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Pansy

When reflecting on this past semester, I realized that I have had a tremendous season of growth. At many points I felt weak and lost, and I wanted to give up. I kept on trying, only now realizing how strong I can be. My Mom always remarked that calling something weak a Pansy is unfitting. Pansies are a flower that stay blooming through frost, storms, and drought.

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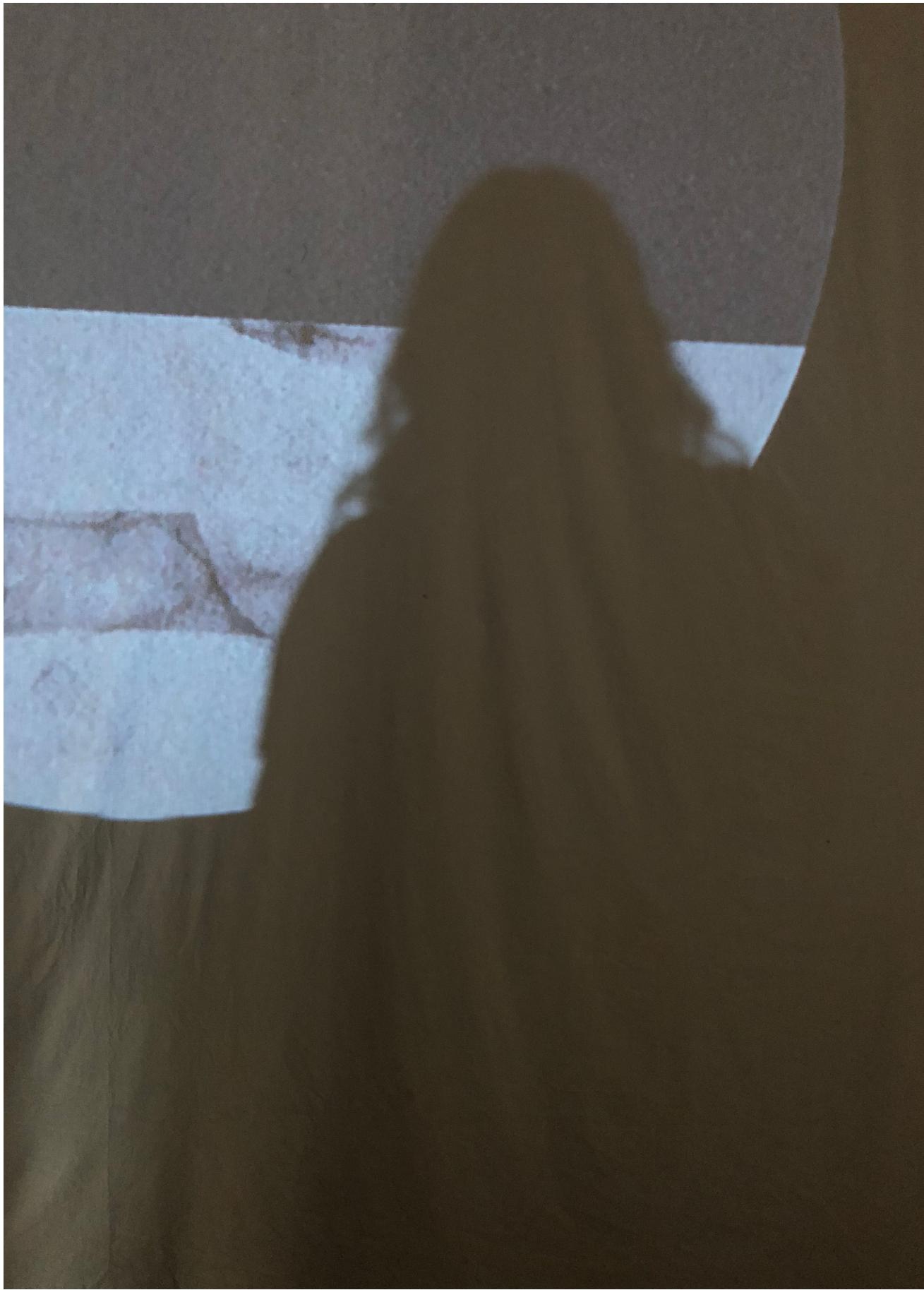




This Semester started with a feeling. It was so foreign to me I could not describe it. The feeling was off, it wasn't me. I had experienced such a beautiful previous semester. I pushed the feeling further down. I was determined that I was permanently okay; I can be always happy.

