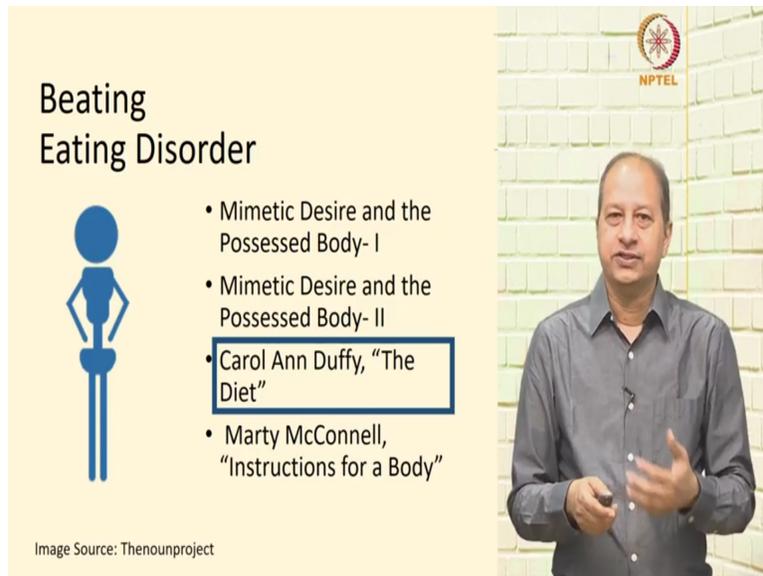


**Literature and Coping Skills**  
**Professor. Ajit K Mishra**  
**Department of Humanistic Studies**  
**Indian Institute of Technology (BHU) Varanasi**  
**Lecture No. 39**  
**Carol Ann Duffy, “The Diet”**

Hello everybody, I am Ajit K Mishra, your course instructor for Literature and Coping Skills. I am here again with another lecture of this module on Mimetic Desire and Eating Disorders. If you remember in my last two lectures, I talked about a variety of issues related to these problems; the problems of mimetic desire and the resultant eating disorders. I also talked about body dissatisfaction, negative body image and various body disorders.

So, with that background in mind you are now ready to take a look at these body compositions that are going to follow. So, in this lecture I am going to talk about some other critical aspects of eating disorders. I am going to show you how eating disorder in fact takes a toll on a person who promptly surrenders to its impact, its influence; so let us start.

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The slide features a yellow background. On the left, there is a blue icon of a person with a large belly. To the right of the icon is a bulleted list of topics. The third item, 'Carol Ann Duffy, "The Diet"', is enclosed in a blue rectangular box. On the right side of the slide, there is a video inset showing Professor Ajit K Mishra speaking. The NPTEL logo is visible in the top right corner of the video inset. At the bottom left of the slide, the text 'Image Source: Thenounproject' is present.

**Beating Eating Disorder**

- Mimetic Desire and the Possessed Body- I
- Mimetic Desire and the Possessed Body- II
- Carol Ann Duffy, “The Diet”
- Marty McConnell, “Instructions for a Body”

Image Source: Thenounproject

As you know, today I am going to talk about Carol Ann Duffy’s “The Diet”; and then I will show you how we can devise a plan, so that we can protect ourselves from falling victims to the impact

of mimetic desire and eating disorders; and we can also simultaneously help others stay away from this menace. So, let us take a look at each of these elements.

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**Body Image**

- Perceptual**  
The way you see yourself
- Affective**  
The way you feel about the way you look
- Cognitive**  
The thoughts and beliefs you feel about your body
- Behavioural**  
The things you do in relation to the way you look

Image Source: Medical Xpress

The slide features a light green background. On the left, there is a list of four components of body image: Perceptual, Affective, Cognitive, and Behavioural, each with a brief definition. To the right of the text is a photograph of a man in a grey shirt standing in front of a wall of yellow sticky notes. In the top right corner, there is a small red circular logo with a white star and the text 'NPTEL' below it.

We all know that the societies that we live in, generally uphold idealized images, by which men and women are judged as worthy members of their respective sex. And over the years, the media has been presenting the ideal body image; especially the ideal bodies of celebrities, who often resort to unnatural means and extreme measures, such as unhealthy diet, heavy exercises or even the use of drugs or plastic surgery, in order to maintain that almost sticky thin or impossible body shape and size.

