

## **alaina knox**

I am Alaina Knox  
former catfish  
lover of liars  
shadow holder

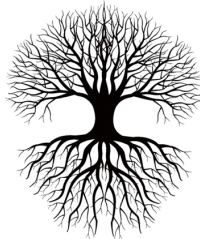
fat, black, dark, gay, double chin hider,

moving through a world where nothing fits  
am i too big or is it too small

my art is created with the intent to honor those who don't fit  
in regular conversation  
in society  
in their family  
in airplane seats

i honor thirst as scared and a crucial part of liberation.

i hope to give visibility to the other side of savagery.



## for the dehydrated

alaina knox  
Radical Well-Being Center  
[healingfatbodies@gmail.com](mailto:healingfatbodies@gmail.com)

**To cite this work:** knox, alaina. (2020). For the dehydrated. Root Work Journal, 146–149.  
<https://doi.org/10.47106/4rwj.11.11110296>

**To link to this work:** <https://doi.org/10.47106/4rwj.11.11110296>

---

*In a world where we are encouraged to perform wellness 'fake it til we make it' this meditation invites you make space for the unspoken childlike desire to be wholly accepted and loved.*

I hate that I am so easily impressed  
I don't have enough experience with acceptance to play hard to get  
My spirit thirst for community  
To be witnessed  
I understand why being unbothered is so captivating  
But I cannot feel droplets of affection and pretend to not want more  
We are taught to value the chase  
We are trained to romanticize being preyed on  
but some of us cannot run because we are dehydrated  
and we hate ourselves for it

This is a guided meditation for the thirsty  
For those of us rendered invisible for so long that simple acts of kindness can trigger us in ways that society  
doesn't empathize with

We get caught in the feed one part of yourself while starving the other cycle  
Trapped between decisions that force us to abandon one part of ourselves for the other

The guilt we end up feeling from self abandonment can drown us  
We daydream about what we would do if we had more access  
Then how we can change ourselves to gain more access  
Before we know it our thoughts are consumed with regret

wishing we were something else  
wishing we had more self control

You are not broken for seeing the ways this system doesn't accommodate you  
And wanting more

All creation is born from a place of recognizing whats missing

You are not the negative vibe

We all need connection to survive  
We must be fed  
Yes

But we also must be caught  
In human hands  
Swaddled  
Nurtured

Our heads must be held until we gain control of our necks

We do not all have the same access to the care we need to thrive

It is okay to want attention  
You do not owe the world a demonstration of self love

Your wants do not exist to test your ability to discipline yourself

You are whole even when you need to hear someone else's voice say it

Breathe  
Having contradicting needs does not make you bad

Shift as many times as you need to  
Expand  
transform  
ascend

You deserve comfort  
You deserve rest

When you cannot touch joy  
Reach for relief from guilt

You belong here  
Even when systems don't confirm that  
You deserve care

You deserve relationships with people who care about the way they make you feel

You deserve consistency

You deserve community

You deserve language to describe your experience

May we be able to hold multiple truths