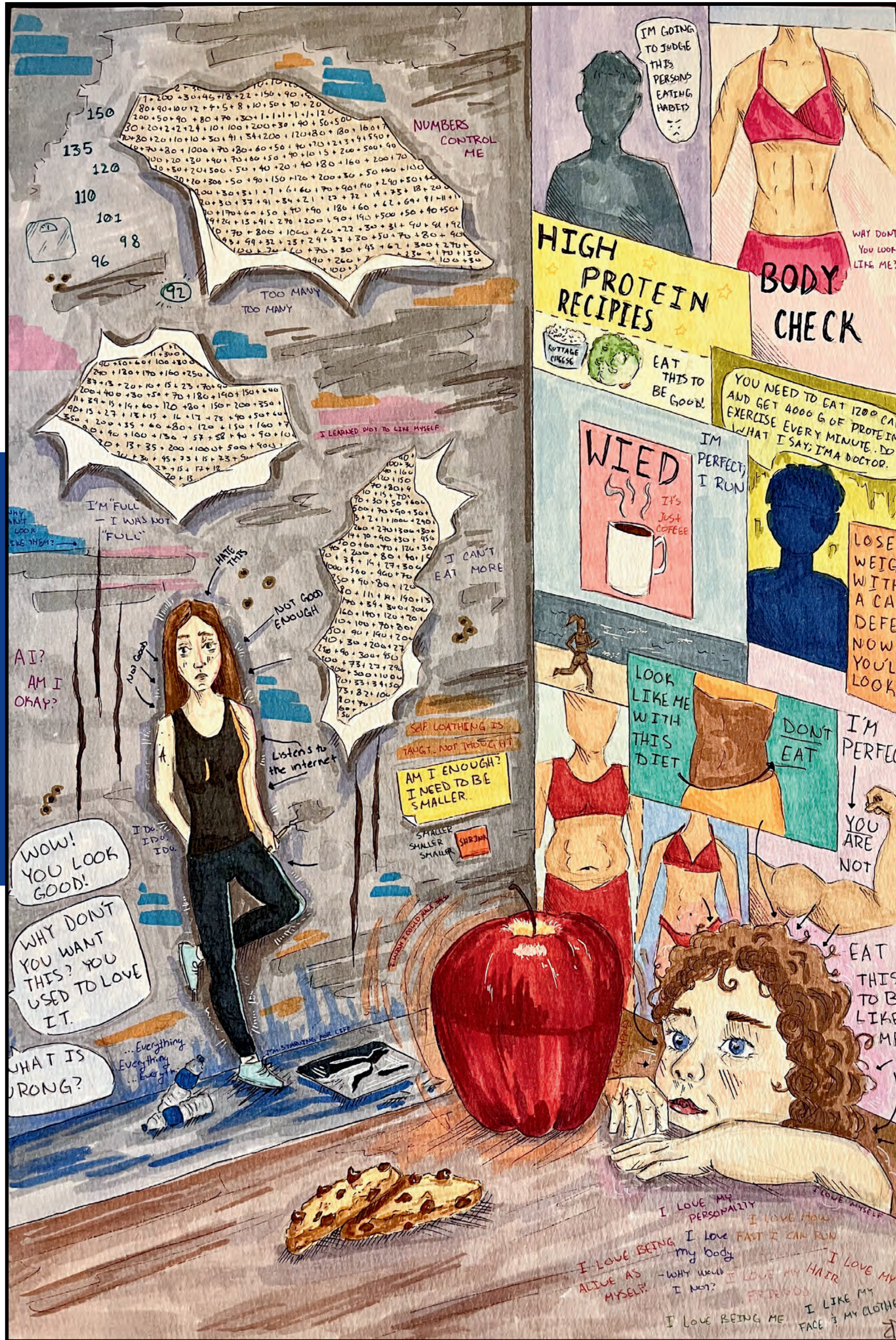


SELF-LOATHING IS TAUGHT, NOT THOUGHT



ZOE
(she/her)

For most of my life, I have dealt with self-loathing. My body, my face, my hair, skin and clothes...I hated it all. And, more recently, I dealt with the recovery of an eating disorder. I decided to participate in Magnify Voices in order to show what my struggle felt like and to help others not feel alone.

My artwork depicts how I learned to feel uncomfortable with my body. I showed a younger me, who loved herself and had no care in the world. And yet, she has these body-changing advertisements thrust upon her. This eventually leads to an older, skinny yet unhappy me. I am surrounded by the bleakness of my mind and thoughts, staring at the apple and longing for it, but refusing it for myself all the same. This piece shows the impressionableness of a young girl's mental health and the havoc small comments can leave as she gets older.