Now, these images we know are artificially enhanced or once, because apart from these interventions there are the other computerized interventions- through the tools of photoshopping, which also enhance the bodies of these celebrities. But, the problem is unfortunately most people and especially females readily consume these ideal body images. Sometimes with the awareness that they are not real, they are artificially enhanced; and sometimes without that awareness that they are artificially enhanced; and that is how they fall into the traps laid by the media.

And that is exactly where the journey towards eating disorders begins; so that leads to comparison between these two body types, body shapes, the sizes, the person, the consumer and the model. So, when that happens that leads to negative self-evaluations for the person. And which results in self-depreciation, reduced self-esteem and finally eating disorders. Because you would like to achieve that particular state at any cost; and so eating disorders or maladaptive

eating practices offer that shortcut to you, so that is why it is very very important that we understand; this artificiality of the ideal body image; so that we can protect ourselves. Now, it is all about the body image that we consume; that is constructed for us and that we consume. So, there are various ways through which we approach the idea of body image. The first is the perceptual one that means the way I see myself; how I look, how I appear, how people see me; and a variety of other things.

And then there is an effective approach; the way I feel about the way I look. How do I look? Most often we struggle with this question; how do I look whenever I see myself in the mirror? I may think I look well. I look wonderful, handsome, beautiful; but then I also find a need to check it, double check it and continuously check it to be assured that I look good, I look perfect. So, I keep on checking with people around me about how I look; so that is an effective approach.

And then we come to the cognitive approach; the thoughts and beliefs I feel about my body, how does my body look? Is it plump? Is it skinny? Is it the perfect shape and size? So, what are my views of my body, the cognitive approach to my body? These 3 things initially troubles us; the perceptual, the affective and the cognitive. So, the impact of these 3 approaches is so strong that they lead to certain behavioural changes in us. And that is exactly when we enter the behavioural zone, and we adopt the behavioural approach; and that is exactly when we begin to do things to ourselves and our body.

So, the things that I do in relation to the way I look, so now I am concerned about how I look; and I am also concerned about how I can enhance my look. Now, this stage can lead to multiple directions. For example, starting with starvation, or a strict diet regime, to use of some artificial or surgical interventions. Now, that is exactly when I begin to struggle with these expressions; and I try to find out a way through which I can do something to myself, which will enhance how I look, how I appear. So, body image is very very important.

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And why is this the body image? Why is the body such an important thing that troubles us so much? It troubles almost everyone, why is it so? It is generally because of this particular thing that I call multiple pressures. So, when there is pressure from just one direction; we might think of handling it, or I think of fighting it out and triumphing. But, when the pressure is from all directions and we are the target; it becomes extremely difficult for us to take care of, or negotiate these pressures.

And there is every possibility that we promptly succumb or surrender to these pressures, without showing any intention to fight. Because we drop the conflict much before we can even think of fighting these pressures, so that includes BMI, family, society, media and peer pressure as well. So, these pressures are so unbearable and so overwhelming that we succumb to them. So, BMI or body mass index is essential to our body image, and the fear of negative evaluation.

Now, the fear is that I may be evacuated unfavorably, because of my appearance; so body mass index plays an important role here. So, overweight individuals are more likely to experience this kind of fear or the sense of fear associated with being negatively evaluated. So, they also show a negative affective attitude towards their body; especially body image discordance and body image disorder and a variety of other things as well. So, it has to do with the actual body size and the perceived body size.

So, BMI is very very important, because it leads to underestimation sometimes, when somebody perceives the body size minus the actual body size; that is underestimation. And then overestimation; that means somebody perceives the body as larger than the actual body size. So, this leads to serious body image and dissatisfaction, and ultimately negatively impacts mental health; including lowering self-esteem and increasing depression. So, BMI pressure plays hugely on body image. So, we need to be very very careful about the impact of BMI on body image.

And then if you look at the second one that is family; family plays an important role. It plays a very very important role in the development of a child's body image, our body image; so body size attitudes and our eating patterns as well. So, it is very important that the place where we grow up takes care of these aspects; so that we do not develop body image disturbance or dissatisfaction. We do not get a negative body image; so that we can think of unnaturally enhancing our appearance and look. So, the family has to play a very very important role.

So, the family affects body image in various ways. It can be preferring a strict body shape and size, culture in the family; as a result of which the family members will keep commenting on the body size and shape, appearance of a child in the family. Especially the child who does not confirm to the family, norms prescribed for an ideal body size and shape. So, it may also be due to parental pressure like the parents engaging in excessive exercising, in order to keep themselves in a fit shape and size.

