



EATING DISORDERS

Anorexia Nervosa

LIMITING FOOD OR DRINK BELOW THE MINIMUM YOUR BODY NEEDS, LEADING TO VERY LOW BODY WEIGHT FOR YOUR AGE, GENDER, AND HEALTH.

You may begin cutting down their food intake drastically, eating only small portions of low-calorie foods each day, even though they're often hungry. Over time, they lose a significant amount of weight, falling below a healthy range for their age, gender, and physical health

INTENSE FEAR OF GAINING WEIGHT OR ACTIONS TO AVOID WEIGHT GAIN, EVEN WHEN VERY UNDERWEIGHT.

You may already be very thin but constantly worry about gaining weight and avoid foods you think are 'fattening,' even if you are losing strength and energy

DISTORTED VIEW OF BODY WEIGHT OR SHAPE, OVERLY TYING SELF-WORTH TO APPEARANCE, OR NOT RECOGNIZING THE RISKS OF BEING VERY UNDERWEIGHT.

You may be visibly underweight but constantly believes you are 'too big' and focuses on perceived flaws in you appearance. You may also frequently check mirrors or ask for reassurance but still feel dissatisfied with how you look.

SUB CATERGORIES

RESTRICTING TYPE:

This subtype describes presentations in which weight loss is accomplished primarily through dieting, fasting, and/or excessive exercise

BINGE-EATING/PURGING TYPE:

This subtype includes individuals who engaged in recurrent episodes of binge-eating or purging behavior (i.e., self-induced vomiting or the misuse of laxatives, diuretics, or enemas).

ATYPICAL ANOREXIA NERVOSA:

All of the criteria for anorexia nervosa are met, except that despite significant weight loss, the individual's weight is within or above the normal range. Individuals with atypical anorexia nervosa may experience many of the physiological complications associated with anorexia nervosa.

Bulimia Nervosa

CONSUMING A MUCH LARGER AMOUNT OF FOOD THAN MOST PEOPLE WOULD IN A SIMILAR 2-HOUR PERIOD AND SITUATION

For example: During a party, someone eats an entire pizza, several slices of cake, and multiple servings of snacks within two hours, well beyond what others around them are eating. They feel uncomfortably full but continue eating, finding it hard to stop, even though others have finished or are only having small portions

A SENSE OF LACK OF CONTROL OVER EATING DURING THE EPISODE

For example: Someone sits down with a bag of chips, intending to have just a handful, but quickly finds themselves finishing the entire bag. Even though they feel full, they move on to other snacks, unable to stop.

REPEATED ACTIONS TO AVOID GAINING WEIGHT

For example: Someone feels intense guilt after eating a large meal, so they force themselves to vomit to 'undo' the calories. This becomes a regular habit after meals, along with using laxatives and skipping meals altogether the next day. They may also exercise excessively, pushing through exhaustion to burn as many calories as possible, all to avoid gaining weight

Binge-Eating

EATING LARGE AMOUNTS OF FOOD WHEN NOT FEELING PHYSICALLY HUNGRY.

For example: Someone comes home after a stressful day and, despite not feeling hungry, begins eating a pint of ice cream. After finishing that, they move on to chips and cookies, eating continuously without any real appetite. They feel a temporary sense of relief, but the amount they've eaten leaves them feeling uncomfortably full and regretful

EATING ALONE BECAUSE OF FEELING EMBARRASSED BY HOW MUCH ONE IS EATING

For example: Someone orders a large amount of takeout and waits until they're home alone to eat it, feeling ashamed to eat that much in front of others. They finish all the food quickly but feel embarrassed about how much they ate. As a result, they avoid eating with friends or family, preferring to eat large amounts privately where no one will see or judge them.

FEELING DISGUSTED WITH ONESELF, DEPRESSED, OR VERY GUILTY AFTERWARD.

For example: Someone eating impulsively after a difficult day, consuming large amounts of food rapidly and alone.

When the episode ends, she feels intensely uncomfortable and overwhelmed by how much she ate. A sense of self-disgust sets in, and she starts to think harshly about herself, feeling worthless or out of control

EATING UNTIL FEELING UNCOMFORTABLY FULL.

For example: Someone who feels stressed or emotionally overwhelmed, which triggers a binge-eating episode. They might start eating various foods, one after another, even past the point of feeling full. Despite starting to feel physically uncomfortable, they continue eating until they are uncomfortably stuffed.

EATING UNTIL FEELING UNCOMFORTABLY FULL.

