

1 August 9th, 2007.

2 In the past I have usually had about two good weeks followed by three or four bad
3 days. This pattern has almost become a habit, but where have the bad days gone? Shouldn't
4 they have come by now? I suppose I might be getting better! But how come? I'm not ready to
5 get better. I still need to get thin. I can't accept this, I can't. The voice told me, and planned
6 that I wasn't going to eat.....It told me not to worry if I had put on weight this time, because I
7 will soon be able to lose it again. It told me – so I have to believe it.

8 I went down, undressed, got on the scales and waited for the three numbers to come
9 up. Yes, I had only put on a tiny amount, but it felt enough to blame myself for.

10 Breakfast was put in front of me.

11 'No, don't give in, you mustn't. Do NOT put it in your mouth.'

12 I kept telling myself this over and over again. Then I figured there was no point in not
13 eating but still drinking, it didn't have enough impact for me, I had to not drink either. I was
14 so tempted the whole time, but I just kept saying to myself that it was for the best.

15 Snacks. ¹ Resisting my snack felt so good, because they looked really nice. I pulled
16 them closer to myself to make it look like I was trying, but I wasn't going to have any....

17 'DON'T GIVE IN!' it should at me.

18 I had a core team ² meeting today. My key worker ³ brought up my eating today, and
19 asked what was going on. God, I really wish she hadn't. I just want to forget about it and get
20 out of here..... I'd planned to gain some self-confidence today through not eating, but now
21 anorexia had taken over, and I wasn't in control any more. It isn't up to me, I just have to
22 obey my illness.

23 I only managed a few sips of water at afternoon snacks. I was feeling so trapped.
24 Anorexia had taken control.....

25 It took a lot of encouragement from staff just to make me take those few sips.
26 Afterwards I felt terrible. Everything had just become out of proportion.

27 Afterwards, I had a meeting with two senior members of staff. They explained very
28 bluntly that they would have to pass a tube ⁴ if I carried on not eating or drinking. This put me
29 in such a big mess, I was so confused about what to do, I had so many thoughts and feelings:

30 'You want the tube because it gets the message across, it means you are ill.'

31 'What?... No you don't, it's painful and unnecessary, you don't need to go down that
32 road.'

33 'Just eat, Constance, you can do this, you are hungry and thirsty.'

Symptoms

34 All these thoughts were running through my head and I just didn't know which one to
35 choose. I had already taken the decision to let anorexia take control, and that clearly was the
36 wrong decision, but then again, it was making me thin so that is the best thing that has ever
37 happened to me.

38 In my core team they decided to let me have a phone call with a friend, but I couldn't
39 get though so I had to leave a message. I just said that it would be great to talk to her and
40 catch up is she wanted to give me a call back. I was quite nervous, because part of me was
41 really ashamed of being in hospital and I didn't want my friends to feel burdened with my
42 feelings.

43 ...I was feeling really weak when I stood up and I really wanted to give in, but I know
44 that I couldn't. I felt guilty too, because the staff were giving me so much support, and were
45 really encouraging me, and I could see how it was affecting the rest of the young people.

46 My friend rang me back after tea. It was really good to speak to her and just hear a
47 friend's voice. For thirteen minutes I felt healthy, and that I could recover. It gave me real
48 motivation – but just as quickly as the motivation came, it went when she hung up the phone.

49 I had a session with my key worker this evening, and I shared some things which
50 were really close to me. I just don't see the point of living any more. I feel worthless. I'm not
51 any good at anything. I find it so hard to want to put anything inside me like food and water
52 because I am not good. I don't deserve it. I'm nothing, so it is easier and better to have
53 nothing inside me. My key worker asked me to think of three good things about me, but I
54 can't think of any....

Footnotes

- 1) There was a set sequence of eating times in the unit. Breakfast, Morning snacks, lunch, afternoon snacks, tea and late snacks.
- 2) Core Team = Staff directly associated with Constance's treatment plan.
- 3) Key Worker = One of two members who work directly with you alone.
- 4) The Tube = Naso-Gastric Tube that is passed through the nose into the stomach to help people who are not eating enough by mouth.

Key words and themes in Chronological Order.

Lack of Perceived Readiness to Change – Lines 4 and 5.

Inner thoughts, Inner voice – Lines 5 – 6 (and others).

Mixed Emotions (Positive and Negative) – Line 9.

Self Blame – Line 9.

Determination to Lose weight – Line 11.

