

The Thin Commandments

By Carolyn Costin

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, and 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.

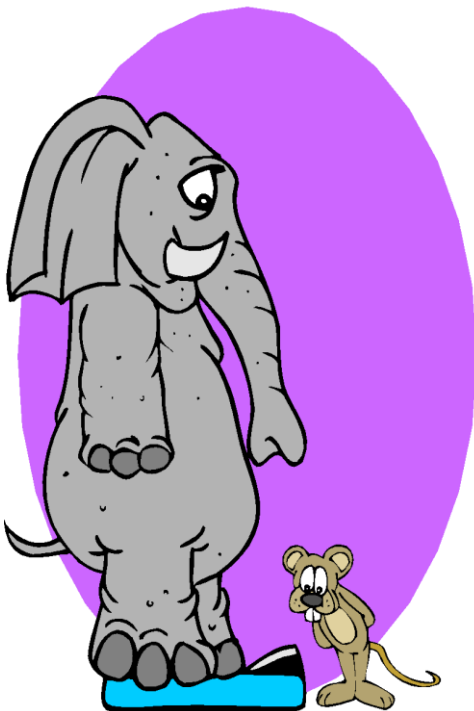
7. What the scale says is the most important thing.

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.

In your groups, you will develop the “10 Healthy



Commandments” by modifying the statements above.
Please write your new commandments and a title on the
back of this sheet.

Title: _____

1. _____

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2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

____ Names of group members: _____