The parents indulge in passing commands and other bodies shapes and sizes; so that the child in the family is indirectly influenced. So, the family plays a very very important role; most often we in the family do not realize this, but we do so. Therefore, it is very very important that the right kind of body image culture is practiced, practiced in each family. And, so that it does not lead to negative body image; or the formation of the negative body image, by just one member of the family or multiple members in the family.

The third pressure point of pressure source is this social pressure, and it is a huge amount of pressure that we have to negotiate. Because both men and women I have already told you that body image and dissatisfaction, concerns both men and women; but it concerns women more than men. So, both women and men attempt to present and maintain themselves in socially

desirable body shape. So, there is a socially desirable body shape in which everyone, men and women want to fit into that socially desirable body.

So, because social acceptance is a critical component of the life cycle and is central to our well-being. If we are not accepted socially, it will definitely affect our well-being status as well. So, in response to the need for social acceptance, we begin to develop behavioural responses that enhance our social desirability. So, we begin to observe, imitate and then reinforce the behavior of the socially presented ideals in order to increase the likelihood of our social acceptance.

So, every society has its normative body ideal, body image; so which is circulated to various channels, various mediums. And everyone in that society would like to fit into that particular body image; and when that happens we begin to imitate the behaviour, and then we observe, and then we try to reinforce these ideas for ourselves. So, social pressures play a major role in body image; and then we come to another equally important source of these pressures that is media.

We all know how media influences the way we perceive our body, the way we approach our body. And the way we behave with our bodies and the various ways that we try to enhance our body image. So, the media plays an extremely important role here. When I say media, I include both the traditional forms like television print, magazines and various other things. And the new media forms, which are even more invasive in nature; for example, internet, computer games and social media.

So, this media forms point towards the link between muscular male body ideal and the thin female body ideal; and a variety of psychological conditions including body image misperception, body dissatisfaction and eating disorders. So, there is a very close connection between the perfect male body ideals, and the perfect female body ideals or thin female body ideals. That is presented that are circulated through these media platforms; they lead to psychological conditions as well. So, media plays a very very important role, because media invades our psychological setup to such an extent and in such a manner that we are not left with any other option. But, to give into this enticement, allurements of body image enhancement.

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## Body Image Disorders

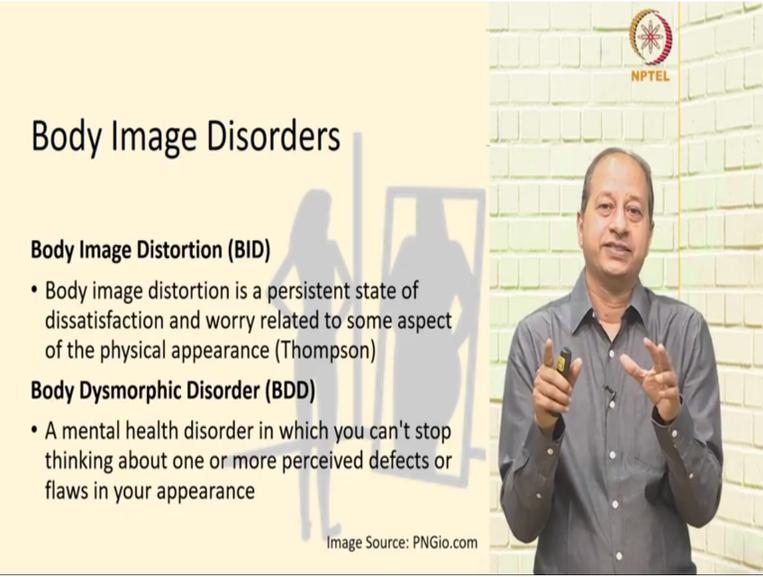
**Body Image Distortion (BID)**

- Body image distortion is a persistent state of dissatisfaction and worry related to some aspect of the physical appearance (Thompson)

**Body Dysmorphic Disorder (BDD)**

- A mental health disorder in which you can't stop thinking about one or more perceived defects or flaws in your appearance

Image Source: PNGio.com



And then the peer pressure; the peer pressure plays a very very important role as you all know. So, the peer pressure is very very distracting, very very powerful and; as you spend a lot of time in the company of your friends, your peers, or in the peer groups. So, the pressure is immediate and it is very direct. So, it is very very important that we awake to this particular menace as well. And that brings us to body image desires, as a result of these issues, these problems; we begin to experience body image disorders.