For example: someone who is alone at night after a stressful day and suddenly feels an overwhelming urge to eat. They go to the kitchen and quickly eat large amounts of food in a short time, hardly chewing or savoring it. The rapid eating often comes with a loss of control, where they feel unable to slow down or stop, and it may lead to discomfort or guilt afterward.



Simple Coping Strategies

Cognitive Distortions

Cognitive distortions are irrational thoughts that can influence your emotions. Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful.

Magnification and Minimization: Exaggerating or minimizing the importance of events. One might believe their own achievements are unimportant, or that their mistakes are excessively important.

Catastrophizing: Seeing only the worst possible outcomes of a situation.

Overgeneralization: Making broad interpretations from a single or few events. "I felt awkward during my job interview. I am *always* so awkward."

Magical Thinking: The belief that acts will influence unrelated situations. "I am a good person—bad things shouldn't happen to me."

Personalization: The belief that one is responsible for events outside of their own control. "My mom is always upset. She would be fine if I did more to help her."

Jumping to Conclusions: Interpreting the meaning of a situation with little or no evidence.

Mind Reading: Interpreting the thoughts and beliefs of others without adequate evidence. "She would not go on a date with me. She probably thinks I'm ugly."

Fortune Telling: The expectation that a situation will turn out badly without adequate evidence.

Emotional Reasoning: The assumption that emotions reflect the way things really are. "I feel like a bad friend, therefore I must be a bad friend."

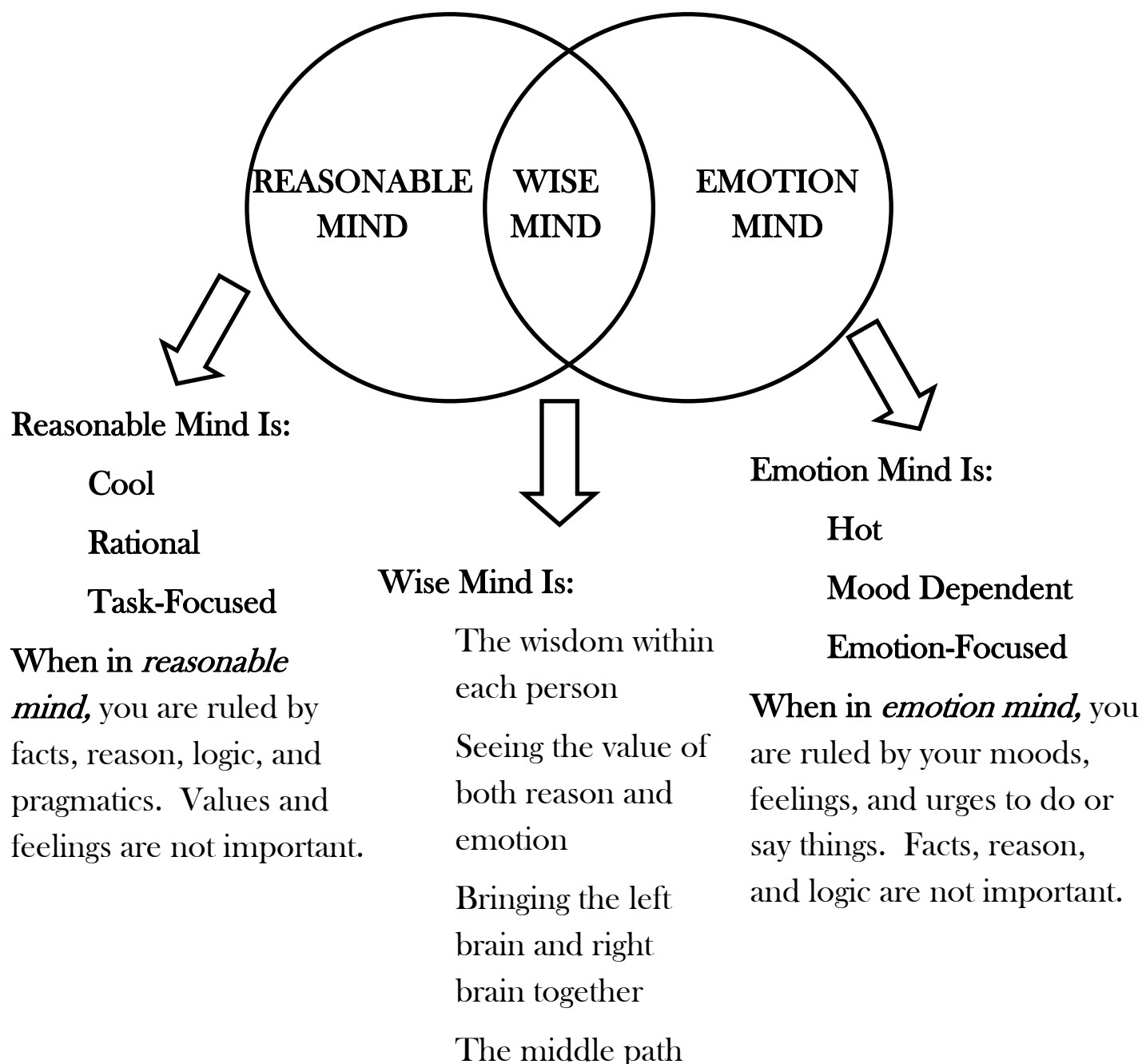
Disqualifying the Positive: Recognizing only the negative aspects of a situation while ignoring the positive. One might receive many compliments on an evaluation, but focus on the single piece of negative feedback.

