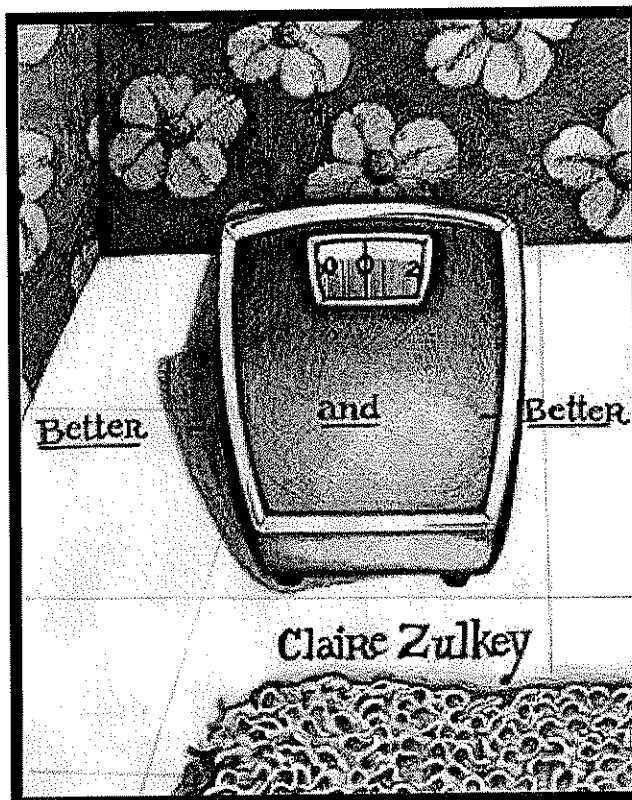


## Achingly Human: Tales of the Troubled

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## Better and Better

*Claire Zulkey*

200 lbs: You disgusting fat piece of crap. Look at you. Oh my god, you're so sick. 200 lbs. You know how men say "She must have weighed 200 pounds?" That's you. That's me. We are dieting tomorrow and here's what it's going to be like in the future so you'd better not quit, you'd better not or you're going to miss all of this and you're going to stay 200 pounds, and nobody wants that. Nobody will want you. Especially. Not. YOU.

199 lbs. Congratulations. You've lost a pound. You're still a fat fuck.

198 lbs. Ok, two pounds. If you keep this up you're actually getting somewhere.

195 lbs. This is only 3 more pounds lost than at 198 pounds, and you've lost 195 pounds. If you do this 15 more times, only 15, then you've lost 100 pounds. Keep going! You haven't done anything to deserve reward yet but you will soon.

190 pounds: 10 pounds down. Go outside and walk around without staring at the ground. You're on your way.

188 pounds: Time to reward yourself: put away the laxatives.

185 pounds: 15 pounds down. Able to go to the gym without feeling like a jerk.

180 pounds: Able to show uncovered head in public. Ha. Sort of.

175 pounds: Deserve to go get hair done. Try not to look at the mirror too much while you're

sitting down.

165: Whiten teeth. Weird to put something in there other than food, huh?

160: Able to go to spa and get massage without worrying about whether masseuse thinks I'm fat.

150: Able to take red tank top from 3 years ago top out of closet and look at it. Don't get excited, even though you've lost 50 pounds at this point. You're still fat.

145: Able to try on red tank top.

140: Stand up to Dad.

138: Able to wear red tank top out in public.

135: Able to go shopping and try on clothes.

130: Get bikini wax. Hope thighs look ok by this point.

129: Stop wearing cardigan with every outfit. (Should be weight training by this point.)

128: Get a sexy costume for Halloween

125: Able to pick up the phone and call what's his name. Getting there.

122: Able to purchase clothes

120: Buy new underwear

118: Able to go out in new clothes.

117: Able to think about buying new swimsuit.

115: Stand up to Mom.

113: Able to try on swimsuit

110: Able to buy new swimsuit

108: Able to wear new swimsuit out in public

106: Able to wear new swimsuit out in public without cover up.

105: Able to go out with Claudia and tell her what a bitch she's been all these years. (Sit next to her to show that thighs are now thinner than hers.)

102: Size 0?

101: Go out to Morton's and order a huge steak and not feel bad about it.

100: Everything's fine, finally.

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