\*Taken from iPhone 11:01 pm\*

previous distortions:

PLEASE DO NOT READ, THIS IS INCREDIBLY PRIVATE:

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eyes: eyelashes and eyebrows aren’t the correct color, they’ll never look like people who have naturally dark features

nose: slightly crooked, doesn’t look cute

mouth: lips aren’t big enough, crooked smile since I was little

face: always gets red, gives away my feelings, makes me incapable of interacting well with others, especially meeting new people or being in new situations

shoulders: broad

arms: always carrying so much fat, I’ve never felt like I enjoyed showing them off to anyone

back: covered in acne, makes me not want to show it, which is a shame because it’s so muscular

stomach: never been able to get rid of the lower tummy fat

hips: extra fat that’s been there since freshman year of college doesn’t go away

legs: they’ve never been as small as I wanted them to be, everyone says ive always had ‘muscular’ and ‘bulky’ legs since I was young, makes me sad about my genetics

jawline: could be good, but only when I barely eat anything, I get worried about getting a british jaw line jowel

feet: weirdly shaped, make me not want to show them off, makes me sad how I look in chacos because I love wearing them but hate how fat my feet look

ankles: they also look fat, make my feet look even more stubby

torso: too long, makes me look disproportionate

boobs: too small

Reality check:

eyes: they let me see, I have basically perfect vision, I’m able to wake up in the morning and see what the world around me actually looks like without having to put on any glasses or contacts

nose: it lets me smell, helps me taste good food, gives me a place for my nose ring which I love getting to spice up my style with

mouth: everyone says they love my smile, it allows me to connect with others better (not just for speaking) but to let them know I appreciate them and am happy when I can smile at them.

face: genuine happiness and caring for others in the form of eye contact, my face helps me come across as approachable and nice

arms: they help me lift heavy things, help me climb, help me swim, help me do yoga, they help me code, they help me with literally everything every single day

back: INCREDIBLY MUSCULAR helps me rock climb, do yoga, and do pretty much everything. It helps me have good posture and open my heart up so that I can have confidence and energy for the day.

Stomach: core strength helps me with good posture and to balance better in yoga and in climbing, I have a STRONG core and that helps with so many things. My stomach helps me digest my food and take good nutrients into my body.

hips: these help me with climbing and yoga a lot, they help me balance and help my legs move so that I can walk as much as I do. My hips are where I store a lot of my emotion so I am able to stretch them out and feel RELEASE

legs: these are amazing, they help me get EVERYWHERE. I love my legs. They help with literally everything.

Jawline: It gives away my smile and helps me chew my nutrient rich food that I eat, it keeps my head in tact and my teeth straight!

feet: they carry me just as much as my legs do, without feet I couldn’t climb, do yoga, walk, or do practically anything! I am able to balance so so well because of the micro fixes in my toes and arches and heals

torso: It gives me length so that I can be tall which gives me the ability to feel more confident and have a greater presence, especially around men. It also makes me a great swimmer which was such a big part of my life.

boobs: these are beautiful and remind me of my femininity, they might one day even be used by a child to nourish and feed them. They are wonderful, beautiful symbols of my womanhood.