"Should" Statements: The belief that things should be a certain way. "I should always be friendly."

All-or-Nothing Thinking: Thinking in absolutes such as "always", "never", or "every". "I *never* do a good enough job on anything."

Mindfulness - Handout 1

Wise Mind: States of Mind



Distress Tolerance - Handout 2

Distracting

A way to remember these skills is to remember the term “Wise Mind ACCEPTS:

With Activities:

- ◆ Focus attention on a task you need to get done.
- ◆ Rent movies; watch TV.
- ◆ Clean a room in your house.
- ◆ Find an event to go to.
- ◆ Play computer games.
- ◆ Go walking. Exercise.
- ◆ Surf the internet. Write emails.
- ◆ Play sports.
- ◆ Go out for a meal or eat a favorite food.
- ◆ Call or go out with a friend.
- ◆ Listen to music.
- ◆ Build something.
- ◆ Play cards.
- ◆ Read magazines, books, comics.
- ◆ Do crossword puzzles or Sudoku.
- ◆ Other: _____

With Contributing:

- ◆ Find volunteer work to do.
- ◆ Help a friend or family member.
- ◆ Surprise someone with something nice (a card, a favor, a hug).
- ◆ Give away things you don't need
- ◆ Call or send a text to someone encouraging someone or just saying hi.
- ◆ Make something nice for someone else.
- ◆ Do something thoughtful.

With Comparisons:

- ◆ Compare how you are feeling now to a time when felt different.
- ◆ Think about people coping the same as you or less well than you.
- ◆ Compare yourself to those less fortunate.
- ◆ Watch reality shows about others' troubles; read about disasters, others' suffering.
- ◆ Other: _____

With different Emotions:

- ◆ Read emotional books or stories, old letters.
- ◆ Watch emotional TV shows; go to emotional movies.
- ◆ Listen to emotional music.
- (Be sure the event creates different emotions.)*
- Ideas: Scary movies, joke books, comedies, funny videos, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards.*
- ◆ Other: _____

With Pushing away:

- ◆ Push the situation away by leaving it for awhile.
- ◆ Leave the situation mentally.
- ◆ Build an imaginary wall between yourself and the situation.
- ◆ Block thoughts and images from your mind.
- ◆ Notice ruminating: Yell “No!”
- ◆ Refuse to think about the painful situations.
- ◆ Put the pain on a shelf. Box it up and put it away for awhile.
- ◆ Deny the problem for the moment.
- ◆ Other: _____

With Thoughts:

- ◆ Count to 10; count colors in a painting or poster or out the window; count anything.
- ◆ Repeat words to a song in your mind.
- ◆ Work puzzles.
- ◆ Watch TV or read.
- ◆ Other: _____

With other Sensations:

- ◆ Squeeze a rubber ball very hard.
- ◆ Listen to very loud music.
- ◆ Hold ice in your hand or mouth.
- ◆ Go out in the rain or snow.
- ◆ Take a hold or cold shower.
- ◆ Other: _____

Distress Tolerance - Handout 3

TIP Skills: Changing Your Body Chemistry

To reduce extreme emotion mind *fast*.

Remember these as **TIP** skills:

T

TIP THE TEMPERATURE of your face with COLD WATER* (to calm down fast)

- ♦ Holding your breath, put your face in a bowl of cold water, or hold a cold pack (or zip-lock bag of cold water) on your eyes and cheeks.
- ♦ Hold for 30 seconds. Keep water above 50°F.

