

Tamiah Assevero

SBS 3201

10/18/2022

Dear Middle School Tamiah,

Hey girl. Wipe those tears! I know you are insecure about your body weight and your birth mark on your neck, but it isn't worth the tears. I understand that people called you a stick figure and that you need to eat more and gain more weight but that doesn't mean you need to binge eat and make yourself sick in order to gain weight. Your birth mark becomes something you don't even notice anymore. Everyone you encounter doesn't even notice and when they do, they are always respectful about it. Your weight becomes something that makes you attractive and you even gain a little happy weight in your first long term relationship. Stop crying over those things because they eventually become your signature.

Mom spent so much money on getting you into therapy and for the hospitalizations you had because you wanted to binge eat and try to remove your birth mark. She was so worried that you would eventually kill yourself just to fit into an unrealistic image of yourself. Mom didn't want to lose you so she would rather put herself through a financial burden just to make sure her first born, her baby girl was okay and got the proper help she needed. The amount of money she spent on medicine, treatment, and hospitals should've gone to your college fund or a car. Mom doesn't regret the money because at the end of the day you got better and became confident within yourself. It just took more to get to that point.

The mental and physical strain you put on yourself is deadly and you almost lost your life over it. This was such a dark time for you and I'm glad that you grew to be me. That dark time isn't something you dwell on anymore and you mentally got better. You were so depressed and so physically exhausted that at one point treatment was the only thing keeping you alive. You were able to overcome this though, it just took so many years away from you. When you were supposed to have fun and enjoy your childhood years, you were always at a doctor's appointment. You're making up for this now though I promise!

Fast forward to now, I wish you had a much better role model to look up to instead of the media and the children around you. What you grow to realize is that people's opinion on you

doesn't even matter! You love yourself because you know how much of a good person you are, and you turn your flaws into your mark. You made a complete 360 degree turn in your life that now whatever room you walk into, you radiate confidence. Mom is very proud of the woman you are becoming. Start working on self-care routines such as bubble baths, mediation, journaling, and mirror exercises. Start looking into healthy weight gain choices like protein or a serum. Go on YouTube and look up different ways that mind and body are related and how bettering one can better both. Stop hurting yourself to fit this false image you have in your mind. It will only kill you. Enhance what you already have and accept that this is the person you must live with. One day you will realize this and hate the feeling you have, and this will initiate the change into me. Don't worry love, the pain doesn't last forever.

Love,

College Tamiah