It felt so forced to fill out the forms for a third time. To sit and assess how you're doing, but I was convinced I was fine. Only checking the boxes to assure others that I was okay. But the feeling was still there.





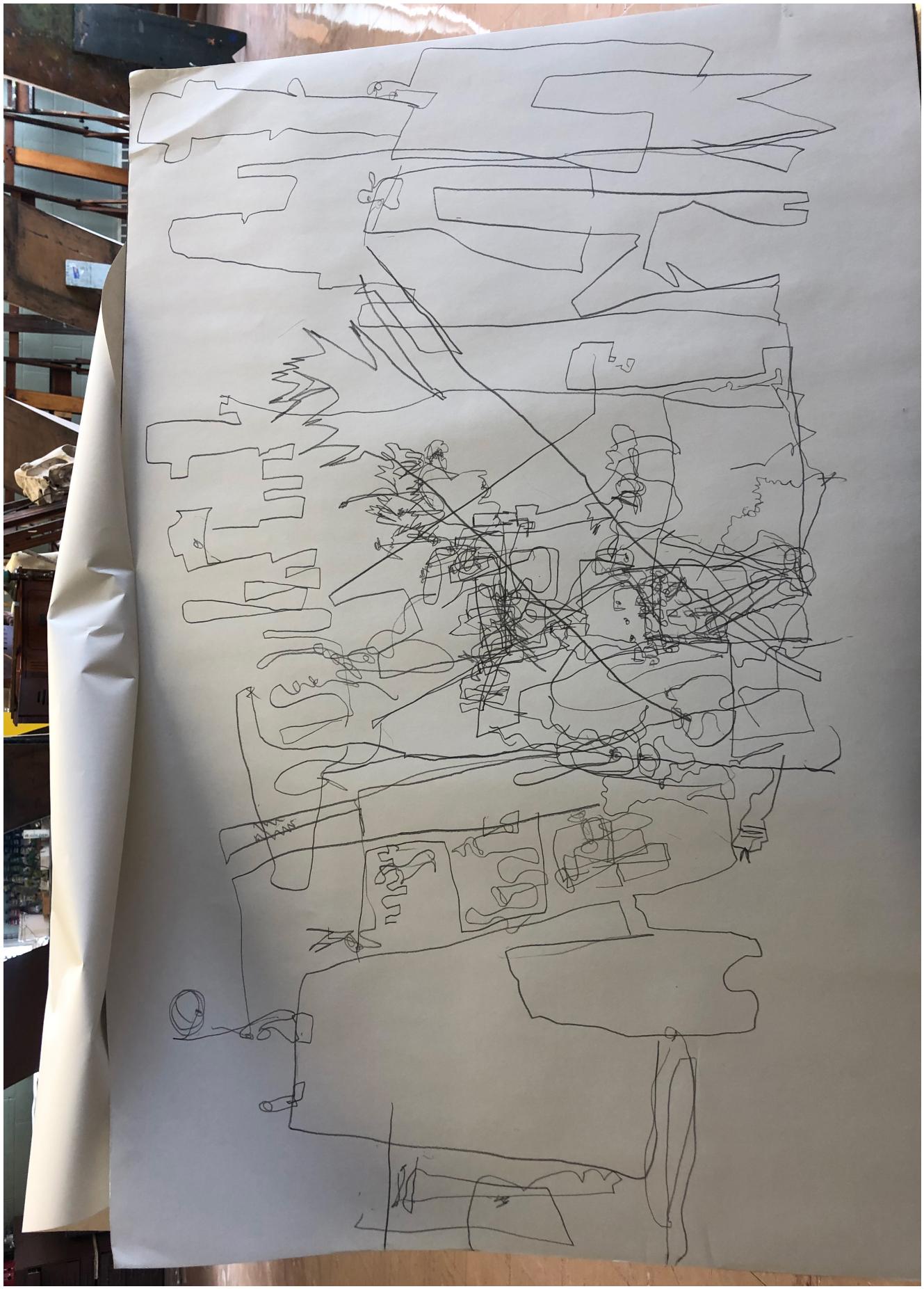
“Tell me what brings you to the counseling center”

