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Rule #4: There is no thin person living inside you, dammit.

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**#LOSEHATENOTWEIGHT**

**Reminder: Group Call #1 is TOMORROW 10-11am Pacific**

Dial-in Number: 1-857-232-0156

Conference Code: 207706



THIS WEEK OF BABECAMP IS ABOUT  
DIET CULTURE AND WHY IT'S EFFING RUINING YOUR LIFE

**Today's Tiramisu:**

Regardless of your size right now, there's an idea that a smaller version of yourself resides within your body, prepared to give you access to all of life's

You might say, "But Virgie! I look around me and see thin people having easier lives all the time." I get that feeling! I'm a woman who watches men navigate the culture with more ease than I can all the time. I'm a person of color who watches white people navigate the culture with more ease than I can all the time. I'm a fat person who watches thin people navigate the culture with more ease than I can all the time. I have queer or disabled or trans friends who all experience this too. That's all real.

For many of us, we seek thin privilege to end experiences of fatphobic abuse. We think we can control the abuse if we just give into what our abusers are demanding from us: BE THIN. But caving to your abuser's wishes isn't actually going to give you what you need: dignity, unconditional love, and a deep understanding of your own humanity.

The solution is to BREAK THE WHEEL and end fatphobia, not to do everything in our power to acquiesce to abusive demands that we all have the same body.

Let's get deeper:

1. The lifestyle that a naturally not-thin person has to create in order to reap even a little bit of thin privilege will do terrible things to your mental health, likely do some awful stuff to your body in the process, and you will still statistically likely return to a higher weight.
2. The pursuit of thin privilege isn't worth you dehumanizing yourself, suffering, living in fear of food, and hating yourself everyday for the rest of your life. You. Deserve. Better.

life's most precious secrets. It's not the same as believing in your humanity, or demanding justice or respect from others, or understanding that beauty standards and hierarchies harm all humans. It's just a pass to the I-Want-To-Be-Like-Everyone-Else-And-Not-Fuck-Shit-Up party.

4. If you're a naturally not-thin person, you may need to take some time to accept that you are a part of a marginalized group. And that might be really hard to accept. You might need time to reconcile this.

**We are taught to treat our bodies are wrong, ugly, bad, in need of improvement. What if I told you your body was fine? You didn't have to do anything to change it? We are taught to treat our bodies like they are prisons that hinder our greatest possibilities, when they are in fact comprised of an incredible collection of prehistoric atoms that were once stars!**

Carl Sagan said: **“The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of starstuff.”**

**And now here's your homework: Examine How You Feel About Thin Privilege**

**Before TONIGHT @ MIDNIGHT:** Spend 5-10 minutes writing about how it felt to read today's lesson. What stuck out? What made you say "fuck yeah!""? What made you feel angry? Sad? Surprised? What is one thing you want to spend more time thinking about over the weekend?

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