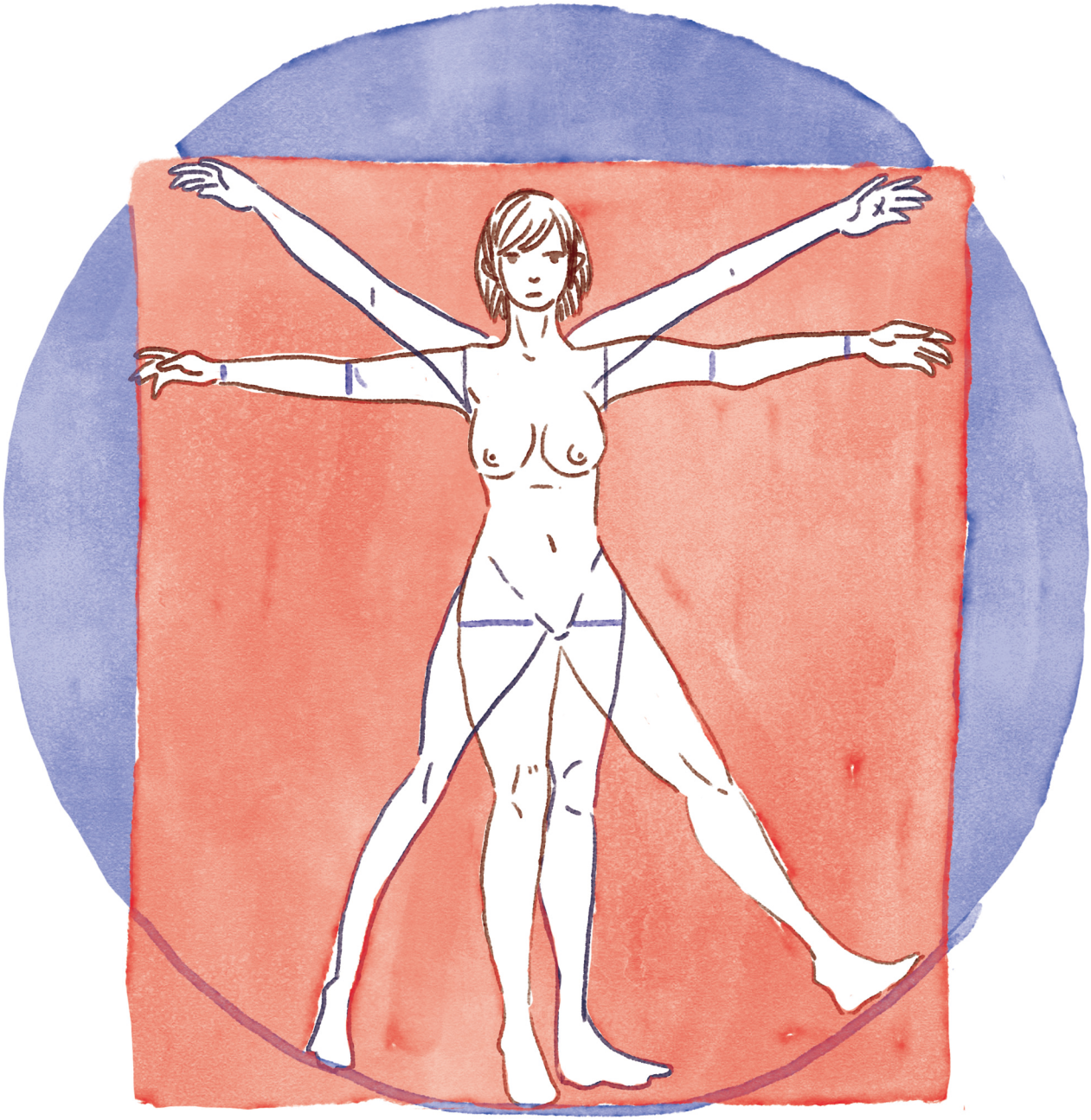
SomeTHINabout me



Mika He.



Chapter one

my childhood.

I didn't know how to talk about my eating disorder, until I opened my photo album.




Even as a baby
I had a big tummy
Do you think
I was
really like
the Michelin
Model??
HA HA
OH baby
Do you
wanna
eat that
all? It's
so big!



