



Literary Studies

Self-compassion in Haston's *Paperweight* (2015): Its Ways and Effect for a Better Life

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A B S T R A C T

The aim of this research is to find out the self-compassion depicted in *Paperweight* novel to overcome Stevie's bulimia nervosa. *Paperweight* by Meg Haston is a novel containing psychological issue related to eating disorder, bulimia nervosa, in Stevie as the main character. Stevie, who initially had suicidal thoughts because she felt neglected by her family and friends, eventually realized to recover from bulimia nervosa. Stevie's realization to recover from bulimia is related with self-compassion because it is a component that reduces negative thoughts in someone with mental illness including bulimia nervosa. Then, in order to solve the problem, self-compassion theory by Neff (self-kindness, common humanity, mindfulness) is employed in this research. This research is qualitative research which was done subsequently by reading and rereading the novel, eliminating, identifying, and grouping, interpreting, describing, and analysing the data. In this research, the researchers found that Stevie possessed self-kindness to do treatment and she started doing fun things. Then, common humanity is found when Stevie realizes in this world every individual has his/her own problems. It is indicated that Stevie possessed mindfulness when she chose to leave an unpleasant memory and remember the pleasant one. As a result, self-compassion helps Stevie to recover from bulimia nervosa.

INTRODUCTION

Self-compassion covers: being open to and moved individual suffering, experiencing feelings of caring and goodwill for oneself, picking up an understanding, non-judgmental attitude toward one's own shortcomings and mistakes, acknowledging that one's individual experience is a component of the common human experience (Neff, 2003). Moreover, Neff divided self-compassion into three main components: self-kindness (understanding oneself instead of having self-judgement), common humanity (thinking all human suffer), and mindfulness (balancing negative emotion with positive perspective). To make people aware that problems or unpleasant experiences that occur do not always give a negative side; people aware at these problems positively (Neff, 2003). In this sense, self-compassion is about how to treat oneself as well as possible, even when life is not always what she or he want it to be. Therefore, the positivity in self-compassion is needed in life to maintain mental health.

However, only people who have high self-compassion can treat themselves with kindness and care when they experience problems in their life (Allen & Leary, 2010). It is contradictory with people who have mental illness, so to maintain their mental health, their self-compassion should be high. Higher levels of self-compassion are associated with increased feelings of happiness, optimism, curiosity, and connectedness; in contrast, lower levels of self-compassion are linked with decreased anxiety, depression,

rumination, and fear of failure (Neff, 2009). Since high self-compassion refers to positive things in life, so it acts as a buffer between the experiences of life negatively and poor psychological outcomes in detrimental youths (Játiva & Cerezo, 2014). In relation to this, self-compassion may be denying and even reduce mental health problems when teenagers face an unpleasant experience in their lives.

Since eating disorder is part of the abnormality of mental health; the sufferers of bulimia nervosa need self-compassion to overcome their disorder. It is because self-compassion has a role in responding the negative life events in a positive way so that eating disorder sufferers realize that their abnormality threatens their lives (Taylor et al., 2015). Furthermore, eating disorder sufferers who have implemented early self-compassion during healing treatment responded better (Kelly et al., 2014). It means that the higher self-compassion among people with eating disorders, the faster people with eating disorders recover. Therefore, self-compassion helps cure people with bulimia nervosa, since self-compassion changes the way sufferers perceive the problems that occur in life.

Self-compassion is also reflected in the novel *Paperweight* by Haston published in 2015. It tells the story of a teenage girl named Stephanie Deslisle or Stevie who had bulimia nervosa. In the acute condition of bulimia nervosa, she slowly begins to want herself to be cured and stays alive instead of taking her own life. (Haston, 2015). Stevie, who has a severe mental illness with various kinds of life problems (abandoned by her mother with unknown reason and her brother died), survives her disorder with the positive thoughts as the increasing of self-compassion in her mind. At the end of the story, she wants to stay alive and take regular treatment for her disorder. Thus, her bulimia nervosa healing process is interesting to study using the self-compassion concept from Kristin Neff: self-kindness, common humanity, and mindfulness.

