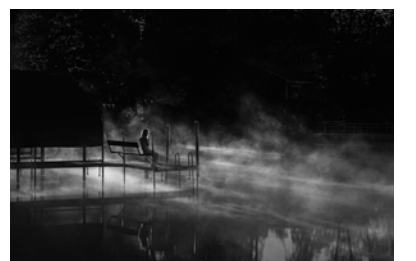
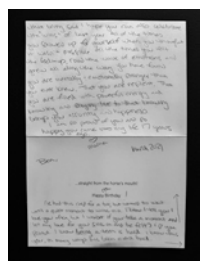
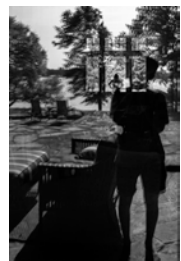
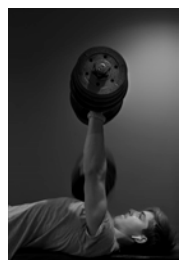
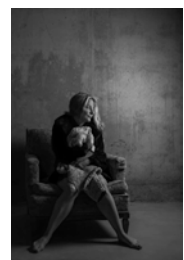
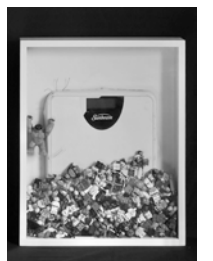
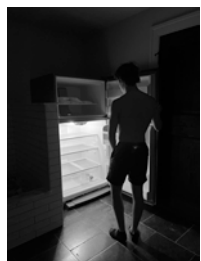
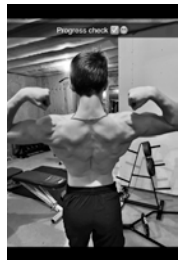
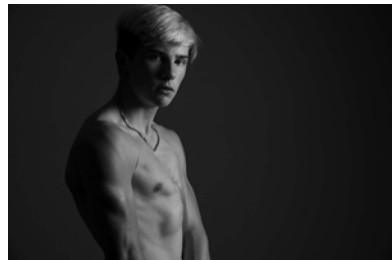


the weight of it all

Since my son was born, I've questioned my parenting, fearing he might face disordered eating like I did. I mistakenly thought having a son would shield him from this struggle. However, before my eyes, he transformed from a vibrant, Lego-loving teen into someone obsessed with calories and weight, prompting me to wonder: What did I do wrong? What did I miss? How could I have overlooked it?

This series, co-created with my son, captures our dual experience—my heartache and fear alongside his anxiety and depression. Through intimate portraits, we reveal his courageous journey of unmasking his struggles while illustrating my feelings of isolation and helplessness as a mother. The black-and-white imagery captures the stark thinking often linked to disordered eating, highlighting our emotional turmoil.

Over seven years, what began as personal documentation evolved into a collaborative project, allowing us to communicate the unspeakable. We hope that by sharing our vulnerability, others will feel seen and less alone.









Progress check ✓ 🤖







| Arms   | Shoulders + Back                                 |
|--|--|
| BB curl x5<br>* TT: 1/2 down<br>Rope                 | lateral raises x5<br>+<br>lat pull down          |
| DB Hammer curl<br>+ skull crusher x5                 | BB lat pul<br>+ shoulder press DB x5             |
| romanian squat curls<br>+ single arm curl ext x5     | pull up<br>+ front bite x5                       |
| Rope Hammer curl<br>+ EZ curl bar TT<br>pull down x5 | close grip pull down<br>+ rear delt fly x5<br>DB |
| Chest  | Legs   |
| BB Bench x7  | leg extensions x7                                |
| machine under fly x7                                 | DB leg curl x7                                   |
| Incline DB Bench x7                                  | Hip thrusts x7                                   |
| Coffin Press x7                                      | Curl raises x7                                   |

|     | Bench | Squat | Deadlift | BN  |
|-----|-------|-------|----------|-----|
| Ben | 245   | 305   | 475      | 135 |





























that being said I hope you can also celebrate the "wins" of last year. All of the times you showed up for yourself when you thought it wasn't possible. All the times you felt the feelings, rode the wave of emotions and grew all along the way. You have found you are mentally & emotionally stronger than you ever knew. That you are resilient. That you are filled with powerful energy and knowing and staying true to that knowing brings you assurity and happiness.  
I am so proud of you and so happy you came into my life 17 years ago.

♡  
Mama

March 2021

Ben,

...straight from the horse's mouth!

Happy Birthday!

I've had this card for a bit, but wanted to wait until a quiet moment to write in it. I know I tell you I love you often, but I wonder if you take a moment and let my love for you sink in and be felt? I love you Peanut. I know being a teen is hard. I know this year, in many ways has been extra hard.







## Why is this Important?

Photography can be a powerful tool for healing by making invisible struggles visible. It helps externalize emotions, giving shape to feelings that are hard to express in words. This is especially vital for boys with eating disorders—up to 1 in 5 males aged 15–35 may be affected, yet 75% go undiagnosed or untreated, often due to stigma and lack of representation.

Creating or viewing images offers individuals agency over their story and a sense of validation. Visual storytelling also fosters empathy and reduces isolation; teens who see themselves reflected in honest portrayals are twice as likely to seek help. In therapeutic and family settings, photos can spark conversations around difficult topics. Over time, they serve as a visual record of resilience, helping people recognize growth. In places like New Mexico, where eating disorder-related hospitalizations cost over \$113 million annually, photography offers a low-barrier, humanizing way to support awareness, connection, and recovery.