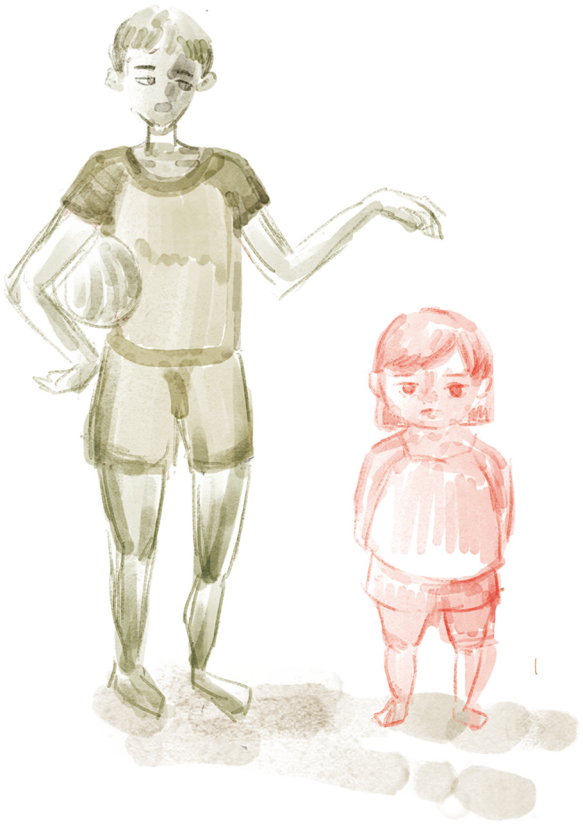






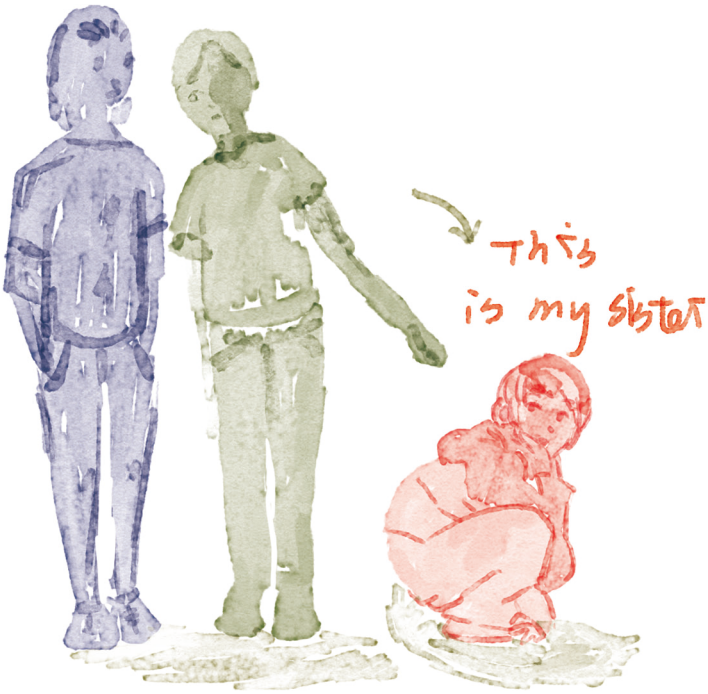
I didn't care as a child
If I ate too much food.


If you want to get into eight-year-old Mika's Good books,
Give her some food....
Then you will have her everlasting appreciation



I heard my brother talking to his friend about me...

This was the first time I knew I was a chubby girl...



This is my sister

Oh? your sister don't look like you at all?





She is... eh...

She is a ~~little~~ bit fat

emmm... yeah, I'm curious about why she doesn't look like me as well...

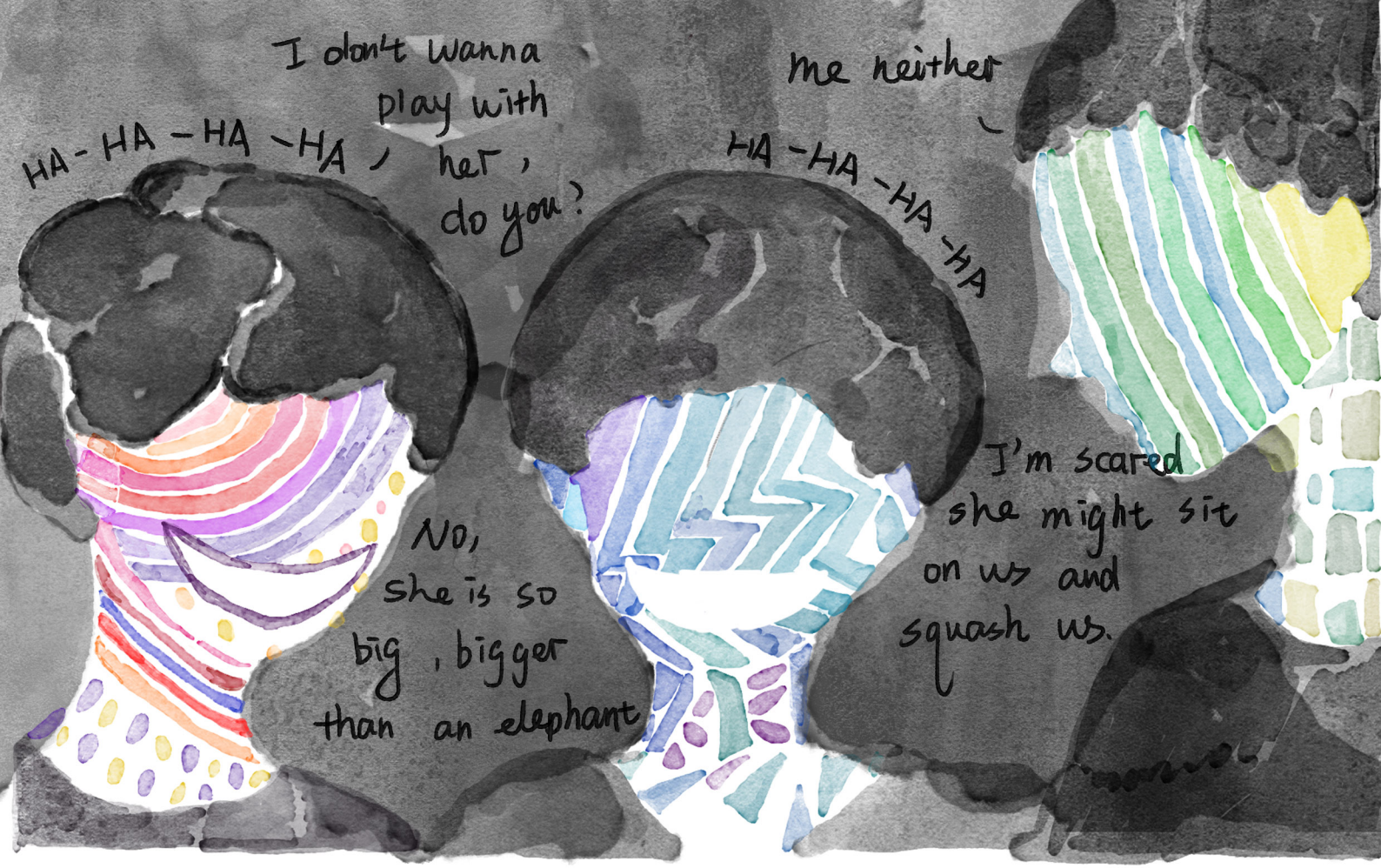
Unlike my brother, my mother didn't comment on my appearance. Instead, she criticised my academic results.



I didn't know how to gain my parents' attention or win their approval.




People always say that children are innocent and adorable....
But when I was a kid the other children were positively venomous.
At that time I didn't realize this was bullying!


