

WELL NOW

A Student Health Center Newsletter

EATING DISORDERS

"I Accept Me"

I put my body more than
erweight. I am uncomfor
all kinds of reasons. When
ly on crunchy foods. When I am sad or lonely, I soothe myse
lf on soft, sweet foods. When I am drained and feeling overly
responsible, I stoke my furnace with food. When I feel used, I
nurture myself with food. When I do not set limits with people, I
binge out of control on food. When I am budgeting, I splurge on f
ood. When I feel attracted to you, I eat so you won't know. When
I think you are attracted to me, I eat so you won't get too close.
When I want to hide myself, I eat so you can't see me. When I wan
t to avoid something or someone, I eat to be busy. When I am sc
ared and anxious, I eat to push down the pain. When I want yo
u to accept me, I eat to please you. When I am afraid to te
ll you something, I eat to swallow it. When I feel reject
ed by you, I eat to hide my hurt and anger. When I feel
controlled by you, I eat to show who is really in co
ntrol. When I lose ten pounds, I eat to celebrat
e with fattening foods. As I handle all of
these struggles, and give up the ones
that consume me, I can love and a
ccept myself, and experience
my slim reality. By T

hea Reinhart, M.

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