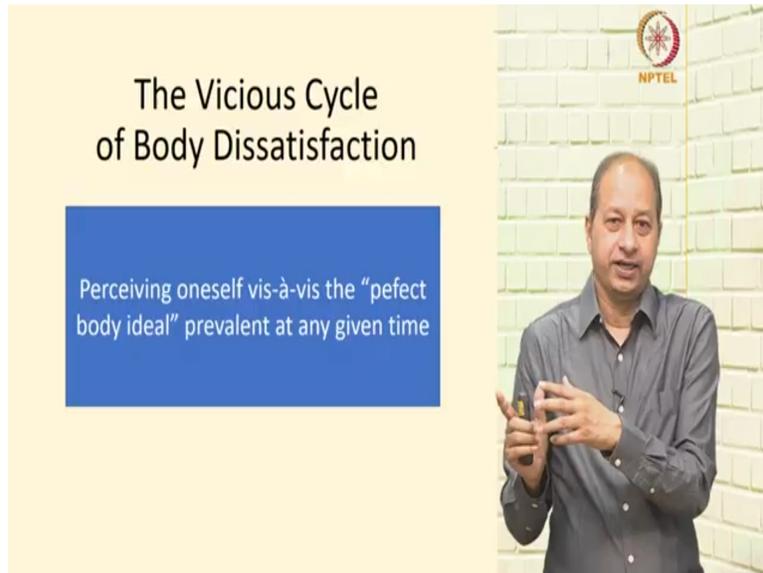
So, there is one that is body image distortion in which you experience, you find yourself in a persistent state of dissatisfaction and worry related to some aspect of the physical appearance. You are not happy with some aspect of your physical appearance; you find a distorted body, you may look proper, you may look good. But, you will not be in a position to accept that, because this problem dissociates you from your body. So, it is a kind of dissociative disorder, in which you dissociate yourself from the body; and you cannot identify with the body. So, the body turns out to be your enemy; you always find some defect, some problem in your body; and that will lead to various image distortions.

And then, now we come to the Body Dysmorphic Disorder BDD; it is very popularly called. It is again a mental health disorder, the DSM-5 has included; it has a mental health disorder, under eating disorders. In which you cannot stop thinking about one or more perceived effects or flaws

in your appearance. You continue to believe that there is some flaw in your appearance; the flaw may be extremely minor, it may be unnoticeable to others. But, you continue to believe that there is a flaw and that is a serious flaw. So, you begin to check/recheck, go for multiple checks; and then you spend a lot of time on somehow hiding or concealing; or taking care of that particular flaw.

Because you are fixated with that flaw; and you will do things to hide that flaw. And once you are satisfied that you have concealed that flaw; you will still check with others, whether they can see any flaw with that particular part or not; so that leads to severe mental disorders, it is kind of obsessive compulsive disorder.

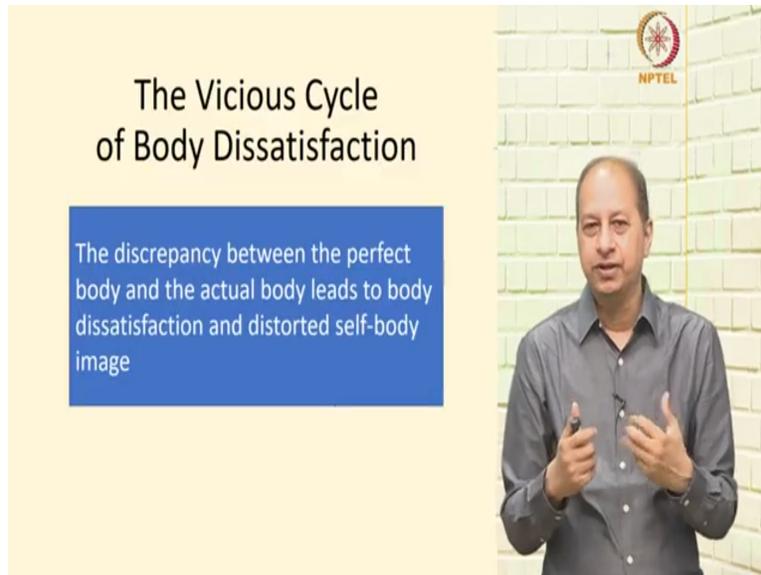
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The Vicious Cycle  
of Body Dissatisfaction