HA-HA-HA-HA,
I don't wanna play with her, do you?
No, she is so big, bigger than an elephant
HA-HA-HA-HA
me neither
I'm scared she might sit on us and squash us.

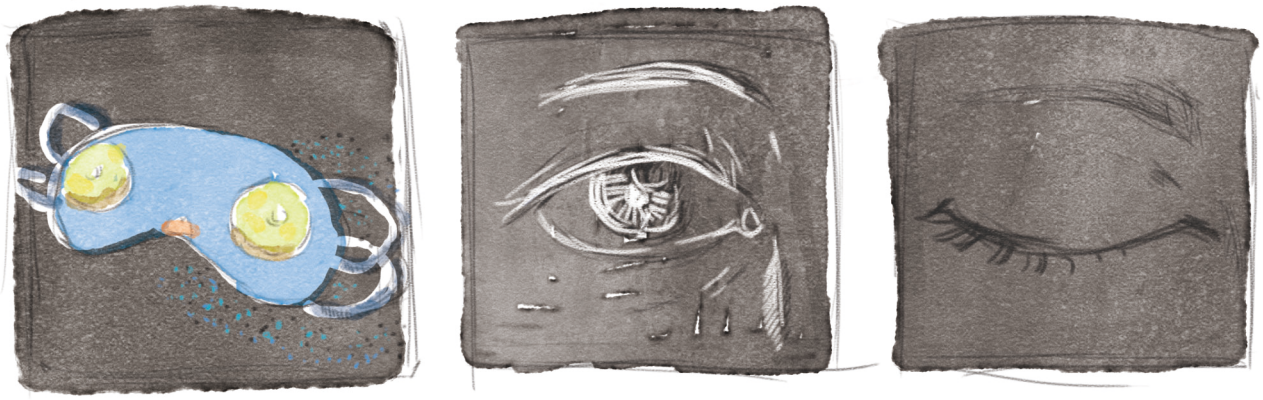

They laughed at me because of my body shape, I was a much bigger size than the others.
They were fond of giving me a nickname....
STOP IT
PLEASE

Hey, she escaped,
the way she ran is
very like an ostrich

Hey, ostrich!

Hey
she escaped





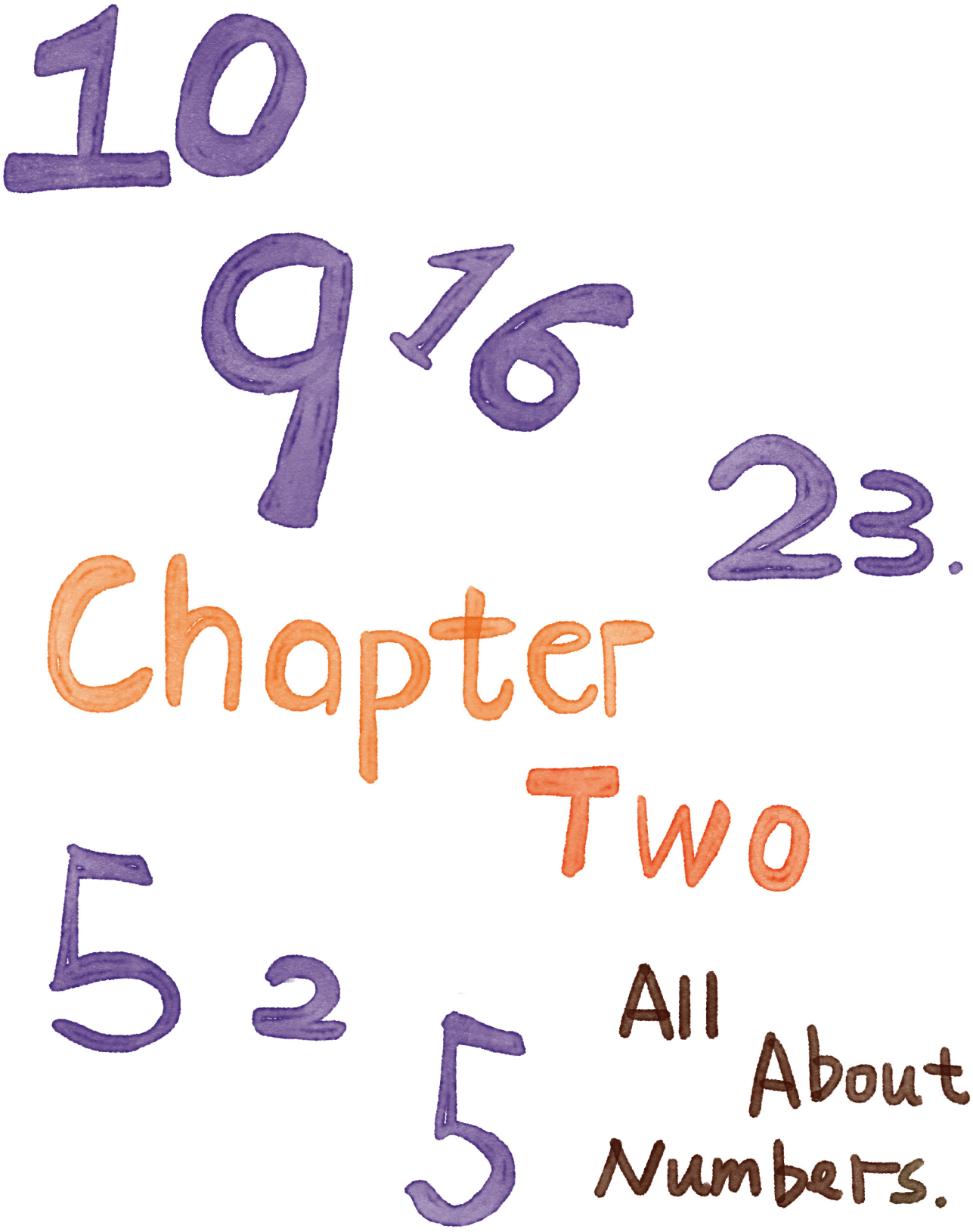
In those days, I often had a dream that these hateful words were attacking me....



