

“I wish I could take a shovel and shovel food down there”

“I wish someone would tell me to eat more”

No

You don't understand

How your actions are crippled

By the dictating voice

Telling me to eat

Doesn't just 'fix' things

If I couldn't hear

I doubt you'd tell me to listen

So please be patient

“You need to get over this”

“You're 20 years old”

I'm sorry I can't snap out of it

If I could, don't you think I would?

Comments can be triggering and hurtful

I know you didn't mean it

But those words carry weight

Cause more damage than I'd like to admit

“Is that a part of your training regime?”

Making my younger self suddenly question my decision

With the choice I made at the restaurant

I played it off but I felt humiliated

Maybe this is their way of saying I should watch what I eat

If I want to be good, this must be the way

So please

Do the people around you a favor

And filter your words surrounding touchy subjects

Because you don't have to have an eating disorder to be triggered

But words can put ideas in anyone's head

And jumpstart bad habits

Some comments said that take all of 3 seconds to say

Have stayed with me for years

Replaying in my head

Making me relive the feelings I felt in those moments

Making the emotions from those moments come alive again

A constant reminder of what words can do

e.g.