

The Thin Commandments:

1. If you aren't thin you aren't attractive.
2. Being thin is more important than being healthy.
3. You must buy clothes, cut your hair, take laxatives, starve yourself, do anything to make yourself look thinner.
4. Thou shall not eat without feeling guilty.
5. Thou shall not eat fattening food without punishing oneself afterwards.
6. Thou shall count calories and restrict intake accordingly.
7. What the scale says is the most important thing.
8. Losing weight is good/ gaining weight is bad.
9. You can never be too thin.
10. Being thin and not eating are signs of true will power and success.

Thin Commandments

SA Adler



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