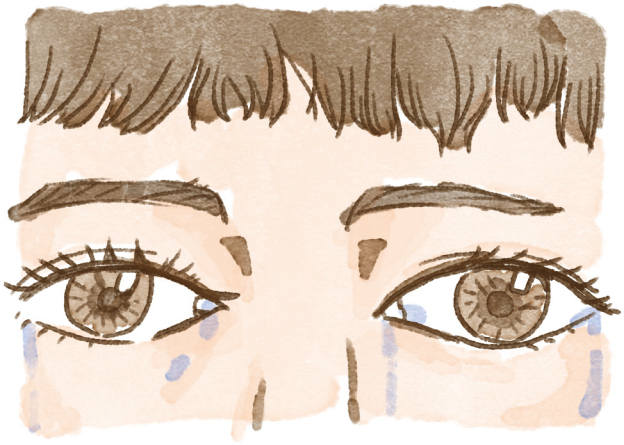

I felt absolutely lost.....


Nevertheless, I heard a voice inside of me which told me to keep on going....
Come here
I keep going...
inside here...




10
9
16
23.
Chapter Two
5
2
5
All About Numbers.





13 years later
I'm a Masters student overseas....

I hate rainy days in Auckland!













The bad weather is something I can't control.

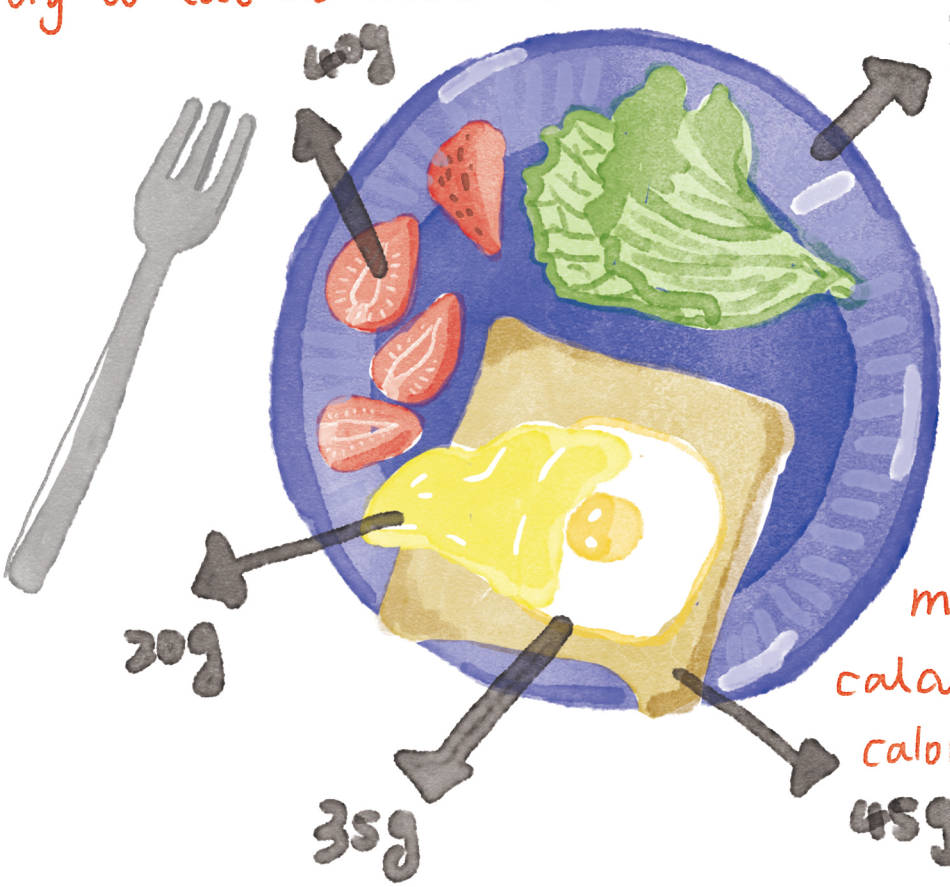
What I can control is the search for information on how to lose weight.







I only eat one meal per day and try to eat as little as I can...



Although I eat like a bird, I still weigh every ingredient on my plate and calculate the calorie intake.

