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## Nothings

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# Nothings

*Tijera Johnson*

He called her

*my love*

Those six letters  
wrapped warmth  
around her heart  
as tightly  
as his hands  
wrapped around  
her body  
when she  
forgot her place.

He called her

*pretty*

Six letters that  
placed her on a  
pedestal so high  
she'd never  
survive the fall.

He called her

*unique*

Every trait  
that made her  
self-conscious  
he praised  
as special.  
As different.  
Trained her  
to be grateful.

He loved her  
despite her faults.

Her therapist called it  
*trauma*

All six letters  
left her  
*broken*

but wanting to be  
*healed*

Now, when a man  
tries to reduce her  
to nothings,  
she calls herself  
*worthy.*