Perceiving oneself vis-à-vis the “perfect  
body ideal” prevalent at any given time

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So, these are some of the body disorders that you will experience; which will promptly push you into the vicious cycle of body dissatisfaction. So, once all these things happen; and you gradually lose contact with yourself that leads to this particular vicious cycle. If this cycle is not checked at the beginning, it will promptly become a vicious cycle and continue to move; and you will continue to be a victim in that cycle. So, in the first place we start with perceiving ourselves vis-à-vis; the perfect body ideal, prevalent at any given time; so that is the perfect body ideal. I must conform to that body ideal.

So, then I come to the other aspect of it. Most people generally find a discrepancy between the perfect body and the actual body. It is so because we generally get to see an unattainable and impossible ideal body image; which is almost impossible to attain. If somebody wants to attain that particular body image; one has to go through several stages of artificially enhanced invasions, in order to achieve that at the expense of one's well-being physiological and psychological, in order to achieve that; so that becomes impossible for many for the majority; it becomes unattainable. So, there is always discrepancy between the perfect body and the actual body; and this discrepancy leads to body dissatisfaction, and a distorted self-body image.

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## The Vicious Cycle of Body Dissatisfaction

Setting unrealistic goals for the emulation of the perfect body



## The Vicious Cycle of Body Dissatisfaction

Developing eating disorders to reach the unrealistic goals for perfect body



So, when that happens that furthers the cycle; and then we begin to set unrealistic goals for ourselves, so that we can emulate the perfect body, because we cannot do without it, that has posed a challenge for us. If you remember mimetic desire, you have developed a rivalry for the mediator not for the object. So, the mediator becomes your rival; so you can do anything you can go to any extent to win over your mediator. So, how can that happen so we set unrealistic goals for emulation of the perfect body. And then these unrealistic goals complete the vicious cycle.

Because we find this channel as a shortcut to eating disorders to reach the unrealistic goals for the perfect body; so, that completes the vicious cycle. And then, it becomes a continuous process

and we continue to play the victim in this process. This vicious cycle becomes extremely difficult for us to come out of. So, now the vicious cycle is complete; when that is complete, we find ourselves completely trapped in it. So, I must tell you all that body image dissatisfaction is a strong predictor of eating disorders. If I am dissatisfied with my body, I will definitely resort to eating disorders or maladaptive eating practices.

This is not all, there are some people who can also subject their bodies to intense scrutiny, and to become fixated on attaining a certain size; because size and shape matter. And then these cultural images of thinness reinforce this particular idea, this particular behaviour. So, when that happens, I may resort to extreme acts to attain my unrealistic goals; such as starvation, purging and over exercising. So, that is how I will begin to play with my body; I will begin to harm my body. I will begin to subject my body to severe acts of pain and suffering.

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## EDs

- A person with **anorexia nervosa** intentionally restrict the food intake as a way to help him/her manage emotional challenges. These often involve a fear of gaining weight or a desire to lose weight
- A person with **bulimia nervosa** begins by eating a lot of food in short periods, usually 2-hour windows.
- This is sometimes called bingeing, and during these periods, a person may feel unable to stop eating.
- The second symptom involves taking steps to compensate for overeating, such as purging, fasting, or doing a lot of exercise.