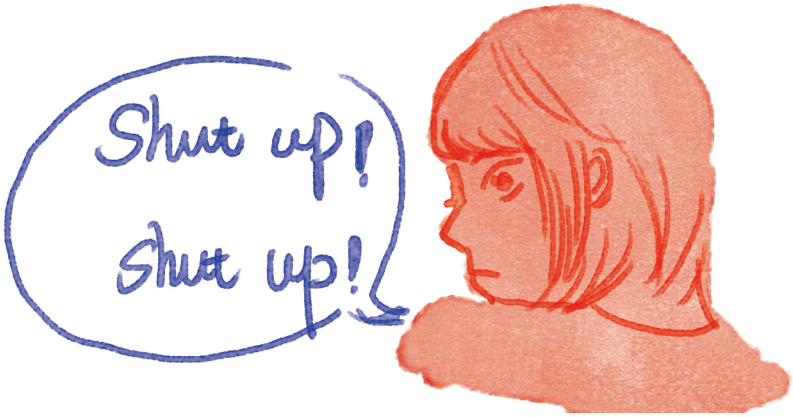




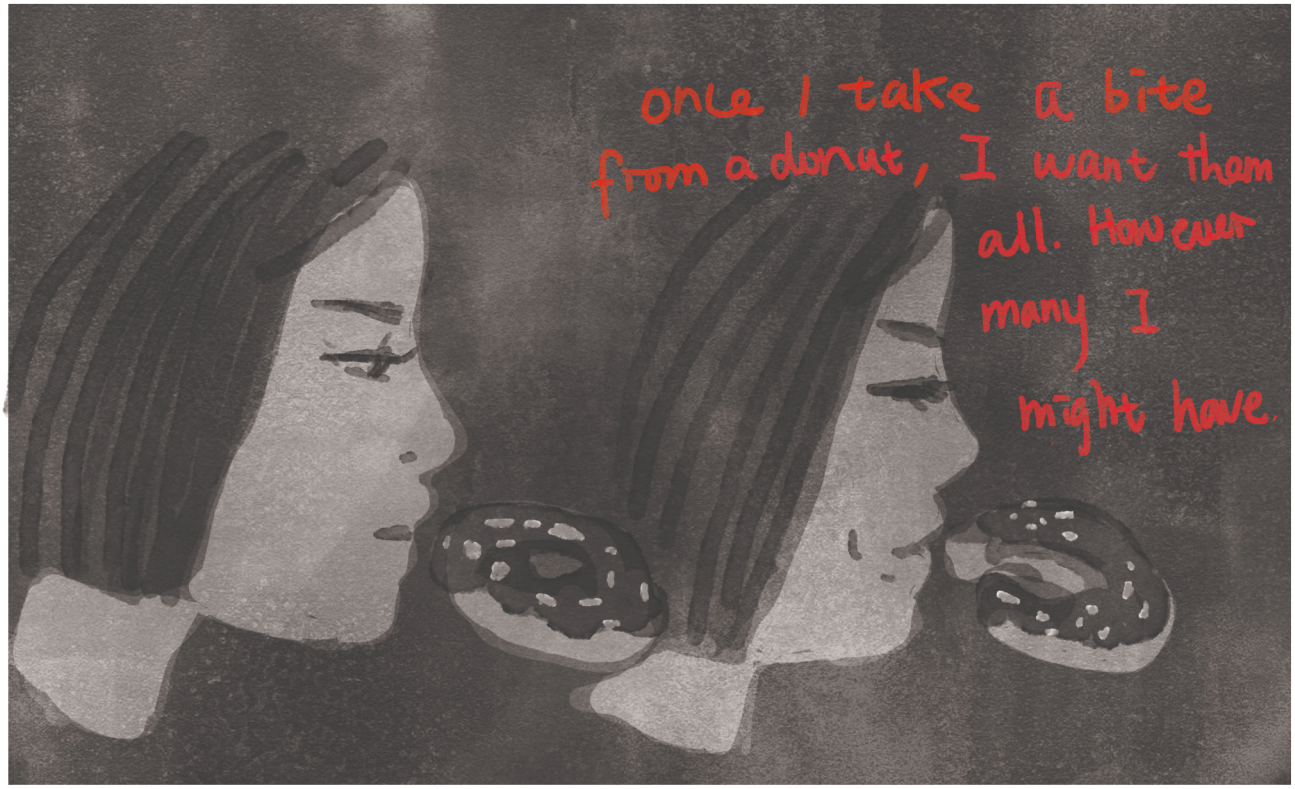


I always eat sparrow portions, but my brain needs sustenance to work while I study

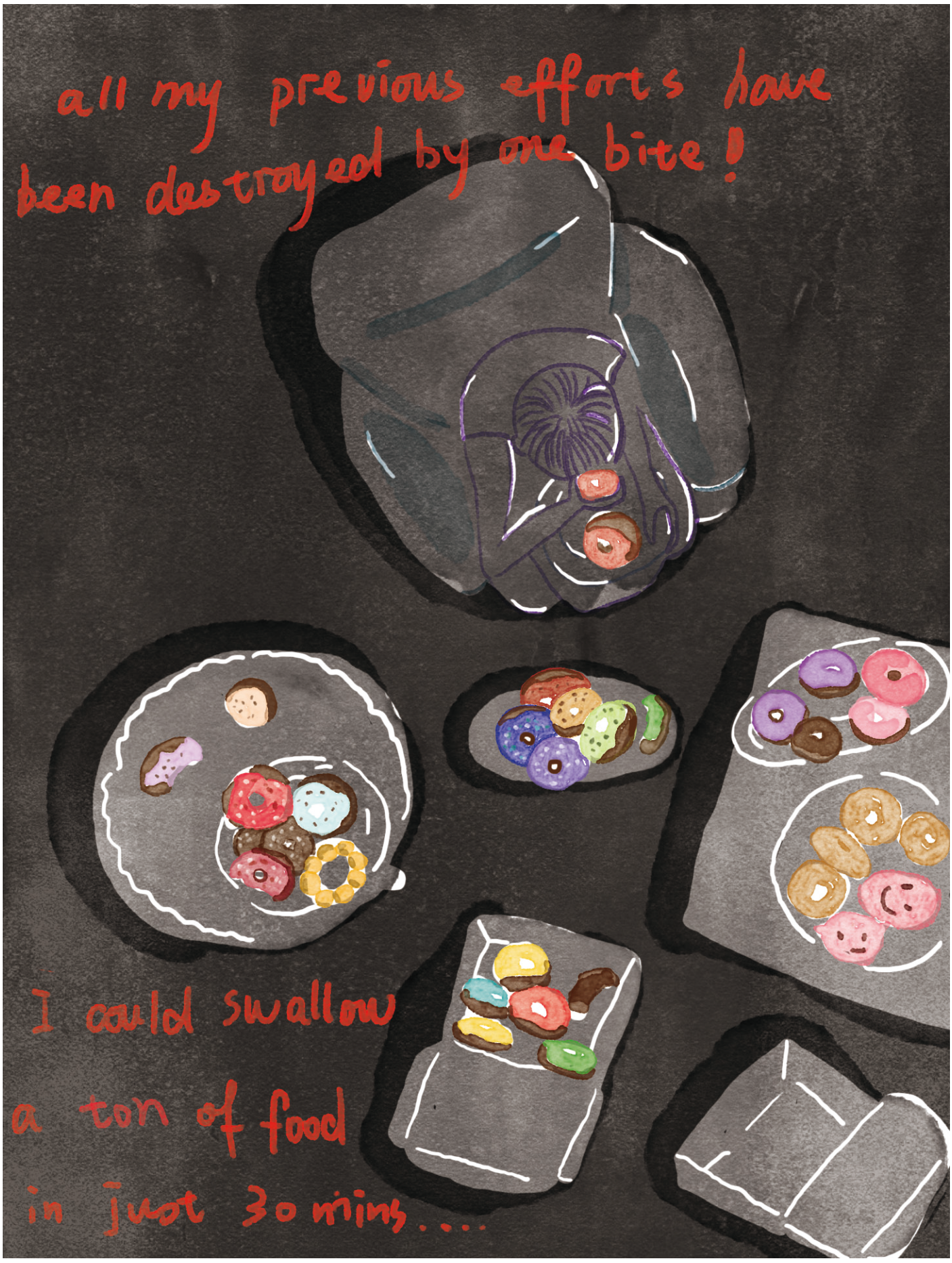
There are two voices in my head, always interfering, and preventing me from concentrating on my work.






once I take a bite
from a donut, I want them
all. However
many I
might have.


every sweet treat
infiltrates my blood like
a poison,
leaving me out of control.


all my previous efforts have been destroyed by one bite!
I could swallow a ton of food in just 30 mins....



