



### **When You Look At Me...**

I have a difficult time expressing myself sometimes. However, it's important for me to communicate my feelings and my gratitude. This message conveys what I want to say, though I sometimes can't find the words.

When you look at me, I see the concern in your eyes and the worry wrinkles form on your forehead. It's as if I can even feel the ache in your heart sometimes. Your love for me is evident. I know you want me to be healthy and to be free of my eating disorder. Even though it may not always seem like it, I want the same.

I know that it's hard for you to understand why I do what I do, but I also know that you want to help. I appreciate your concern and support.