Support – Key worker – Line 18.

Coping through not eating – Line 20.

Lack of Control – Line 21-22.

Listening to Illness – Line 22.

Trapped – Line 23.

Guilt – Line 25

Support – Staff - 25

Confusion – Line 29

Too many thoughts – Line 29.

Physical Symptoms – Hunger and Thirst – Line 33

Decisions to make – Line 34 – 35.

Anorexia taken control – 35.

Shame – 41.

Burden to Friends regarding feelings – Line 41.

Impact of her actions on others – Line 45.

Support – Friend – Line 46, 47.

Desire for Motivation – Line 48.

Sharing with Key Worker – Line 49

Close things – Line 50

Little Hope – Line 50

Worthless – Line 50

Low Self Efficacy – Line 51

Low Values of Self – Line 54.

Key words and themes in Chronological Order. – Clustering the Themes.

Red = Support Networks, Brown – Too many decisions, Cognitive Overload.

Blue – Desires and Interventions, Purple – Negative Thoughts and Self-Efficacy.

Green – Lack of Control.

Lack of Perceived Readiness to Change – Lines 4 and 5.

Inner thoughts, Inner voice – Lines 5 – 6 (and others).

Mixed Emotions (Postive and Negative) – Line 9.

Self Blame – Line 9.

Determination to lose weight – Line 11.

Support – Key worker – Line 18.

Coping through not eating – Line 20.

Lack of Control – Line 21-22.

Listening to Illness – Line 22.

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Sharing with Key Worker – Line 49

Close things – Line 50

Little Hope – Line 50

Worthless – Line 50

Low Self Efficacy – Line 51

Low Values of Self – Line 54.

Superordinate Theme	Sub Ordinate Theme	Quote Keyword	Line Number
Negative Thoughts and Self Efficacy	Self-Blame	Yes, I had only put on a tiny amount, but it felt enough to blame myself for.	Line 9
	Shame	part of me was really ashamed of being in hospital	Line 41
	Burdon to Friends	I didn't want my friends to feel burdened with my feelings.	Line 41
	Negative Impact of Actions	I could see how it was affecting the rest of the young people.	Line 45
	Guilt	Afterwards I felt terrible	Line 25
	Little Hope	I just don't see the point of living any more	Line 50
	Worthless	I feel worthless	Line 50
	Low Self-Efficacy	I'm not any good at anything.	Line 51
	Low Values of Self	My key worker asked me to think of three good things about me, but I can't think of any....	Line 54
Support Networks	Key Workers	My key worker 3 brought up my eating today, and asked what was going on. God, I really wish she hadn't.	Line 18, 19
	Staff	It took a lot of encouragement from staff just to make me take those few sips.	Line 25
	Friend	My friend rang me back after tea. It was really good to speak to her and just hear a friend's voice.	Line 46, 47
	Sharing with Key Worker	I had a session with my key worker this evening, and I shared some things which were really close to me	Line 49
Desires and Interventions	Determination to Lose Weight	No, don't give in, you mustn't. Do NOT put it in your mouth.'	Line 11
	Coping through not eating	I'd planned to gain some self-confidence today through not eating	Line 20
	Desire for Motivation	and that I could recover. It gave me real motivation	Line 48
	Physical Symptoms - Hunger	Just eat, Constance, you can do this, you are hungry and thirsty.'	Line 33
	Desire to disclose personal thoughts	and I shared some things which were really close to me.	Line 50
Cognitive Overload	Inner thoughts, Inner voice	But how come? I'm not ready to get better. I still need to get thin. I can't accept this, I can't. The voice told me	Line 5, 6
	Mixed Emotions	Yes, I had only put on a tiny amount, but it felt enough to blame myself for.	Line 9
	Confusion	I was so confused about what to do, I had so many thoughts and feelings:	Line 29
	Too Many Thoughts	I was so confused about what to do, I had so many thoughts and feelings:	Line 29

	Decisions to Make	I just didn't know which one to choose.	Line 34, 35
Lack of Control	Lack of Perceived Readiness to Change	I'm not ready to get better. I still need to get thin. I can't accept this, I can't.	Line 4, 5
	Lack of Control	anorexia had taken over, and I wasn't in control any more	Line 21, 22
	Listening to Illness	It isn't up to me, I just have to obey my illness.	Line 22
	Trapped	I was feeling so trapped.	Line 23
	Anorexia in Control	Anorexia had taken control.....	Line 35