I was unable to think at that moment.


Being full awakened another voice in my brain
you are so useless!
Why can't you control your mouth?
you are so disgusting
Anxiety. shame, helplessness. fear encroached on me in an instant.

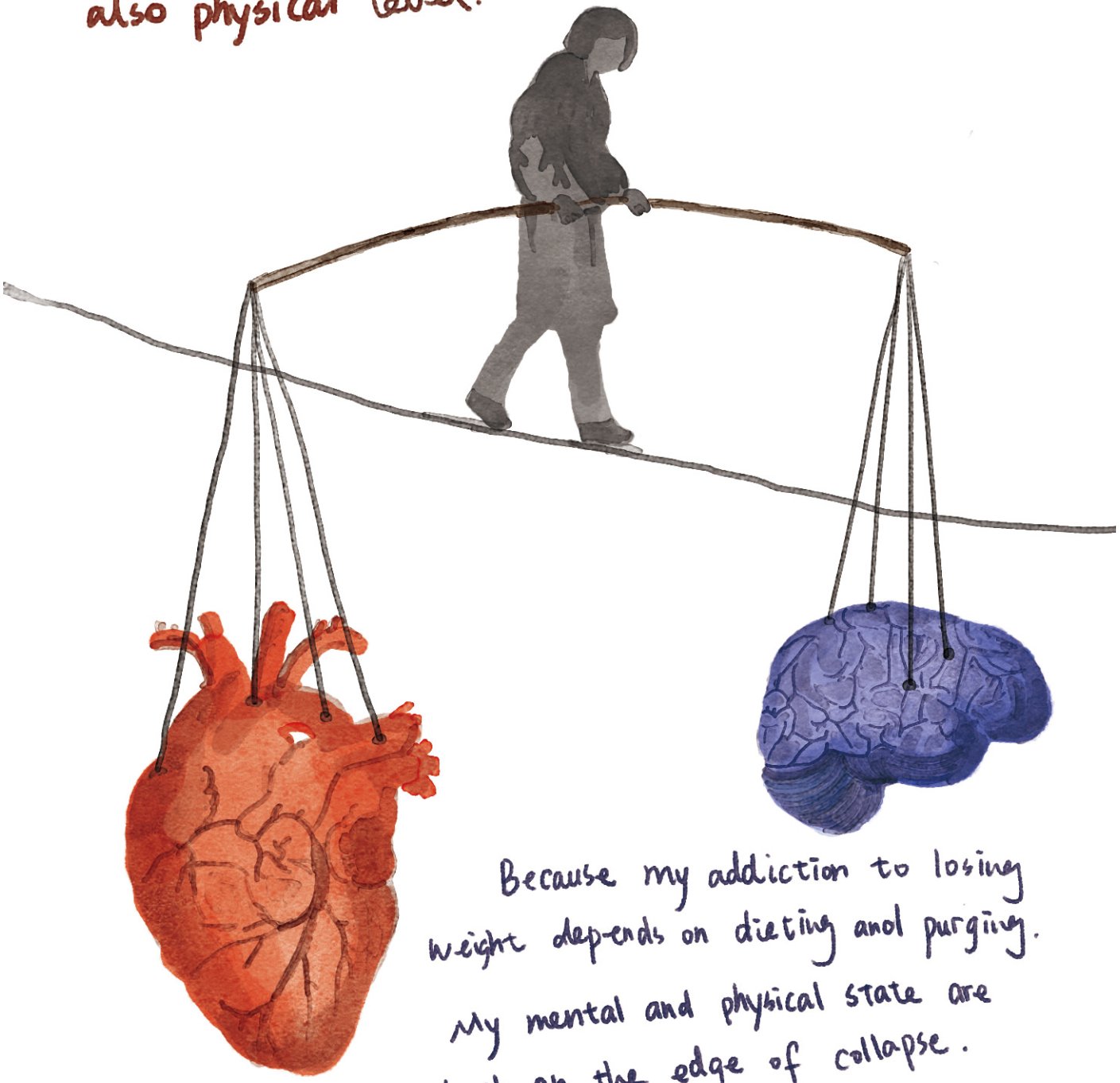

Due to fear of gaining weight.
I became a slave again. The inner
voice constantly reminds me that
I am fat
and ugly.


I throw up
everything,
trying to rid my
body of the sense
of guilt.

Chapter Three

I Do Need Help

Eating disorder hurts me not only on a mental, but also physical level.



Because my addiction to losing weight depends on dieting and purging. My mental and physical state are both on the edge of collapse.

I become more and more unsocial.

I reject every invitation go out for lunch or dinner.





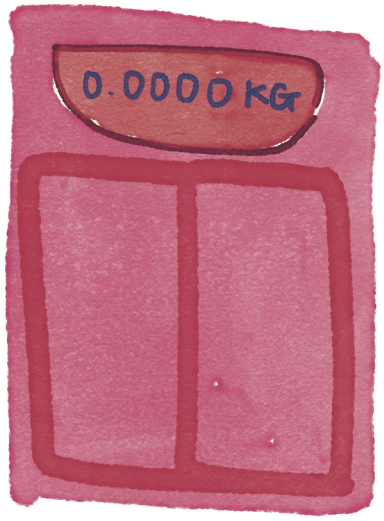



I remmber the first winter I went through in Auckland.
Although outside it was summer my body was still cold like in winter.