I

INTENSE EXERCISE*

(to calm down your body when it is revved up by emotion)

- ♦ Engage in intense exercise, if only for a short while.
- ♦ Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

P

PACED BREATHING

(pace your breathing by slowing it down)

- ♦ Breathe deeply into your belly.
- ♦ Slow your pace of inhaling and exhaling way down (on average, five to six breaths per minute).
- ♦ Breathe *out* more slowly than you breathe *in* (for example, 5 seconds in and 7 seconds out).

PAIRED MUSCLE RELAXATION

(to calm down by pairing muscle relaxation with breathing out)

- ♦ While breathing into your belly deeply tense your body muscles (*not* so much as to cause a cramp).
- ♦ Notice the tension in your body.
- ♦ While breathing out, say the word "Relax" in your mind.
- ♦ Let go of the tension.
- ♦ Notice the difference in your body.

***CAUTION:** very cold water decreases your heart rate rapidly. Intense exercise will increase heart rate. Consult your health care provider before using these skills if you have a heart or medical condition, a lowered base heart rate due to medications, take a beta-blocker, are allergic to cold, or have an eating disorder.

Adapted from *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan (2015)

Distress Tolerance - Handout 4

Improving the Moment

A way to remember these skills is the word **IMPROVE**.

With Imagery:

- ♦ Imagine very relaxing scenes.
- ♦ Imagine a secret room within yourself. Furnish it the way you like. Close and lock the door on anything that can hurt you.
- ♦ Imagine everything going well.
- ♦ Make up a calming fantasy world.
- ♦ Imagine hurtful emotions draining out of you like water out of a pipe.
- ♦ Remember a happy time and imagine yourself in it again; play out the time in your mind again.
- ♦ Other: _____

With Meaning:

- ♦ Find purpose or meaning in a painful situation.
- ♦ Focus on whatever positive aspects of a painful situation you can find.
- ♦ Repeat these positive aspects in your mind.
- ♦ Remember, listen to, and read about spiritual values.
- ♦ Other: _____

With Prayer:

- ♦ Open your heart to a supreme being, God, or your own Wise Mind.
- ♦ Ask for strength to bear the pain.
- ♦ Turn things over to God or a higher being.
- ♦ Other: _____

With Relaxing actions:

- ♦ Take a hot bath or sit in a hot tub.
- ♦ Drink hot milk.
- ♦ Massage your neck and scalp.
- ♦ Practice yoga or other stretching.
- ♦ Breathe deeply.
- ♦ Change your facial expression.
- ♦ Other: _____

With One thing in the moment:

- ♦ Focus your entire attention on just what you are doing.
- ♦ Keep yourself in the moment.
- ♦ Put your mind in the present.
- ♦ Focus your entire attention on the physical.
- ♦ Listen to a sensory awareness recording.
- ♦ Other: _____

With a brief Vacation:

- ♦ Give yourself a brief vacation.
- ♦ Get in bed; pull the covers up over your head.
- ♦ Go to the beach or the woods for the day.
- ♦ Get a magazine and read it with chocolates.
- ♦ Turn off your phone for a day.
- ♦ Take a blanket to the park and sit on it for a whole afternoon.
- ♦ Take a 1-hour breather from hard work.
- ♦ Take a brief vacation from responsibility.
- ♦ Other: _____

With self-Encouragement and rethinking the situation:

- ♦ Cheerlead yourself: "You got this!"
- ♦ "I will make it out of this."
- ♦ "I'm doing the best I can."
- ♦ Repeat over and over: "I can stand it."
- ♦ "This too shall pass."
- ♦ "I will be okay."
- ♦ "It won't last forever."
- ♦ Other: _____

List (and then practice) rethought that are particularly important in your crisis situations (e.g., "The fact that he did not pick me up doesn't mean he doesn't love me"):

♦ _____

Alternative Coping Mechanisms to help avoid or reduce self-harming

Alternatives for when you're feeling angry or restless:

- Scribble on photos of people in magazines
- Viciously stab an orange
- Throw an apple/pair of socks against the wall
- Have a pillow fight with the wall
- Scream very loudly
- Tear apart newspapers, photos, or magazines
- Go to the gym, dance, exercise
- Listen to music and sing along loudly
- Draw a picture of what is making you angry
- Beat up a stuffed bear
- Pop bubble wrap
- Pop balloons
- Splatter paint
- Scribble on a piece of paper until the whole page is black
- Filling a piece of paper with drawing cross hatches
- Throw darts at a dartboard
- Go for a run
- Write your feelings on paper then rip it up
- Use stress relievers
- Build a fort of pillows and then destroy it
- Throw ice cubes at the bathtub wall, at a tree, etc
- Get out a fine tooth comb and vigorously brush the fur of a stuffed animal (but use gentle vigor)
- Slash an empty plastic soda bottle or a piece of heavy cardboard or an old shirt or sock
- Make a soft cloth doll to represent the things you are angry at; cut and tear it instead of yourself
- Flatten aluminum cans for recycling, seeing how fast you can go
- On a sketch or photo of yourself, mark in red ink what you want to do. Cut and tear the picture
- Break sticks
- Cut up fruits
- Make yourself as comfortable as possible
- Stomp around in heavy shoes
- Play handball or tennis
- Yell at what you are breaking and tell it why you are angry, hurt, upset, etc.
- Buy a cheap plate and decorate it with markers, stickers, cut outs from magazines, words, images, whatever that expresses your pain and sadness and when you're done, smash it. (Please be careful when doing this)

Alternatives that will give you a sensation (other than pain) without harming yourself:

- Hold ice in your hands, against your arm, or in your mouth
- Run your hands under freezing cold water
- Snap a rubber band or hair band against your wrist
- Clap your hands until it stings
- Wax your legs
- Drink freezing cold water
- Splash your face with cold water
- Put PVA/Elmer's glue on your hands then peel it off
- Massage where you want to hurt yourself
- Take a hot shower/bath
- Jump up and down to get some sensation in your feet
- Write or paint on yourself
- Arm wrestle with a member of your family
- Take a cold bath
- Bite into a hot pepper or chew a piece of ginger root
- Rub liniment under your nose
- Put tiger balm on the places you want to cut. (Tiger balm is a muscle relaxant cream that induces a tingly sensation. You can find it in most health food stores and vitamin stores.)

Alternatives that will distract you or take up time:

- Say "I'll self-harm in fifteen minutes if I still want to" and keep going for periods of fifteen minutes until the urge fades
- Color your hair
- Count up to ten getting louder until you are screaming
- Sing on the karaoke machine
- Complete something you've been putting off
- Take up a new hobby
- Make a cup of tea
- Tell and laugh at jokes
- Play solitaire
- Count up to 500 or 1000
- Surf the net
- Make as many words out of your full name as possible
- Count ceiling tiles or lights
- Search ridiculous things on the web
- Color coordinate your wardrobe
- Play with toys, such as a slinky
- Go to the park and play on the swings
- Call up an old friend

- Go “people watching”
- Carry safe, rather than sharp, things in your pockets
- Do school work
- Play a musical instrument
- Watch TV or a movie
- Paint your nails
- Alphabetize your CDs or books
- Cook
- Make origami to occupy your hands
- Doodle on sheets of paper
- Dress up or try on old clothes
- Play computer games or painting programs, such as photoshop
- Write out lyrics to your favorite song
- Play a sport
- Read a book/magazine
- Do a crossword
- Draw a comic strip
- Make a chain link out of paper counting the hours or days you’ve been self-harm free using pretty colored paper
- Knit, sew, or make a necklace
- Make ‘scoobies’ - braid pieces of plastic or lace, to keep your hands busy
- Buy a plant and take care of it
- Hunt for things on eBay or Amazon
- Browse the forums
- Go shopping
- Memorize a poem with meaning
- Learn to swear in another language
- Look up words in a dictionary
- Play hide-and-seek with your siblings
- Go outside and watch the clouds roll by
- Plan a party
- Find out if any concerts will be in your area
- Make your own dance routine
- Trace your hand on a piece of paper; on your thumb, write something you like to look at; on your index finger, write something you like to touch; on your middle finger, write your favorite scent; on your ring finger, write something you like the taste of; on your pinky finger, write something you like to listen to; on your palm, write something you like about yourself
- Plan regular activities for your most difficult time of day
- Finish homework before it’s due
- Take a break from mental processing
- Notice black and white thinking
- Get out on your own, get away from the stress
- Go on YouTube

- Make a scrapbook
- Color in a picture or coloring book.
- Make a phone list of people you can call for support. Allow yourself to use it.
- Pay attention to your breathing (breathe slowly, in through your nose and out through your mouth)
- Pay attention to the rhythmic motions of your body (walking, stretching, etc.)
- Learn HALT signals (hungry, angry, lonely, tired)
- Choose a random object, like a paper clip, and try to list 30 different uses for it
- Pick a subject and research it on the web - alternatively, pick something to research and then keep clicking on links, trying to get as far away from the original topic as you can.
- Take a small step towards a goal you have.