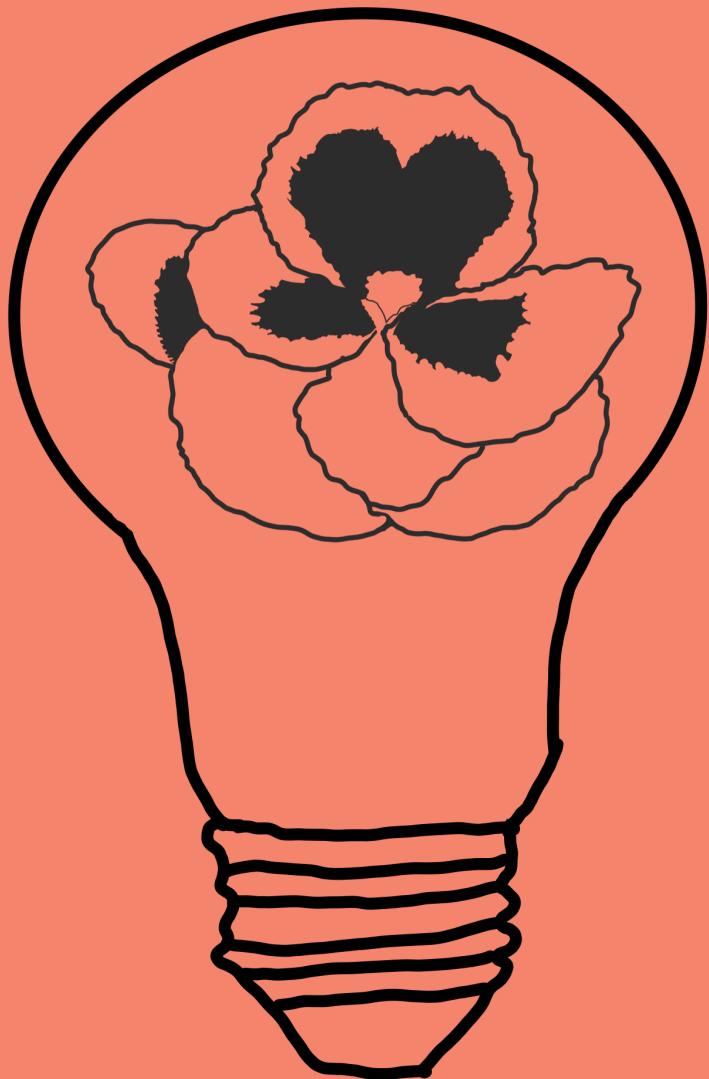


“I’m just not sure why I feel this way.”