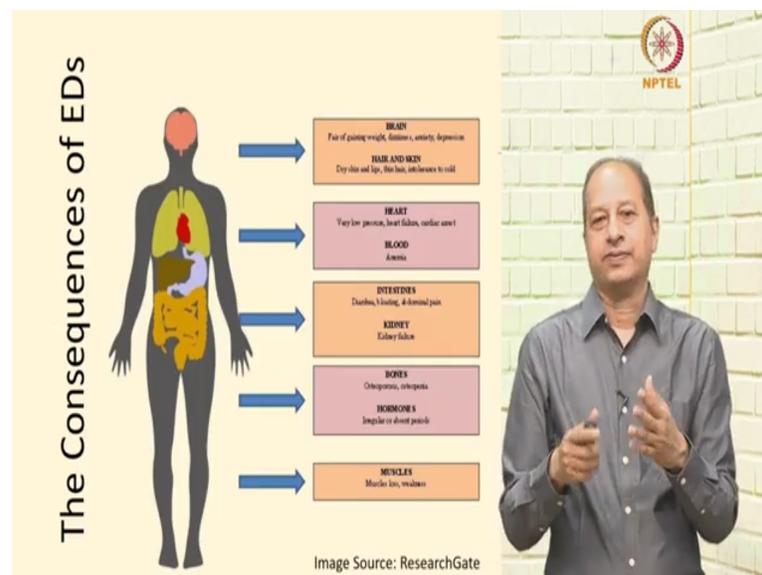
So, that brings us to eating disorders again; so, you know, anorexia nervosa. So, a person with anorexia nervosa intentionally restricts the food intake, as a way to help him or her manage emotional challenges; because such behaviour generally informs a fear of gaining weight or a desire to lose weight. So, it is all about weight gain. Eating disorders are all about weight gain; we either want to lose weight or we do not want to gain weight. If I am thin enough, if I am the

perfect body shape and size today; I may still experience that fear, because I do not want to gain any more weight- so, my perfect body will be distorted.

If I do not have the right kind of body size or shape today, because of an extra amount of weight. I may be obsessed with the idea to lose weight; so it is all about gaining or not gaining weight and losing weight. So, in either way it is all about the weight, so people do a lot of things when it comes to the weight gain. People begin to starve, people begin to follow a strict diet regime; that is anorexia nervosa. Or, people since they cannot stop themselves from getting the desire to eat; engage in bulimia nervosa.

So, when that happens in bulimia nervosa we take a lot of food, usually at short intervals or brief intervals. And then we engage in the act that is called bingeing; and then during these periods of bingeing, we cannot stop ourselves from eating a lot of food. And finally we compensate for that particular bingeing activity by purging, fasting and subjecting ourselves to rigorous exercise martial or regimes. So, that is how these eating retards actually play heavily on us.

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So, and then besides when you take a look at these eating disorders; there are serious physiological and psychological consequences you can very quickly see that very well. You can see it affects the hair and the skin, it affects the blood vessels as well. It affects the intestines, the kidney, the bones, the muscles almost everything; and then it also affects the brain severely. So, I

talked about how eating disorders affect brain functioning by severely altering certain brain components or brain regions. So, when you look at it, it affects us from toe to the top, or top to toe; that means we are completely affected by eating disorders.

So, we need to wake up to this particular call of the menace, so that brings us to a very very interesting proposition, and as I told you a while ago; it is all about weight gain. So, the weight gain is generally played through the diet regime. So, the diet becomes extremely important and it is one of the most popular words in our times. For the past few decades, it has been ruling the vocabulary list. It is widespread, it is pervasive; everyone talks about diet, everyone uses this word diet. So, diet is probably the word diet is probably our favourite diet these days.

So, we are obsessed with the idea of the diet and with the actual diet as well. So, despite being fully aware of the adverse effects and life-threatening nature of eating disorders; we humans already embrace this suicidal attitude to our lives; now, that is very very surprising. On one hand we know that we are gradually falling into the trap; we still do that.

So, with this in the background, I will now walk you through Carol Ann Duffy's, "The Diet"; which is a classic example of this perfect body obsession, which ruins our well-being. Because, it makes our comeback, our return to normal life absolutely impossible; so, that is how it rings our well-being. So, let us take a look at Ann Duffy's, "The Diet".

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## The Diet

By Carol Ann Duffy

The diet worked like a dream. No sugar, salt, dairy, fat, protein, starch or alcohol. By the end of week one, she was half a stone shy of ten and shrinking, skipping breakfast, lunch, dinner, thinner; a fortnight in, she was eight stone; by the end of the month, she was skin and bone.

Cont.

Image Source: Shutterstock



So, the diet is very simple and straightforward poetic composition, as it tells us how especially from a third person perspective. It tells us how a woman who is excessively obsessed with her thin ideals; because she has internalized the thin ideal. And she is therefore excessively obsessed with her body; as a result of which she has resorted to strict fasting regimes or diet regimes. But, since she cannot manage to starve herself for a long long time; because she experiences the eating or the food desire continuously; she also engages in bingeing.

So, we can see the shift between fasting and bingeing at this point; otherwise they are absolutely adverse to our well-being. They are disastrous to our wellness. So, when you look at the first segment of this composition; see that in the first segment the person, who begins to go on diet, finds us absolutely fantastic. Because the person is absolutely happy with the diet; the diet worked like a dream. It was like a dream coming true; because it helped this person, this woman shed her weight like anything.