There are some studies that have relation to this study. Firstly, Piper (2017) discusses a compassion in general, and her compassion refers to sympathy, attitude and value—which is not really the same as like the present study which is more on the self. The second study is about the previous research on *Paperweight* novel was discussed in Arumdhani (2022) that focuses on the factor that causes Stevie (the main character in *Paperweight*) to develop bulimia nervosa. As opposite, in our study, the focus is on how self-compassion overcame Stevie's bulimia nervosa. Not only do others need compassion from those around them, but oneself needs compassion to maintain mental health; hence, this study offers self-compassion. It can be concluded that before having general compassion, make sure people have high self-compassion so that they are free from all negative thoughts. This is confirmed by Cocker & Joss's statement: a person who feels tired of other people—traumatized—tends to withdraw from society; this reduces compassion for other people (Cocker & Joss, 2016). Therefore, this research is interesting to be done since Stevie can survive her bulimia because she can give herself compassion so that she can receive unpleasant memories and accept her mother back.

Grounding on the above-mentioned in the introduction, the researchers would focus on the main character of the novel, Stephanie Deslisle or Stevie. In addition, the aim of this research is to find out the self-compassion that depicted in the *Paperweight* novel to overcome Stevie's bulimia nervosa. This research also uses Kristin Neff's conceptualization (self-kindness, common humanity, and mindfulness) to achieve the aim of the research.

METHOD

This research employed qualitative method to discover the novel entitled *Paperweight* by Meg Haston that published in 2015 using psychology theory as the grand theory. It related with Flick's statement that say qualitative research is gaining traction in many social sciences such as in psychology (Flick, 2009). In relation to this, the researchers used the Kristin Neff self-compassion concept (self-kindness, common humanity, mindfulness) in order to determine the self-compassion of Stevie as the main character. In terms of the data, qualitative research mostly used the research that used the data in the form of text and images (Creswell & Creswell, 2018). Since then, the data source of this research was taken from word, sentences, paragraphs, and dialogue which are relevant with this issue. Additionally, the others source such as e-book and journal which are supported and relevant with this research, since the researchers

required additional information.

In collecting the data, the researchers did several steps (Creswell & Creswell, 2018). The first step is read and reread the whole novel to understand the story in depth. Then, this led to a deeper understanding about self-compassion of Stevie in the novel. The second step is eliminating the irrelevant data. Then, the researchers identified the data that depict self-compassion, which are consecutively grouped.

Besides, the researchers also did several steps in order to determine Stevie's self-compassion. Firstly, by interpreting and describing the depiction of self-compassion in Stevie, and proceeded to analysing the data through supplementary data (books, related journal articles, and online references). Eventually, based on the results of the research, the conclusion was drawn.

RESULTS AND DISCUSSION

The depiction of self-compassion that awakens Stevie to recover from bulimia nervosa, and she wants to be alive because she realizes that her surroundings are still care about her. Self-compassion may help people recover from eating disorders such as anorexia nervosa and bulimia nervosa. Therefore, this theory can be applied in the novel entitled *Paperweight*, in which the main character has a decision to recover from the bulimia nervosa she suffered. At the end of the story, it is described that she started to realize that her decision to commit suicide on the day of the death of her brother, Josh, could harm and hurt herself. Then, it is illustrated that she wants to do a treatment that she has always violated so that she can slowly kill herself. In accordance with the two previous statements about Stevie, the researcher here describes her self-compassion by using Kristin Neff's self-compassion with its three main components: self-kindness, common humanity, and mindfulness.

Self-kindness

Self-kindness is an understanding of oneself in dealing with a problem rather than constantly having self-judgment, giving negative comments, and belittling oneself (Neff, 2011). In this sense, as a human, one must understand his/her own flaws and shortcomings rather than condemning them (Neff, 2011). In accordance with the previous statement, self-kindness refers to how people treat their minds positively. By treating their minds positively, they try to avoid negative self-treatment such as self-judgment, negative comments, and belittling oneself. It shows that they care about and understand themselves. Thus, self-kindness is about how to care and understand towards oneself (Neff, 2016).

Furthermore, to cultivate a feeling of self-kindness in oneself requires care from others. Humans as social beings will always need other people in their lives, as well as feelings of wanting to be cared for by others. It is also connected with Neff's (2011) statement, who says that humans need caring emotions to survive; it can be called the biological nature of humans (Neff, 2011). Emotions of caring can be obtained from the surroundings, for example, from parents as part of a family. An example, children who are comforted and supported by their parents when they are sad, angry, and scared; they will trust their parents as the most comfortable place in their lives (Bowlby, 1969; Neff, 2011). Then, it makes children feel secure with their parents (Bowlby, 1969; Neff, 2011). Therefore, children who are securely attached to their parents believe they are worthy of love (Neff, 2011).

