


When Self-Love isn't Enough:

Cultivating Body Liberation in an Unjust World




ASDAH 2018
United Against
Oppression conference

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1


I have many PRIVILEGES. Examples:

- White
- High Socio-economic status
- Well-educated conventionally
- Able-bodied
- Neuro-typical
- Slender
- U.S. citizen
- Speak English as a first language



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2

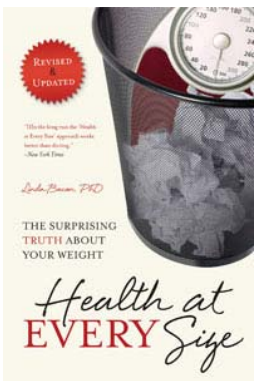


Unexamined Privilege → Causes Harm

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Neoliberalism



REVISIED & UPDATED

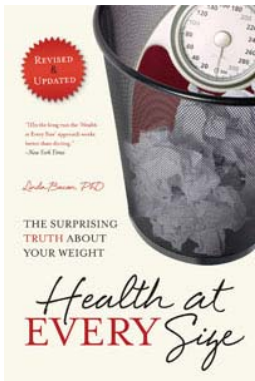
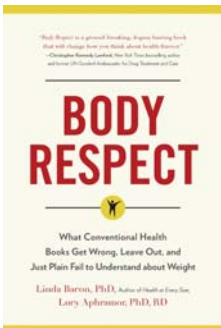
Focus: Personal behavior change.

We are responsible for our own well-being.

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Evolution of HAES?

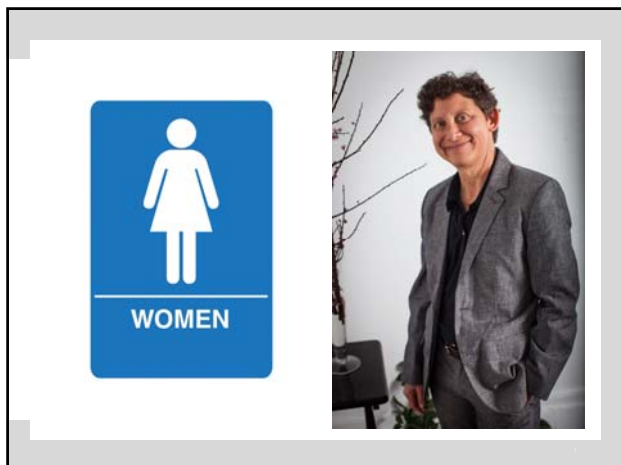
Grounded in social justice and integrates self-care

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6



7



8

Who am I?

Genderqueer

Not: a woman

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The Resistance

- Gender is a social construct: expand your definition of woman beyond the limiting constructs.
- You feel inadequate as a woman: work it out in therapy.
- Your body is a woman's body.
- You want access to male privilege.
- Attention-seeking?

No, no, no.

Check your *cisgender entitlement*.

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Cultural Humility

- You don't have to understand someone's perspective to respect that it's valid.
- Trust that they know their experience better than you do.
- Let marginalized people teach you about their experience, rather than imposing your beliefs on them.

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The start of an eating disorder

My Bat Mitzvah

"becoming a woman"

12



13

Eating Disorder

Yo-yoing weight

14



15

The Classic Eating Disorder Story

Thin = attractive → power (for women)

- Individuals gain power through conforming to gendered beauty ideals
- The female quest for thinness is about trying to conform to those beauty ideals and “succeed” as a woman

The old story I believed about myself

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The real story

- My fear of fat was less because it denied me the **femininity** to pass as a woman
- but rather because it denied me the **masculinity** to be seen as my more authentically gendered self.

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The Mismatch

My body symbolizes “woman” to others.

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No amount of self-love changes this

My body precedes me and
- in the eyes of others -
erases an important aspect of who I am.




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Finding my comfort zone

- I make choices about cultural signifiers under my control (haircuts, clothes, body modification...)
- I accept: not everyone will see me for who I am
- I find and create safe spaces where I am seen and valued
- I assert myself and educate elsewhere (optional)
- I build my resilience



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20

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Learning Nugget #1

Develop your cultural humility






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Learning Nugget #2

Be accountable






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Learning Nugget #3

Identify the root problem: Injustice

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Learning Nugget #4



Centralize marginalized experience



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Tweet this!



Challenging oppression is not just about liberating others, but vital to our own growth and liberation.


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Learning Nugget #5



Support body autonomy



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Learning Nugget #6



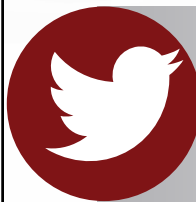
Cultivate resilience



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Tweet this!



My history of trauma has been recast through a story of resilience and I'm a better person because of – not in spite of – how I got here.

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29


Finding my way home

From Linda



To Lindo





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Learning Nugget #7

Embrace brokenness

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Learning Nugget #8

Build community

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32

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Thank You.
I'm grateful for this
community.

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33