Therefore, the diet worked like a dream; no sugar, salt, dairy, fat, protein, starch or alcohol. And the impact by the end of week one, she was half a stone shy of ten and still shrinking. So, and then skipping breakfast, some more guiding behaviour lunch, dinner, thinner; a fortnight in, she was eight stone shy of that. She was very very close to achieving that perfect body ideal; but at what expense the diet worked like a dream. And by the end of the month, she was skin and bone;

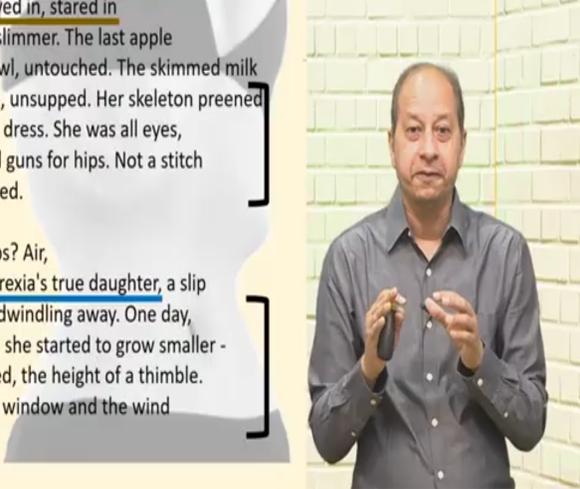
so, that was the impact of the diet regime on her body. She was skin and bone that is exactly what she wanted. Now, she is that, but is she happy? Let us take a look at that.

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She starved on, stayed in, stared in the mirror, svelter, slimmer. The last apple aged in the fruit bowl, untouched. The skimmed milk soured in the fridge, unsupped. Her skeleton preened under its tight flesh dress. She was all eyes, all cheekbones, had guns for hips. Not a stitch in the wardrobe fitted.

What passed her lips? Air, water. She was Anorexia's true daughter, a slip of a girl, a shadow, dwindling away. One day, the width of a stick, she started to grow smaller - child-sized, doll-sized, the height of a thimble. She sat at her open window and the wind blew her away.



She starved on, stayed in, stared in the mirror, svelter, slimmer. The last apple aged in the fruit bowl, she did not eat anything; she just went on starving herself. And then finally she was all eyes, cheekbones, guns for hips; not a stitch in the wardrobe fitted. So, she has achieved that desirable body size and shape, but at what expense she is now. Her skeleton preened under its tight flesh dress. So, she is all skeleton, all eyes, cheekbones, guns for hips and nothing else.

And then, we can call her Anorexia's true daughter; if Anorexia is personified as a woman or even a man; we can call her Anorexia's true daughter. True daughter that means she starved herself to such an extent that Anorexia would be proud of her; therefore, she is Anorexia's true daughter. See the personification technique, strategy employed here. And then she lost everything; she was all skin sticky thin, nothing else.

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Seed small, she was out and about,  
looking for home. An empty beer bottle rolled  
in the gutter. She crawled in, got drunk on the dregs,  
started to sing, down, out, nobody's love. Tiny others  
joined in. They raved all night. She woke alone,  
head splitting, mouth dry, hungry and cold, and made  
for the light.

She found she could fly on the wind,  
could breathe, if it rained, underwater. That night,  
she went to a hotel bar that she knew and floated into  
the barman's eye. She slept for hours, left at dawn  
in a blink, in a wink, drifted away on a breeze.  
Minute, she could suit herself from here on in, go  
where she pleased.



But when she squatted the tip of a tongue,  
she was gulped, swallowed, sent down the hatch  
in a river of wine, bottoms up, cheers, fetched up  
in a stomach just before lunch. She crouched  
in the lining, hearing the avalanche munch of food,  
then it was carrots, peas, courgettes, potatoes,  
gravy and meat.

Then it was sweet. Then it was stilton,  
roquefort, weisslacker-kase, gex; it was smoked salmon  
with scrambled eggs, hot boiled ham, plum flan, frogs'  
legs. She knew where she was all right, clambered  
onto the greasy breast of a goose, opened wide, then  
chomped and chewed and gorged inside the Fat  
Woman now,  
trying to get out.



