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## Butterflies

Aubrey Roemmich

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## Butterflies

Aubrey Roemmich

I haven't been feeling very good lately

Very poorly in fact

I don't sleep well anymore

And the sun sets much too early

*(Please don't tell me it will all pass, it's much more than that)*

The clock hasn't stopped ticking

*(Oh goodness, how much more narcissistic could I get?)*

Could someone find me a glass lake?

*(There is not a single thing I could feel that hasn't been felt before)*

Cue the poets and the painters

I feel it all in my stomach

I remember *(haha, get it, Mr. Fuller?)* when they used to

Be described as butterflies

That was a nice thought, wasn't it?

Butterflies are always so gentle

But this feeling in my stomach won't let me keep food down

I feel isolated

Alone

Desolate

Adrift in a world that does not care for me

Oh god, I hate feeling bad for myself, but I want someone to hold me  
and tell me it will be okay

I will be okay

I will be okay

But sometimes I believe I won't be

*(Don't worry reader I am too much of a coward to ever hurt myself,  
but sometimes I stop eating in an attempt to finally feel something)*

Skin and bones, skin and bones

*(It never works)*

I can feel my skin and bones

*(Please read this all in a whisper)*

They're too loud, they're all too loud

I've composed a text to my friend

But I don't want her to worry about me

*(I also don't want her to forget about me. She is having the time of  
her life at a different college with new friends, and I am so fucking  
proud of her, but Jesus Christ I am so afraid she will outgrow me)*

But I want her to reassure me

I need to know that she still loves me

Because I don't love me but if she does, I will be okay

Hey! I just wanted you to know I've been thinking about you, and I am so glad we are friends. I really don't know what I would do without you <3

Anyways, I'm super excited for the Mt. Joy concert this summer! I've never been to Colorado, and I know that this band is going to be so good live.

We need to FaceTime soon. I miss talking to you face to face :)

Read 10:58 pm

I haven't felt like myself in a while. My head and heart feel heavy... honestly, I really wanna go home and I don't think I wanna be a lawyer anymore. I feel like I'm drowning in everyone's expectations and I'm going to let them all down.

Sorry, that's a lot to handle. I'm not trying to dump it all on you. I just needed someone to hear it. Anyways, I'm really looking forward to seeing you over break.

Sent 1:30 am

I don't know why that first text says "Read 10:58 pm"  
She's never left me on read before  
She never will  
But I'm so afraid she will

I miss when butterflies in my stomach felt nice  
I miss when I was a happy little girl  
I miss all the things I know I'm missing out on  
I miss. I miss. I miss.

**Aubrey Roemmich** is currently a sophomore at UND. She is majoring in English and minoring in political science while working towards a certificate in creative writing and a certificate in writing and editing. She enjoys spending her time reading, writing, and going on walks.