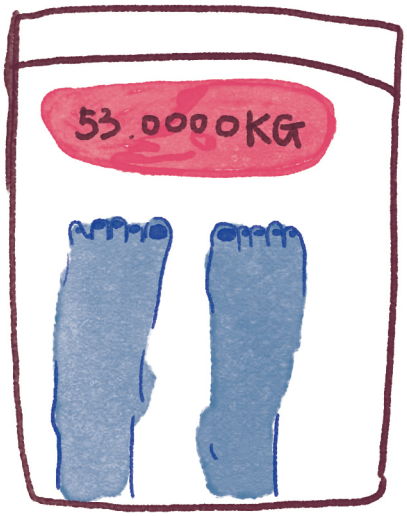
The ground, my hand, my head, the sink. All these things are covered in my hair. Despit my head.











Actually, until now, I still weigh myself many times a day.

And scale has became a very important item in my life, without the set of scales I would feel very unsafe.











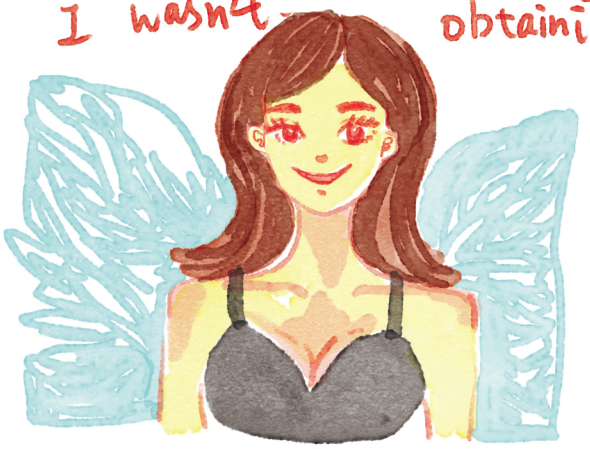
Being always angry cause I have no food to comfort myself. It was like a hedgehog with prickles.



Look inside of me

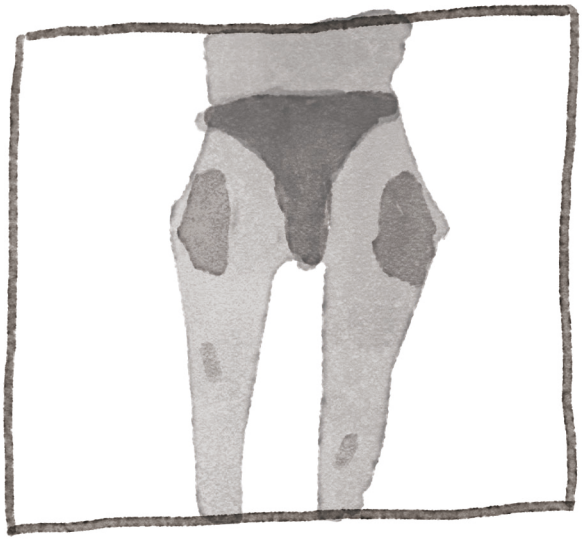

This is how
I feel when
I look in the mirror
It always shows
me a woman with
a huge body.

Finally after starving myself for so long, I realized I wasn't obtaining what I wanted.













All these consqueces made me confused.

I understood that I need help.

I'm fine

Don't worry

I'm ok...

I feel great..



Chapter Four

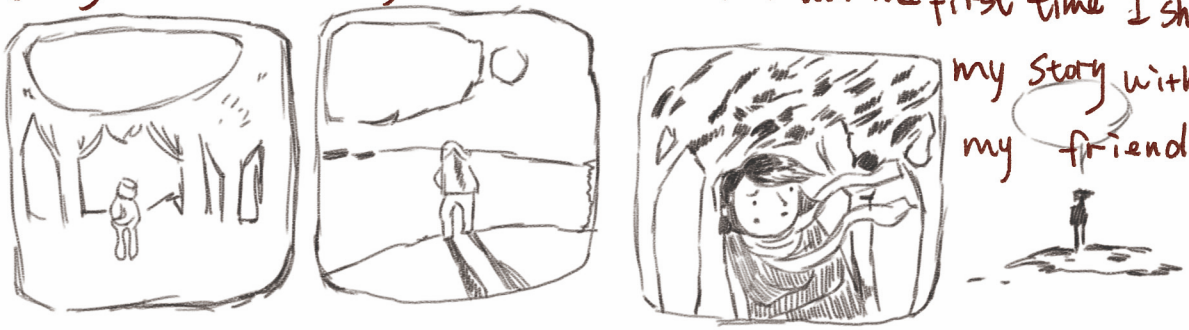
Find the Way Out.



I love hiking. It's not because the exercise help in losing weight, but being close to nature also gives me inner peace.



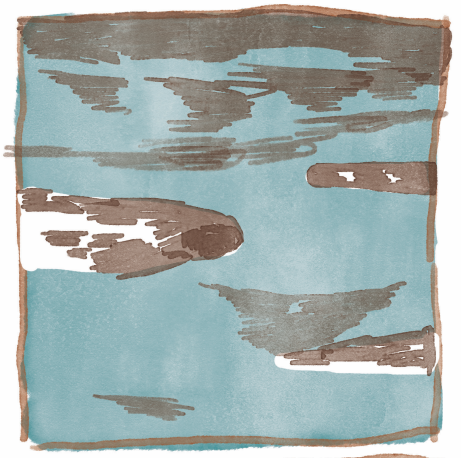
I invited two besties to go hiking with me, and told them every details about my eating disorder. This was the first time I shared my story with my friends.



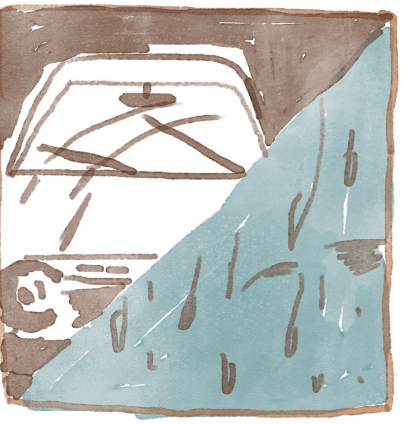
Thank god, they didn't see me as a freak!

even gave me heaps of understanding and support.