However, when children are insecurely attached, they often believe they are unworthy, unlovable, and distrustful of others (Neff, 2011). This fosters a pervasive sense of insecurity, which can lead to long-term emotional distress and impair one's ability to form close, stable relationships later in life (Neff, 2011). Therefore, people with insecurely attached have less self-compassion than securely attached (Neff, 2011). In other words, other people's concern for those around them significantly affects self-treatment, choosing to self-compassion or self-contempt (Neff, 2011). It can be concluded that the surrounding increases self-compassion. In this point, the surrounding (e.g., psychiatrist and friend) of Stevie in this novel also increasing her self-compassion.

Firstly, Stevie receives care from her psychiatry. She has been at a treatment center in New Mexico where she received treatment to cure her eating disorder. She gets treatment from a psychiatrist named Anna as a new person in her life. There Anna is certainly the person who is around her, and her psychiatrist

has the responsibility to treat and care for her. Anna's concern for Stevie is not just her treatment or professionalism as a psychiatrist in dealing with her patients, but she sincerely cares (Haston, 2015: 119-120, 144, 146) and takes care of Stevie, who constantly has suicidal thoughts (Haston, 2015: 157). Her sincerity and patience to help Stevie heal bulimia nervosa made Stevie realize that her life is precious. Then, Stevie showed her self-kindness. It illustrated in the following proof:

"I've been thinking about what Shrink [Anna] asked me yesterday, about trying treatment. And there's this miniscule part of me that thinks that nothing—not even treatment—could be harder than this: gunning full-speed toward total destruction. (Haston, 2015: 159)

"'How I feel about being here.' I want to ask her which here she's talking about: here, as in treatment? Or here, as in alive? 'Actually, I've been thinking about what you [Anna] said. About trying treatment or whatever.'" (Haston, 2015: 169)

As seen above, Stevie wants treatment for her bulimia nervosa to keep her alive. Then, it makes she in the second proof, who has asked Anna to try treatment to survive her life. In this sense, she has taken care of herself because she cares for herself and is looking for a way to recover from the bulimia nervosa. She suffered as a way to kill herself because she has accepted all the shortcomings and the problems that have happened in her life, such as accepting Josh's death in an accident is not her fault, and she does not need to honor her body (death) for him (Haston, 2015: 169- 170). Furthermore, she wishes to stop hating her mother, who abandoned her and never contacted her after doing so (Haston, 2015: 159). It means that she wants the relationship between herself and her mother to become better because she realizes that hate is not a good thing (Haston, 2015: 176). Therefore, the care given by Anna as her psychiatrist makes her have self-kindness.

Moreover, self-kindness also involves self-consolation, such as entertaining one's own thoughts when feeling stressed about problems or failures (Neff, 2011). By entertaining the negative thoughts, it makes thoughts become calm, thereby creating a peace offering of warmth, gentleness, and sympathy to oneself (Neff, 2011). Therefore, the true healing takes place within oneself (Neff, 2011). Accordingly, people as a human need to have positive thoughts about themselves and treat themselves as best as they can because people who understand what they are facing the most are themselves. Entertaining thoughts that reduce stress when problems happen are also reflected in Stevie when she receives care from her friend.

Stevie has friends in Cottage Three who care about her who are Ashley, Teagan, and Cate even though she ignores them at first. Her friends give appreciation and attention to one another as they have the same disorder (Haston, 2015: 41, 62, 66, 95). Stevie, who has never had a friend in her life except Eden—a person who she considers a special friend—feels cared for by Eden (Haston, 2015: 81). Then, it leads her to have self-kindness because of their concern. The excerpt can be seen as below:

"I'm exhausted, but also a little excited. I've never snuck out with friends before, and it seems like this is some very important rite of passage, like the first time you lie to your parents. For a split second, I feel normal, and then I remember." (Haston, 2015: 163)

According to the illustration above, she is very happy to swim with her friends. It is because she never played and had fun with her friends during her lifetime, from childhood until she was a teenager (Haston, 2015: 81). Swimming and having fun with her friends prove that she is trying to cheer herself up and put aside the troubles her life once had—being abandoned by her mother with unknown reason and Josh's death. In this sense, the care of Stevie's friends makes her have a self-kindness in which she tries to comfort herself rather than feeling guilty for the departure of her mother and the death of Josh. Thus, the care of her friends had a role in building her self-kindness which helped her to recover from bulimia nervosa. In other words, her friends show the positive quality of friendship that increases her self-compassion. This is also confirmed by the statement that people who have good friendship qualities also have higher self-compassion (Dong et al., 2022).

