

Project Map

Lucy Long

This piece is the story of a girl named Lexi who is battling anorexia nervosa. It's called "in control" because she wants to be in control of her eating. The truth however, is that anorexia takes hold of her, and ruins her life.

#1 Dictionary definition

These definitions of "anorexia" (taken from the dictionary) show how extreme the disease is. Lexi's writing on top, shows that it's still not enough. She needs to do more.

#2 Nutrition labels

This collage shows a common obsession of anorexics: counting calories.

#3 Journal Entries

The first is by Lexi and shows her opinion. The second is by her friend Mia. By comparing the two, you can see that neither one can see what is truly happening.

#4 Mirror

This is Lexi's view of herself. Even though Mia sees her as perfect, Lexi only sees her flaws.

#5 Meal Calories/excuses

This shows how extremely little she eats, and also how good of a liar she is to get out of meals.

#6 Play script

This is a short play about Lexi's mom confronting her about her eating disorder. It ends with Lexi, who is very sick, fainting.

#7 Text message

This conversation shows Lexi's friend, Mia, Desperately trying to contact her, but failing to do so.

#8 Facebook Status

This status is an update from Lexi, explaining that she is in the hospital and that things aren't looking well for her.

#9 Heart monitor

Lexi's heart stops beating. She is dead.

#10 Illustration

Mia is in absolute despair to see her friend dead. The pictures shows how sick and frail Lexi has become.

#11 Letter

Mia writes Lexi a letter, saying how much she misses her and wishes she was okay. It ends with a poem about how distorted the truth was for her, and how people really did care about her.

IN CONTROL



BY LUCY

an·o·rex·ic

🔊 [an-uh-rek-sik]

Adjective

1. Extremely thin, especially unhealthily or unattractively so

an·o·rex·ia

🔊 [an-uh-rek-sia]

Noun

1. A disorder characterized by the fear of becoming fat and refusal of food, leading to debility or even death

still not good enough...

Nutrition Facts	
Serving Size 1/2 cup (130g)	
Amount Per Serving	
Calories 120	Fat Cal 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars <1g	
Protein 6g	

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Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars <1g	
Protein 6g	

Nutrition Facts	
Serving Size 1 Pastry (50g)	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Unsaturated Fat 1.5g	
Cholesterol 0mg	
Sodium 250mg	
Total Carbohydrate 34g	
Dietary Fiber 1g	
Sugars 16g	
Protein 3g	
10% • Vitamin C 0% • Calcium 10% • Riboflavin 10%	

Nutrition Facts	
Serving Size 1 Bar (24g)	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	0%
Trans Fat 0g	0%
Unsaturated Fat 0.5g	0%
Cholesterol 0mg	0%
Sodium 150mg	3%
Total Carbohydrate 30g	6%
Dietary Fiber 1g	2%
Sugars 19g	4%
Protein 1g	2%
Vitamin A 10%	
Vitamin C 10%	
Calcium 10%	
Iron 10%	

Nutrition Facts	
Serving Size 1 Can	
Amount Per Serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Sodium 35mg	2%
Total Carbohydrate 0g	0%

Nutrition Facts	
Serving Size 1 Bar (68g)	
Amount Per Serving	
Calories 240	
Calories from Fat 40	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carb. 45g	15%
Dietary Fiber 4g	16%
Protein 8g	

This is me. The doctors say I'm sick,
my friends think I'm crazy, and my
parents think I'm doing it for attention.
I wish they would just leave me alone.
It's my own choice that I don't eat.
They can back off. I know what I'm
doing. The headaches, the pain,
the comments, are all worth it to see
that number on the scale going down.
Maybe I am a little crazy, but I
don't care.