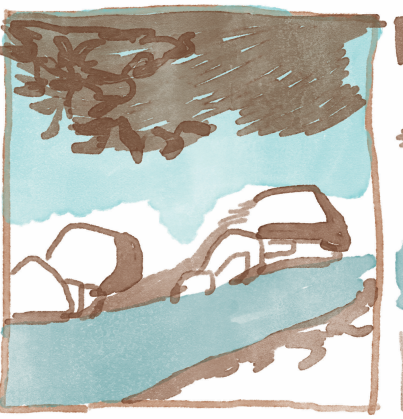


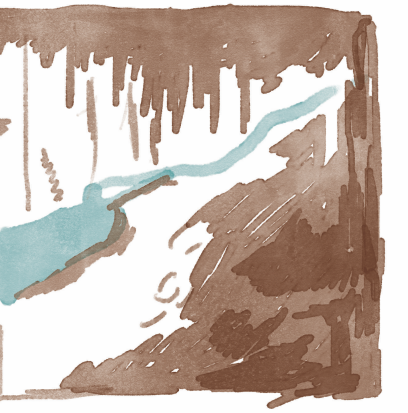


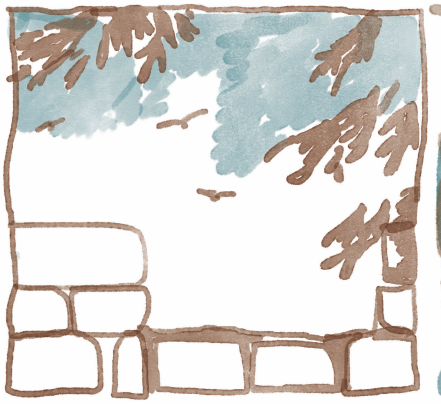
During that time....

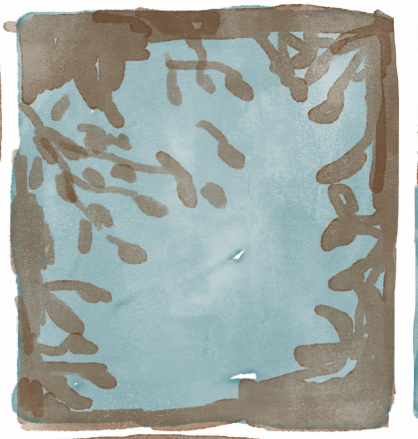


I often went alone to the beach to think about what had happen to me...













what had beening obsessing my mind with un unrealistic picture of being thin.



I stayed overnight at the beach, looking at the stars. Many memories appeared before me. I saw how I was always trying my best to be the perfect person in others eyes. I wanted everyone to like me, but in the end, I hated myself....







when I came to New Zealand, many western and Maori girls surprised me. Although some had a big body shape, they could still stand confidently in front of the mirror I really want to be like them.



Auckland is amazingly accross-culture. What surprised me the most was that women here - regardless of skin colour and body size - seem brave and confident about their appearance.





After all this Self-reflection, I gradually gave myself a break, and eased up on the strict demands that gave me a sense of control. Then I felt Mika - the one who always tortured herself - slowly leave.





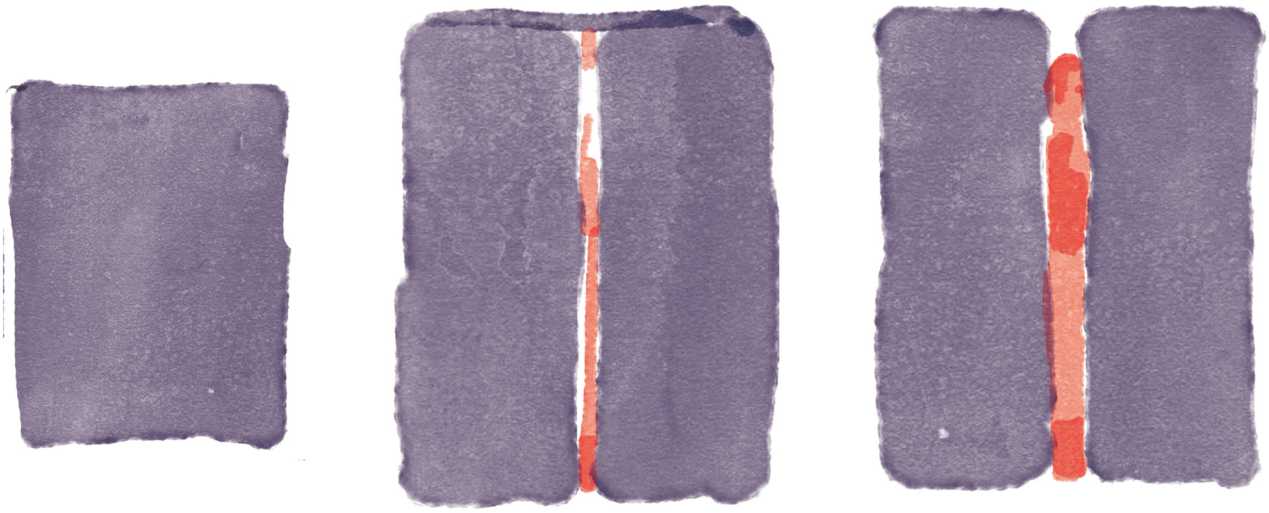
This time after taking a bath I looked in the mirror again



The fat girl in there had slowly turned into a skinny girl.

I was glad to finally see myself...


ENOUGH
THINNER
BETTER LIFE
ACCEPTING
NON-PERFECTION
Finally, I have found a way out of all that mess..





I am busting out of the box I was trapped in.

I want to embrace the colourful world outside the box, and see how beautiful it is.




Kill my
Disturbance