Common Humanity

Common humanity is the second components of self-compassion that depicted in Stevie. In the second components, self-compassion has the definition of 'to suffer with' or implies similarity when

experiencing the same suffering (Neff, 2011). The meaning of experiencing the same suffering is that people who experiences problems with themselves and they have the thought that what happens to them can also happen to other people; whereas the other person is able to get through the problem well. In other words, with the existence of common humanity, humans can remember that everyone has their own suffering (with different causes, different circumstances, different processes, and different pains) so that they will feel more at ease (Neff, 2011).

Stevie always sees herself as the one who suffers the most as a result of her mother's abandonment and the death of Josh, her older brother. However, when she underwent treatment, she slowly began to understand that every human being has their own problems that cause them to suffer from eating disorders so that they become patients at the treatment center. Common humanity is seen when she participates in a recovery treatment called body image activity—an activity to estimate the actual waist size instead of the waist circumference using a rope (Haston, 2015: 175-176). It is described in the following proof:

"That's the strange thing about life in this odd plastic bubble. One of the strange things, anyway. Here we're supposed to be focusing on big-picture issues, like learning how not to despise our [Stevie and her friends] lives, learning how to love our bodies, how to make peace with who we are. If Shrink [Anna] has told me once, she's told me at least ten times: I'm supposed to use this time to retrain my brain, my thinking, the way I perceive myself and the world around me. If I have to, if all of us have to, we're supposed to go back in time to examine our childhoods. To discover how we learned to hate ourselves with such intensity. We're not born hating, Shrink insisted once." (Haston, 2015: 176)

"But we are a group of girls so overwhelmed by our mere existence that it's almost paralyzing, the idea of dealing with the "big-picture" issues. It's the reason we got this way to begin with. The reason a single caloric unit takes on such importance, the reason the pound becomes our currency of worth. These are things we can manage." (Haston, 2015: 176)

"Here in this artificial world, it is the same. Self-worth, relationships, abuse, parents, families, expectations, dead siblings: they're the dark, low clouds that loom so close not even we know how big they really are. We can't step back to see them in their entirety. And so we focus the little things. Stashing bobby pins to pin our hair back while we wash our faces, because it makes us feel like any other teenage girl for just a second. Rolling the cuffs of our too-loose shorts high on our ghost thighs to get a little sunburn. The little things make us feel human. I get it now, why all the other girls spend so much time curling their limp, brittle hair and applying lip gloss to their flaking, starved mouths. It's what we have. (Haston, 2015: 176)

In the proof above, she mentions 'we' to describe the situation where she was thinking she and her friends in the treatment center facing the same problem particularly eating disorder. In this sense, she has the thought that she and her friends are in the same boat where they both suffer from the unpleasant memory and they cannot face all the problems they face. The situations in the previous sentence make Stevie sure that she can recover from bulimia nervosa by taking regular treatment. This situation triggers her to think that everyone in the treatment center has their own problems, but they have the desire to recover and survive by following every applicable treatment. One of the examples is Cate, who suffers from anorexia nervosa and is undergoing treatment using a feeding tube (Haston, 2015: 40).

Since Stevie found that everyone has their own unpleasant memory and they all have the same desire to recover from eating disorders. This situation makes her feel confident that she can recover from bulimia nervosa. It is linked with the Neff's (2011) statement that a person has a sense of connectedness when they find a friend who has the same suffering as themselves, so that people who have the same suffering tend to be affiliated to gather to feel safe (Neff, 2011). As a result, people who feel connected to others are less afraid of harsh life circumstances and are better able to roll with the punches (Neff, 2011).