-Lexi

My friend is Officially Crazy. At lunch today,
all she ate was an apple, water, and half
a stick of gum. Half! What the heck is she
doing?? She's super thin already so I don't get
why she's starving herself. Plus she has all these
crazy workout routines. She was upset that
she ran "only" five miles this morning.
She needs help... and a cheeseburger...
or ten

-Mia

Stupid fat
Annoying
Worthless Ugly

Not
Good
enough

lonely



BREAKFAST

1/2 slice of toast	35
1.5 t. sugar free jam	40
1/2 banana	45

TOTAL 120

"I'm late"

"I'll grab something at school"

"I don't like that"

"I had a big breakfast"

"I'm not hungry"

"I don't feel well"

LUNCH

1 small apple	70
six carrots	25
8 pretzel sticks	60

TOTAL 155

DINNER

1/4 cup spinach	30
1/4 cup fat free cottage cheese	40
3/4 cup <u>plain</u> popcorn	25

TOTAL 95

"I already ate"

"I snacked a lot"

"I have a lot of homework"

"maybe later"

The Discovery

(aka: the worst day of my life)

Characters: Narrator 1 The Mother Lexi (The Daughter)

Narrator: Our scene unfolds in the daughter's room. The family has just finished dinner and the mother believes it's time for a little chat.

Mother: Lexi, I'm worried about you...

Lexi: Why? I'm just fine.

Narrator: Lexi fakes a smile, but she is actually not feeling well.

Mom: So....what did you do today?

Lexi: *exasperated sigh*

Mom: What did you eat?

Lexi: Ugh! Why do you CARE?!

Mom: *breaks down crying*

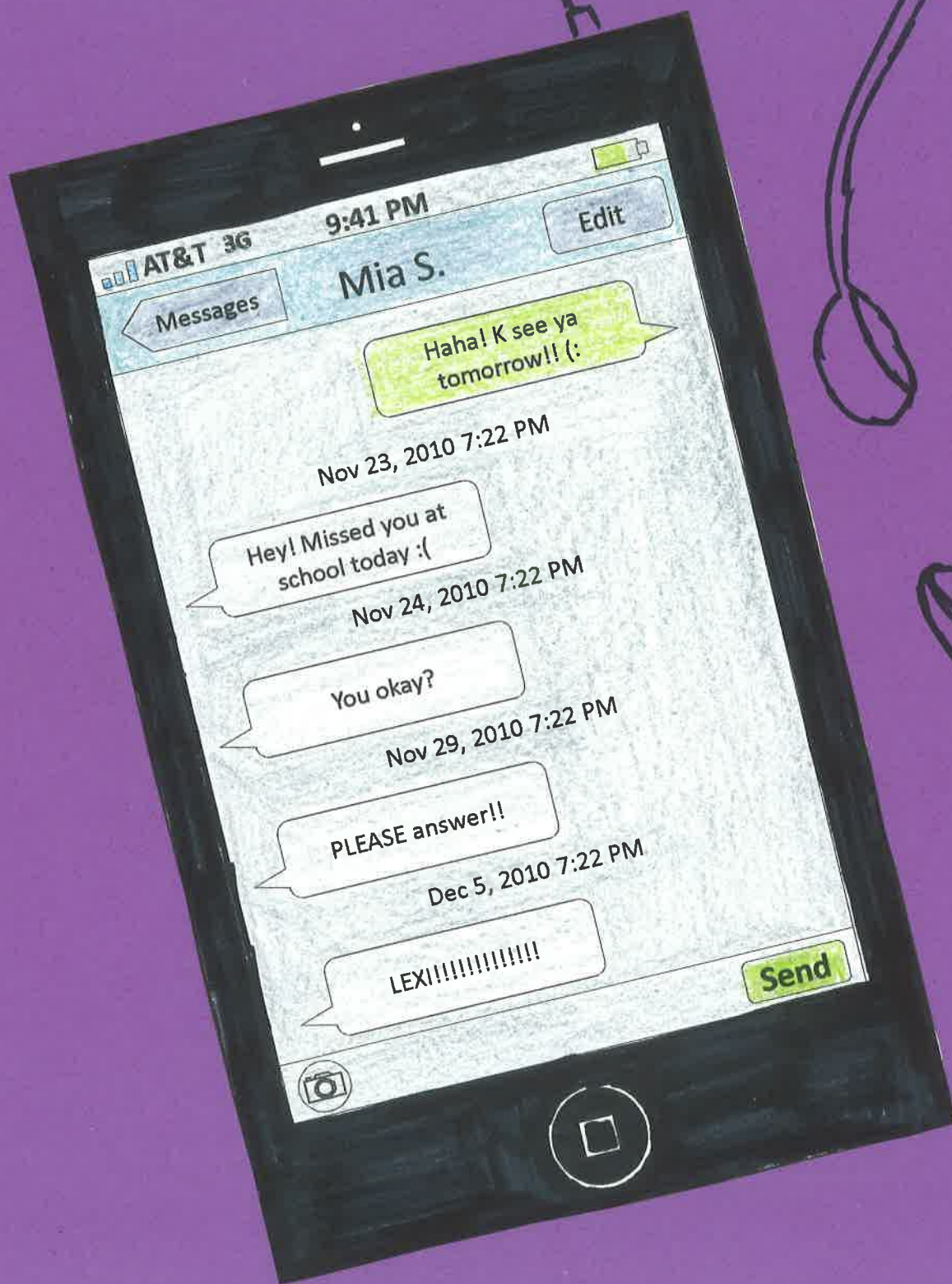
Narrator: Lexi now feels very uncomfortable

