

DEAR DIARY,

Chloë Grande

Dear Diary,

I guess you can say that I haven't been writing much about my eating in general—but I'm a lot healthier (I think!) and I feel more in control. I don't eat just because I feel like it anymore. But on the other hand, I don't want to get an eating disorder!

I'm sick of everyone commenting on my body. Since when do they care, anyways? Leave me alone! Did I tell you that the coaches think I'm anorexic? Yeah, right! And then the coaches got the school nurse to talk to me—I'm just tired of everyone picking on me!

I was only trying to be healthy and now suddenly I "don't eat enough!" I'm so lost! So they want me to pig out on junk food? It doesn't seem to make any sense to me.

I weighed myself and I definitely lost weight... I tried on shorts that used to be tight. They aren't tight anymore. I'm scared! I don't want to be unhealthy and stop getting my period.

I don't get it. I just wanted to be healthier and now I'm supposedly unhealthy! Dad said he's worried about me. And Mom says that I have no

fat on my body. But worst of all, I had to go to the doctor's. She kept asking me if I ate breakfast and now I have to get a blood test done!

So I went back to the doctor's thinking that it was all good but now I have to see another doctor about a slow heart rate. Turns out, it's not a heart clinic: it's an eating disorder clinic! On Wednesday the whole family gets to go talk with people who think I'm anorexic. I feel like such a freak. I hate this kind of attention. I never wanted this—ever! If only I could go back in time...

The worst part, which I will never ever forget, is when the doctor diagnosed me with anorexia. I couldn't believe this was happening to me! I hate being anorexic. Nobody knows and I just feel like it's taken over my life and it's like I can't do anything. I want to get better and do stuff but when I eat too much I feel sick and fat! Why isn't there a manual or something that I can just read? And when my friends complain and say "I'm so fat", I just want to shake them. You don't want this! Trust me! I hate this feeling... it's like I need to be skinny. Honestly, it's horrible. I just need support and I feel so alone right now.

Wouldn't it be nice not to care about what you eat? I have a feeling I will never be able to eat normally again. I really screwed up, didn't I?

Chloë Grande is a 16 year old girl diagnosed with anorexia nervosa. "My journal is where I've spilt my deepest, darkest secrets and searched for answers when I felt lost. I'd like others out there who've experienced anything similar to understand that they're not alone."