day

Love your never good enough

The hair that gets in your face, the dirty dishes, the fights you keep having

The knot in your stomach

That never goes away

Love your snores and your terrible laugh and your eyes closed in every photo

The food you hate and your bad taste in music

Love your vitriol and spite

Love your shaking, fists balled in the dark

The hallways full of ghosts and the sidewalks that trip you up

Your embarrassed, your angry, your falling down

Love your burn out

Love the marks that won't go away

The regret, the resentment, the thing where your jaw pops sometimes  
when you chew

Love your bitter, your combative, your resting bitch face

Love your no actually a bitch face

Your doesn't always recycle, your doesn't go to the gym enough,  
your everything is wrong, your heartbreak, your side eye

## Love your ugly

## All of it