

## VIDEO

FADE IN

LS: Thin young Girl is looking at herself in the mirror. She is wearing running shorts and a sports bra. Hair in a ponytail.

Her reflection then starts proclaiming all these false thoughts about her appearance.

~~Cuts back to her eyes. Closing shut in shame.~~

CUT TO

Girl looking at herself in the mirror again. She continues to hear her thoughts ramble on about how fat and ugly she is.

She becomes frustrated. She closes her eyes and covers her ears.

She then slams her fists on the counter. She looks at herself again.

~~CU: She picks up her phone that's on the counter.~~

NationalEatingDisorders.org

CUT TO



National Eating Disorders Association

## AUDIO

Her Reflection:

You are so disgusting.

~~Everything is gross~~

Look at all this fat \*grabs her stomach\*

You're nothing but a fat slob.

*Overlapping of various voice-overs such as:*

*"You're Fat" "You're Ugly" "No one likes you" "you're disgusting"*

*\*Audio quickly cuts out\**

*(BEAT)*

Girl: NO!

~~(BEAT) It doesn't have to be this way.~~

**VO**

If you or someone you know struggles with body dysmorphia, there's help.

National Eating Disorder Association.

**ANNOUNCER:**

For 24/7 crisis support text "NEDA" to 741741

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