

Monday, February 20<sup>th</sup>, 2017

Nothing seems to matter anymore. I haven't felt like doing anything for the last 4-6 days. Boredom has been a killer, and I'm never bored. I've gone 23 hours without food once and around 20 leading into today. I don't want to eat anymore. Nothing makes my mouth water anymore and the thought of eating anything just disgusts me. Before I ate this morning I was 127 lbs on the scale. Not eating for 20 hours drops me around 6 lbs. I'm always at or below 135 lbs. I legit just don't want to eat anymore. Ghosts don't eat, why should I?

I dread the thought of being bulky, fat, or muscular, I like the way I am. My arms are as thin as the "EGS" drawings. I have virtually zero body fat, yet I worry about putting on weight, but I don't want to be so thin that I look like a skeleton.

I care a LOT about how I look. My hair is never perfect; I'm ~~always~~ adjusting it or looking in the mirror. I can never pose for pictures because I'm never satisfied with my looks. I think it's called "Body Dysmorphia", and obviously some OCD. I could post a "selfie" but the one you see is almost always between pic number 20 or even 50.