Moreover, Stevie common humanity also made her even more determined to get rid of bulimia nervosa after one of her friends told her in detail the cause of their eating disorder. Teagan is the girl who tells the details of the reason she experienced an eating disorder and one of her friends in Cottage Three. The detail of Teagan's story is that her stepfather prefers her sister and considers her sister more like a child because she is thinner than her. It getting worse day by day, her stepfather gives more attention and affection to her sister because Teagan's sister is growing to be more beautiful, skinny, and bubbly compared to Teagan (Haston, 2015: 179). Teagan is the one who tells her detailed story before she experiences eating disorder to other friends after doing the body image activity (one of the treatment activities in eating disorder treatment center). However, the other Stevie's friend only listened to Teagan's story, and Ashley listened shakily (Haston, 2015: 179). Then, the other Stevie's friend who experiences eating disorder, like Cate, who is confused to tell why she has an eating disorder when her family have nothing problem (Haston, 2015: 180). It means that they have their own unpleasant memory that causes

them to have an eating disorder, but they cannot tell other people. As a result, Stevie realized that not only does she have an unpleasant memory in her life, but everyone else does as well. The realization of her is portrayed in the following evidence:

"I nod, and think what we are all thinking and not saying. Yes, the illness took away. It clawed at family and time and the very beating of our hearts. But it gave, too. For me, it was the only way I could move through life blurry, without having to see things as they really were. It would have been too much that way, having to stare at my life head-on. It just would have been too much. (Haston, 2015: 180)"

In the proof above, she has realized her friends have different struggles in their lives that are not much different from hers or even worse. It is like Ashley whose body trembles when she hears the story of Teagan and Cate not knowing the reason why she has an eating disorder. It means that Ashley may have the same cause as Teagan, so that when she hears Teagan's story, she remembers what happened to her life. Meanwhile, Cate may have experienced trauma that unknowingly hurts herself so that she has an eating disorder. As a result, Stevie realizes that bad things or problems can happen to anyone not just herself because life is dynamic which is sometimes happy and sometimes very sad.

In addition, Stevie also has interconnectedness with other patients because they are in the same boat—experiencing an unpleasant memory that makes her and the patient experience eating disorders. Although the pain of her unpleasant memory is still in her mind, but if she has a good perspective on herself after having a comrade-in-arms, then she has the will to recover from bulimia nervosa. Therefore, common humanity makes her able to deal with the unpleasant memory and cure her eating disorder.

Mindfulness

The third components of self-compassion that leads Stevie to recover her bulimia nervosa is mindfulness. Mindfulness is defined as the ability to perceive clearly and accept what is happening in the present moment without judgment (Neff, 2011). The mention of 'the present moment' is not just a mindful thing that happens at the same time as when rereading an essay and at the same time we feel that our essay is not perfect, so we are mindful by saying 'it's okay if it's not perfect because humans are not perfect'. Mindfulness also is a way of thinking that is currently happening rather than thinking about the past that only exists in memory and the future that is only in imagination; it is better to be aware of the reality that is currently being lived (Neff, 2011). It means someone needs to be aware of what they have to live with now, do not dwell on the past and the future that has not happened, so that way a person can accept the past more and not worry about the future (e.g. fears about failure and loneliness). It also emphasized in Germer's statement which mentions mindfulness within self-compassion is about utilizing mindfulness more specifically to help emotional development and overcome feelings of personal suffering (Germer, 2009). In other words, someone who has mindfulness is more accepting of the past because they can control their emotions so as to reduce the suffering they are going through. Therefore, a person with mindfulness can control their emotions to think positively about the present situation.

In the novel, Stevie wants her bulimia nervosa as a way to kill herself slowly because she wants her body (her death) as her honorary one year after the death of Josh, her old brother (Haston, 2015: 87). This is because she feels guilty for Josh's death because he died after they had a car accident while fighting (Haston, 2015: 143). Mindfulness was there for Stevie over time without she knowing it. She began to doubt whether she should commit suicide one year after Josh's death (Haston, 2015: 157) or whether she should take treatment for her recovery (Haston, 2015: 159). In other words, she had the will to live; therefore, she hesitated to commit suicide. Her hesitant feeling shows she think about her future wisely. It confirmed by Neff's statement, a person with mindfulness is better able to think about the future wisely (Neff, 2011). Her mindfulness can be illustrated in the proof below:

"The air is starting to smell like something, but I can't tell what. Burnt summer. It reminds me of the night before Josh died. Eden and I got wasted and made out in the lot behind the Stacks. It was desperate, chaotic. She [Eden] pressed me into the ground and ran her hands everywhere and the sky twisted above us and I felt a little sick. But I didn't stop. I let her [Eden] touch me and my body rose up in response. One of the many unthinkable ways it betrayed me." (Haston, 2015: 166)"

"The memory isn't right. I should be remembering running through the sprinklers with Josh when we were kids. I should be remembering standing over the spray, blinking with wet lashes at the millions of rainbows." (Haston, 2015: 166)"

