

Society causes eating disorders. It tells ^{is} how we should look and how much we should weigh. If we do not look the way that society tells us we should, we are disgusting, fat slobs. Society also tells us that we should all weigh thirty-five pounds.

personal
(named to your topic/story)
(thesis of lesson)

It was a beautiful, sunny day outside. I had just got done eating dinner, and I really needed to throw up. ^{not bc I was sick / ill, but bc...} It was not like I am sick throw up, but it was like I am going to stick my fingers down my throat to throw up. My older brother was in the bathroom, and he told me that he would only be a couple of minutes. I could not wait. I decided to go in my backyard.

combine in either spot

<sup>where?
(behind shed)</sup> I stuck my fingers down my throat and started to throw up. About three seconds later, my whole family came flying outside. I was caught. ^{combine} I felt like such an ass. How could I be so stupid to get caught? I was doing so good for a long time. No one ever had

to know. It felt like my whole world was closing in on me, and I had nowhere to run.

My parents and my brother freaked out on me. It was not like I was bad, and they hit my hand. No, it was like they were screaming, ranting, and raving. I could not take it. I started to scream back which only made matters worse for everyone. I could not believe this was happening. Why did this have to happen? Why could I not have just waited for my brother to come out of the bathroom? These were just some of the thoughts flowing through my head at that moment.

BMS.

After everyone calmed down, we sat down <sup>(went back into house?)
in kitchen / l.r.</sup> for a family discussion. I broke down and told my parents everything. I told them that I had been throwing up for the past year. When they asked me why I was doing it, I told them that I was doing it so I could fit in and be like all of the other girls ^{who} that wore tight clothes and midriff tops. We decided to get help.

I cannot believe how much I hurt my family the day that they caught me throwing up. The hurt in their eyes was disturbing. During the time that I was throwing up, I did not know how much damage I was going to do to myself. I could have been sick for the rest of my life. I could have even died. What was I thinking? After this whole ordeal, a light went on in my head. No one is worth hurting myself over. The comments that people make are only what I make them out to be; They are only words. I learned that I have to be happy and comfortable with myself before I can do anything in this life. I am really glad that I got caught throwing up that day; It possibly saved my life.

Describe in the story * (detail)



put in story

* Intro [good start BUT review to your topic + end of the inst. of essays

* details * *

* Short, choppy sentences (combine through coordination + subordinating)

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