

When I worry about things (Reihe)
Kirsty's story (Sendung)
46800054 (DVD-Signatur Medienzentren)

Filmscript: Kirsty's story

00:00:16

Kirsty

I was 10 years old when I started to struggle with eating.

00:00:22

Kirsty

At the beginning of primary school I was very quiet. I would focus on my school work, and I would speak to people if they spoke to me, but I would never actively go and try and start a conversation.

00:00:39

Kirsty

I think it was about year three or four, and that's when I would act like I was really confident, when I really wasn't - I was quite the opposite.

00:00:48

Kirsty

Nobody wants someone who is sitting there shy. That's kind of how I thought of it...

00:00:55

Kirsty

I was concerned that other people were talking about me, I became very like self-critical.

00:01:02

Kirsty

When I was in the canteen at school... I don't know I just felt like people would look at me, and just by what I was eating - whether it was not healthy enough, or I shouldn't be eating certain things. So I just found it easier to just stop eating at school.

00:01:22

Kirsty

It became my life. I was just numbers, losing weight, weighing myself, exercising. I would walk for hours around school, missing lessons, and I became so trapped that I didn't care what people thought of me any more, I just knew that that's what I had to do. I had to lose the weight.

00:01:53

Kirsty

People did notice. But they were almost too afraid to say. And those that did couldn't do anything.

00:02:00

Kirsty

I completely became isolated. I'd rather spend time on my own and anyone else got in the way of anorexia.

00:02:08

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Kirsty

I suppose every time I looked in the mirror anorexia would just cover up the truth, almost creating an image that wasn't there.

00:02:22

Kirsty

Anorexia was my twin. Until I didn't know whether it was me or anorexia. It gains control over you to a point you forget who you are.

00:02:32

Kirsty

At first it starts, you want to keep it happy. And the more you keep it happy the worse it gets. I just remember sitting there in bed at night thinking 'someone please help me, I need help'.

00:02:49

Kirsty

I was... so distant from everyone, I felt so ill - I could feel my heartbeat, I was there, but I wasn't. I would sit in the room for the whole lesson, and my head would be so loud - it would be like I couldn't focus, I didn't know what was going on. I became something else. I became a shadow of myself.

00:03:15

Kirsty

It was school that found out first, and they got in touch with my parents. I think that was probably the worst day of my life.

00:03:22

Kirsty

I saw an eating disorder nurse. She was really lovely, she helped a lot.

00:03:31

Kirsty

By the time I'd gotten into hospital I couldn't walk. They'd asked to weigh me so I had to remove all my scarves, my coats, and that's when she saw. And I just remember her bursting into tears. She just started weeping. It was horrible.

00:03:51

Kirsty

I was in the children's high dependency unit hooked up to heart monitors. I'd get my blood pressure taken every 5 - 10 minutes at the beginning. My heart rate was 38 bpm. I had hypothermia. I was freezing, and all you could hear was the bleeping of the machines and babies crying.

00:04:18

Kirsty

When I left I was myself again.

I went from not being able to read a book at all to being able to engage in what people were doing. I became

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more social. I suppose it helped me quite a lot.

00:04:37

Kirsty

I suppose anorexia was still there, but just more in the distance. It wasn't in control of me any more and I wasn't afraid to do what I wanted.

00:04:52

Kirsty

People think that now I've come out of hospital and I look better, that I am better. When really it's mental, not physical.

00:05:05

Kirsty

I don't think you can do it by yourself. I don't think anyone can completely fight anorexia on your own.