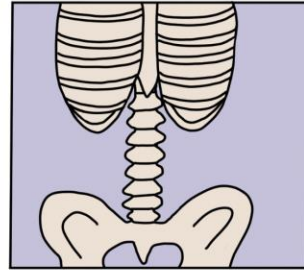
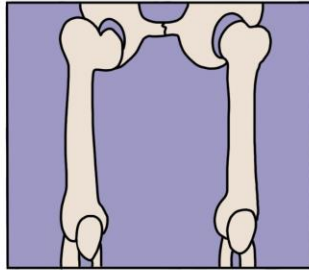
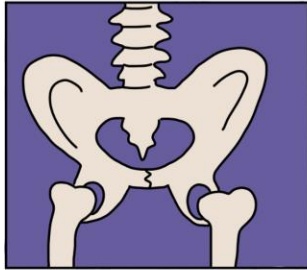


Why does this trigger me?

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- I'm jealous because I dislike my body and I believe that they have the ideal body
- It makes me think that I was never sick enough and I'm not worthy of being in recovery
- It reminds me of the good parts of my ED and it makes me miss it
- It reminds me of a traumatic time
- I believe that if I looked like that I would be:
 - Worthy
 - Loved
 - Cared about
 - Important to people
- It makes my head loud with thoughts of self hatred and loathing