In the proof above Stevie remembers her past related to her guilt. She and Josh have a crush on the same girl, Eden, which causes them to fight in the car and cause them to get into an accident. Because of that she felt guilty and wanted to commit suicide. However, at the same times, she got the mindfulness because she even denied the bad thoughts that made her feel guilty. She denied thinking that she should have thought of herself and Josh when they were little when they must have only thought about how to have fun. Stevie's denial of the unpleasant memories and what is happening in her present time shows that her mindfulness helps her stabilize her emotions and be more accepting of the bad past—her brother's death—so that her suffering from guilt can be overcome.

Since Stevie's mindfulness stabilized her emotions and overcame her suffering, she was able to think about her future wisely. Doubts about attempting suicide or trying to get treatment that can cure bulimia nervosa have disappeared. This was replaced by her belief in staying alive (Haston, 2015: 170). Therefore, the mindfulness was able to thwart her desire to commit suicide. It is also mentioned by Luoma & Villatte that mindfulness has an ability to reduce the risk of suicide (Luoma & Villatte, 2012).

Additionally, Stevie also has mindfulness towards her mother, who had left her with unknown reason (the real reason being her mother's affair), which caused her to assume that the reason her mother left was that Stevie had violated the rules applied by her mother (Haston, 2015: 35). The rule is that she eats foods that are forbidden by her mother—Stevie is prohibited from eating foods that make her fat (Haston, 2015: 12, 20). Even after leaving Stevie, Josh, and her father, her mother never contacted her again (Haston, 2015: 110). Her mother only met her at Josh's funeral; even after the funeral, her mother never contacted her (Haston, 2015: 125). What Stevie's mother did to her contributed to the bulimia nervosa she suffered and grew hatred for herself. Thus, when her mother visited her at the treatment center, she refused to meet (Haston, 2015: 125).

However, Stevie got the mindfulness for her mother. Her mindfulness shows in this proof, "I'm tired of hating my mother." (Haston, 2015, 157). It means that she has a desire to reconcile with her mother regarding her painful past. Moreover, Stevie's mother has also shown concern and affection for her by paying for her treatment at the treatment center and visiting her even though she does not want to (Haston, 2015: 125). Her mother proved that she was trying to support her child to recover from bulimia nervosa and improve the relationship with her child. Her efforts, previously, make Stevie increase her self-compassion. It is also emphasized by Neff & McGehee's statement, in which they mention that maternal support was linked to significantly higher levels of self-compassion (Neff & McGehee, 2010).

Stevie also thought about the advice from Anna as her psychiatrist that is "We're not born hating" (Haston, 2015: 176). By thinking about how her mother had supported her and Anna's advice that humans are not born to hate each other, Stevie has accepted all of her mother's flaws and their past that caused her to experience bulimia nervosa. By accepting Stevie for all of her mother's past, it means that she is lessening her own suffering. Hence, on the day of Josh's death, she is allowed to leave the treatment center and is picked up by her father. She asks if her mother will come and her father replies that her mother will also come (Haston, 2015: 210). This means that she is trying to improve relations with her mother and vice versa. Therefore, mindfulness prevented Stevie from committing suicide because she had accepted all of her past and faced the realities of the present time.

CONCLUSIONS

In accordance with the results and discussion, the researchers can conclude that Stevie's self-compassion is the result of her awareness of herself. In self-kindness, Stevie's realization does not escape the influence of the people around her who care more about her, so that she builds up her self-kindness. Moreover, in common humanity, Stevie realizes that all humans have their own problems, including her friends in the treatment center. However, they still follow the treatment plan that has been set. Then, in mindfulness, Stevie realized that when an unpleasant memory appears, it is better to deny it with a good memory to live the reality she is going through. Therefore, she is well aware that there are still many people who care about her; people who have the same problems as her even worse than hers but still have a zest for life; and memories of the past that are memorable instead of always remembering the unpleasant

memories. Hence, all of her consciousness cancels her intention to commit suicide by recovering from the bulimia nervosa with the applicable treatment.

People with mental illnesses, such as eating disorders, require more attention and affection than those who are mentally healthy, so they should have it to feel cared. In reality, there are so many people suffering from this mental illness, thus the awareness of such attention and affection are needed to them. Hence, the sufferer of a mental illness, such as eating disorders, has this awareness in order to love themselves.

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