

FIRST DAY OUT

And I already had the urge to restrict. I simply "didn't feel hungry" at lunch. Not hungry for one of my favorite sandwiches. I didn't feel this consciously, ~~but~~ but I attributed it to

fear

missing the girls

no longer going into the meal with the attitude that I

must eat it all

news about being out

sadness about going thru Re

I felt so scared about what would happen when we went through Re. Would I experience some post-traumatic stress? Would I cry? Could I look?

I wonder... it seems that these are obvious anxiety-provokers, but is it okay to just go ahead and attribute my eating problems to that? (If difficult feelings and difficulty eating coincide, ~~is~~ is there a causal relationship?)

I left myself eat only half a sandwich (and my non-diet drink, and some cookies), but I wrapped up the other half. After we got out of Delaware, I ate that other half. And I drank two Boosts, and I'm going to dinner now.

SEPTEMBER 15

The dysmorphia has returned in full force. I like my boobs, and I like not seeing my ribs ... but my stomach and ass still scare me. I ask for reinforcement from Sean, but that puts him in a bad position. But maybe it's okay, because now I will take 'yes' for an answer.

Again, you never know whether it's the disease or you run mind. But the two are separate, damn it.

- 1 yogurt
- 2 cookies
- 1 cup carrots

SNACK

- 1 Smoothie

DINNER

- Grilled cheese w/ soy pepperoni
- Lemonade
- 1/2 cup pudding
- 1 Salad w/ sunflower seeds

PROTEIN

5 5 5 5 5 5

FAT

5 5 5 5 5 5

CARB

5 5 5 5 5 5 5 5 5 5 5 5

FRUIT

5 5 5 5 5 5

veg 5 5 5 5