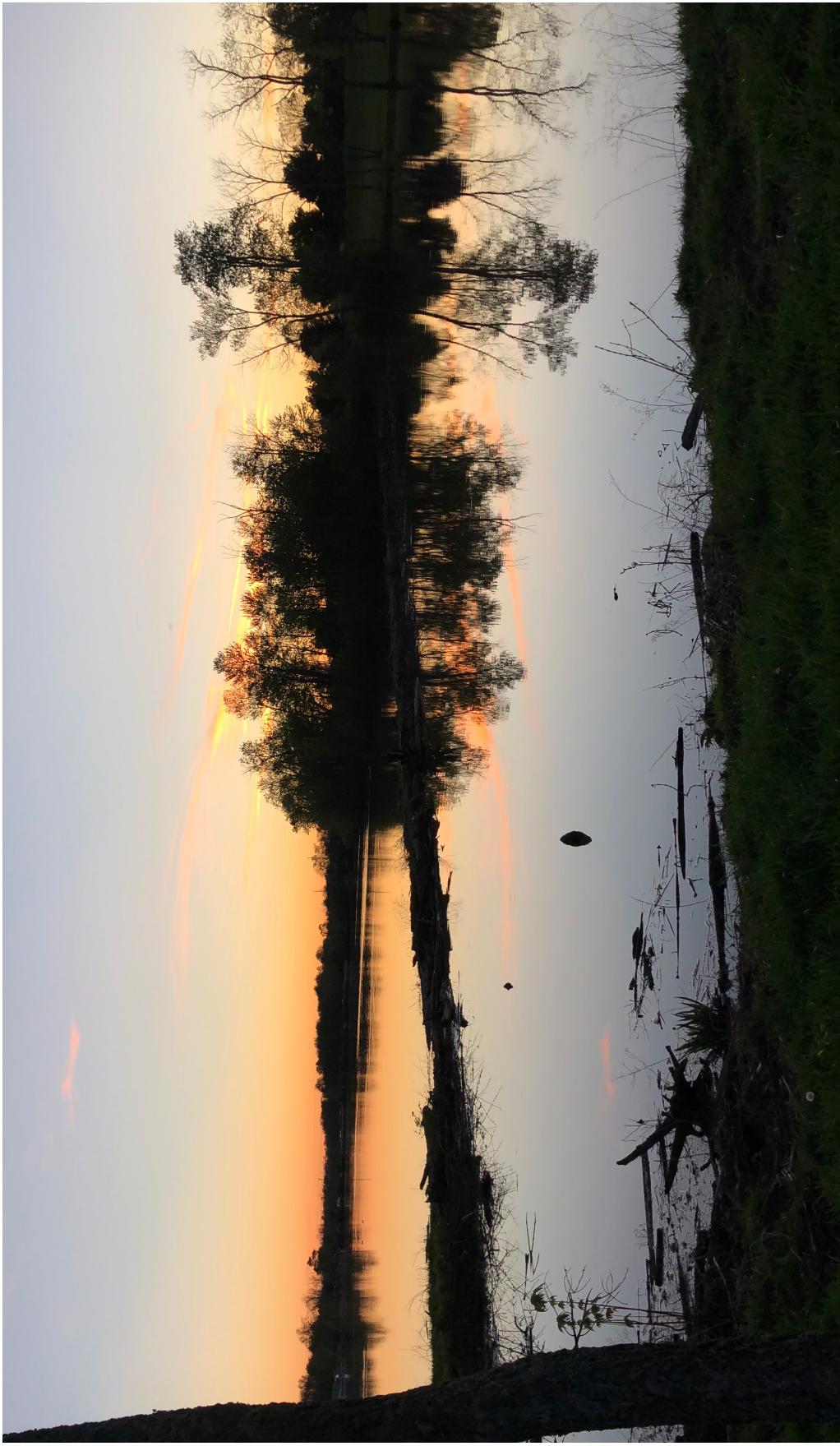
I had distanced myself so far I thought I had lost myself. I was only going to be stuck with that feeling.

I had people in my corner, that wanted to see me succeed. They saw in me what I could not see in myself, the beauty, strength, and determination I would hide from myself. They held an umbrella over me as the storm passed.





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“What’s your cycle?":
Lack of exercise
Too much food
Be Lethargic
Self Loathe
Repeat

“Isn’t life like this for everyone? Everyone has to have a cycle that they just deal with, isn’t that what life is?”

“God wouldn’t have made us beings with no control, he’s not that kind of God.”





You must be kind to yourself.

"Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God's kindness leads you toward repentance?"

- Romans 2:4 NIV

Learning and coming to terms with the cycle I put myself through was both difficult and rewarding. Without the help of both God and those around me, I wouldn't have found the help I need.



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**God, grant me the
serenity
to accept the
things I cannot
change,
the courage to
change the things I
can,
and the wisdom
to know the
difference.**



Restoration



I saw the poster and I went into the next room and cried immediately, I knew that OA was the support group I needed.



I also cried through my first meeting. I knew I had found people who understood my cycle.

Opening up, and telling the people around me I had signed myself up for a twelve step program was the first big step of many to start my recovery. I was greeted with so much love and affection, as well as more support and prayers than I could have asked for.





I thought I had peaked in the fall; I was on top of the world. I realized that God was just preparing me for the growth I was about to receive.

I made this book for me. To prove that I am more than one feeling, I am in control, I am beautiful and I deserve love. I want to thank Claudia, Isaac, my (prayerful and loving) family, Hannah, Kenna, and all of my friends at Overeaters Anonymous. You held my hand and wiped my tears more times than I can count.

Thank you-

Tessa