Mom: That's it! I'm taking you to the doctor tomorrow

(Exits stage left)

Lexi: *faints*

(End of scene)





Status



Photo



Place



Life Event

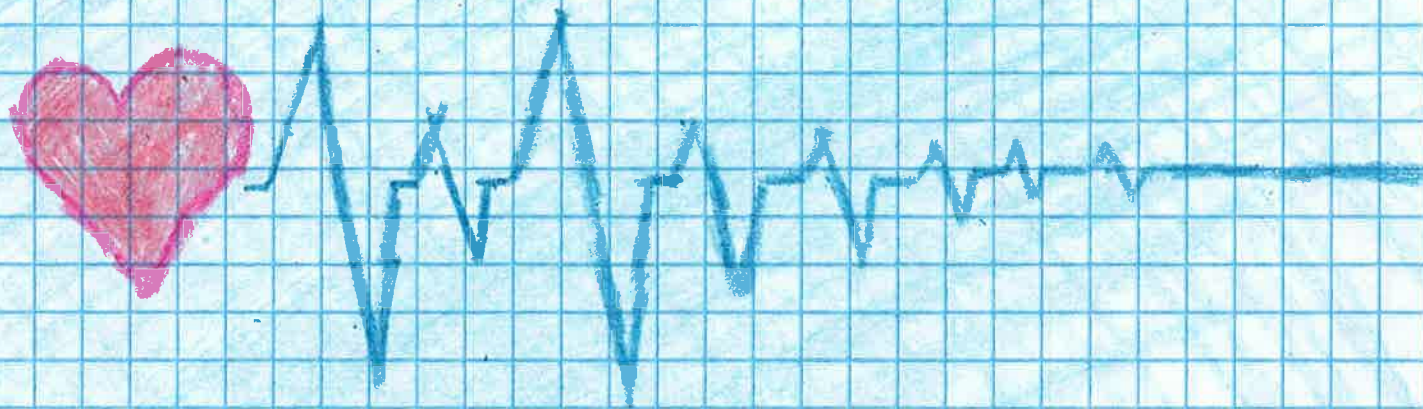
So, um...you've probably been wondering why I haven't been at school, or responding to any texts....well, last week, I was hospitalized with "Anorexia Nervosa." The doctors hooked me up to all sorts of tubes and listed all these things that were wrong with me...low iron levels, strained heart...some of it was pretty scary...but the scariest thing is, they don't know if I will survive...they said my heart could stop...that it's under too much stress. Guys, I'm scared...I just wanted to be "good enough" for once...I don't want to die. I'll try to get better, really, I will...but I still can't bring myself to eat something...I'm sorry

What's on your mind?



Friends ▼

Post





Dear Lexi,

I miss you so much. It breaks my heart to know you never felt "good enough." I miss it when you smiled, with that sparkle in your eye. I remember you loved to sing, and in Kindergarten, you were my first friend. We shared a cupcake, remember? You just always seemed so happy. You were the last person I expected to starve herself to death. You were so nice to everybody. You had the hugest, kindest heart, but I guess it couldn't bear anymore. You always pretended to be okay, but when I saw you in the hospital, attached to all those tubes, I knew you weren't. I wish I had told you sooner, how much I care about you, because now it's too late.

Such a pretty girl,
with such ugly voices in her head.
While she should have been out living,
they all wanted her dead.
They whispered their cruel lies
while we shouted out the truth.
You may not ever know it,
but, hun, we did love you.

Love from your best friend forever,

MIA