And then we come to see through lots of imagery the person and the thinned person; the starving person is presented. So, she is like a seed and then she could easily be blown by the wind, now everything. So, she is nothing but a stick now, and then there is a shift; and we get to see how now this person, who has been able to starve herself for a long long time. Now, suddenly the desire to eat, and when that desire surfaces in the person; the desire takes over the person. Because, it becomes a habit, as bingeing becomes a habit; if it is not checked timely, that is exactly what happens to the person.

Now, she is bingeing and she eats a lot of food; so you can see a lot of food imagery in this particular segment, in the first stanza here. And then when we come to the last segment of it, we can see. Now, there is a problem between fasting and bingeing; and as a result of which she is nothing, but she has been reduced to a person who is not at all desirable. And she is struggling, struggling to get out of the woman; she has become now the fact that she has gathered around her body.

Now, she is trying very hard to get out of it; so either way she is in a trap, she was in a trap earlier; she was in the thinness trap. Now, she is in the fatness trap; so she has been trapped either way. But, there is something that draws our attention towards the set and that is she is still trying to get out of it. Now, this has not come to an end, she has not accepted her defeat; so she still tries to get out of it.

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The slide is titled "Coping Skills and Strategies" and features a list of three bullet points. To the left of the list is a simple icon of a person standing next to a door. The presenter, a man in a grey shirt, is visible on the right side of the slide, standing in front of a wall of yellow sticky notes. The NPTEL logo is in the top right corner.

### Coping Skills and Strategies

- Eating disorders as a coping strategy?
- Cognitive Restructuring
- Reverse the Spiral (Motivation and Ingroup influence)

So, that way we come to the coping skills and strategies. So, the first one is a little peculiar; you may be surprised to know that most people use eating disorders as a coping strategy. Coping strategy to deal with what? To deal with negative body images, to deal with excessive fat; to deal with a variety of other things; body dissatisfaction, body disorders and a variety of other things. So, but then that is a very bad coping strategy, because it is not a skill, it is a bad skin.

So, eating disorders cannot be used as a coping strategy to overcome the menace of body dissatisfaction or body image disturbance. So, the person here, the victim in this particular composition here in fact resorts to eating disorder as a coping strategy. Without knowing that it will backfire, it will boomerang; she does not know that. Therefore, she adopts eating disorders as a coping strategy, which is not a good one; then there is something that is cognitive restructuring.

Now, cognitive restructuring helps you take care of or discover your negative thought patterns; so that you can work an alternative plan with positive thought patterns. And that is exactly what happens of course partially happens here; there is a cognitive restructuring. Because towards the end of the composition, the person the victim still tries to get out of it, get out of the mess; that means there is some cognitive restructuring happening there. But, if it happens completely, then that is always good for each one of us. There is a perfect coping skill. Cognitive restructuring, which we also generally call reframing.

And then we come to a very very important coping skill that is deployed here; that is of the reverse of the spiral. So, reverse spiraling, when you look at the spiral it actually takes you to the bottom, where you feel choked; and thereafter there is no way out of it. So, in order to come out of the spiral; you need to adopt the reverse spiraling technique. That includes motivation that comes from within the internal approach; and then that comes in the shape of external support as well that is in-group influence.

If you remember, I talked about the impact of family and that is exactly one such group, which can help such people overcome these issues, these problems. So, it is a combination of intrinsic motivation and in group influence; this spiral of disaster can be reversed, which will end in reverse spiraling. So, this can happen and there is a point towards this particular coping skill in this. That means at every stage, there is no fixity, there is no stuckness; because the victim moves from one point to the other.

It is all about moving on; so it has not come to a stop. So, a permanent stop is a pointer that the reverse spiraling can happen. Provided there is a motivation, which we generally find in the composition; that is still trying to get out of it. So, there is motivation provided there is an

in-group influence; it will happen the reverse spiraling will happen. So, that is again another very important coping skill that we can think of.

And that is one big reason why it is said that whenever we begin to struggle with mental challenges. It is always a good idea to go for an in-group; that can help you with some kind of strategies to overcome your problem. So, it is a combination of motivation and in-group influence; that will lead to reverse spiraling.

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So, with that we come to the end of this lecture; I hope you have liked the things that I discussed in this lecture. And I also hope that you have been enriched by the insights that I shared with you; the insights that are related to eating disorders. Thank you very much for joining me.