Alternatives that are completely bizarre. At the least, you'll have a laugh:

- Crawl on all fours and bark like a dog or another animal
- Run around outside screaming
- Laugh for no reason whatsoever
- Make funny faces in a mirror
- Without turning orange, self-tan
- Pluck your eyebrows
- Put faces on apples, oranges, or other sorts of food
- Go to the zoo and name all of the animals
- Color on the walls
- Blow bubbles
- Pull weeds in the garden

Alternatives for when you're feeling guilty, sad, or lonely:

- Congratulate yourself on each minute you go without self-harming
- Draw or paint
- Look at the sky
- Instead of punishing yourself by self-harming, punish yourself by not self-harming
- Call a friend and ask for company
- Buy a cuddly toy
- Give someone a hug with a smile
- Put a face mask on
- Watch a favorite TV show or movie
- Eat something ridiculously sweet
- Remember a happy moment and relive it for a while in your head
- Treat yourself to some chocolate
- Try to imagine the future and plan things you want to do
- Look at things that are special to you

- Compliment someone else
- Make sculptures
- Watch fish
- Let yourself cry
- Play with a pet
- Have or give a massage
- Imagine yourself living in a perfect home and describe it in your mind
- If you're religious, read the bible or pray
- Light a candle and watch the flame (but please be careful)
- Go chat in the chat room
- Allow yourself to cry; crying is a healthy release of emotion
- Accept a gift from a friend
- Carry tokens to remind you of peaceful comforting things/people
- Take a hot bath with bath oil or bubbles
- Curl up under a comforter with hot cocoa and a good book
- Make affirmation tapes inside you that are good, kind, gentle (Sometimes you can do this by writing down the negative thoughts and then physically re-writing them into positive messages)
- Make a tray of special treats and tuck yourself into bed with it and watch TV or read

Alternatives for when you're feeling panicky or scared:

- "See, hear and feel"- 5 things, then 4, then 3 and countdown to one which will make you focus on your surroundings and will calm you down
- Listen to soothing music; have a CD with motivational songs that you can listen to
- Meditate or do yoga
- Name all of your soft toys
- Hug a pillow or soft toy
- Hyper focus on something
- Do a "reality check list" – write down all the things you can list about where you are now (e.g. It is the 9th November 2004, I'm in a room and everything is going to be alright)
- With permission, give someone a hug
- Drink herbal tea
- Crunch ice
- Hug a tree
- Go for a walk if it's safe to do so
- Feel your pulse to prove you're alive
- Go outside and attempt to catch butterflies or lizards
- Put your feet firmly on the floor
- Accept where you are in the process. Beating yourself up, only makes it worse
- Touch something familiar/safe. Leave the room

- Lay on your back in bed comfortably (eyes closed), and breathe in for 4, hold for 2, out for 4, hold for 2. Make sure to fill your belly up with air, not your chest. If your shoulders are going up, keep working on it. When you're comfortable breathing, put your hand on your belly and rub up and down in time with your breathing. If your mind wanders to other things, move it back to focusing ONLY on the synchronized movement of your hand and breathing.
- Give yourself permission to.... (Keep it safe)

Alternatives that will hopefully make you think twice about harming yourself:

- Think about how you don't want scars
- Treat yourself nicely
- Remember that you don't have to hurt yourself just because you're thinking about self-harm
- Create a safe place to go
- Acknowledge that self-harm is harmful behavior: say "I want to hurt myself" rather than "I want to cut"
- Repeat to yourself "I don't deserve to be hurt" even if you don't believe it
- Remember that you always have the choice not to cut: it's up to you what you do
- Think about how you may feel guilty after self-harming
- Remind yourself that the urge to self-harm is impulsive: you will only feel like cutting for short bursts of time
- Avoid temptation
- Get your friends to make you friendship bracelets: wear them around your wrists to remind you of them when you want to cut
- Be with other people
- Make your own list of things to do instead of self-harm
- Make a list of your positive character traits
- Be nice to your family, who in return, will hopefully be nice to you
- Put a Band-Aid on the area where you'd like to self-harm
- Recognize and acknowledge the choices you have NOW
- Pay attention to the changes needed to make you feel safe
- Notice "choices" versus "dilemmas"
- Lose the "should-could-have to" words. Try... "What if"
- Kiss the places you want to SH or kiss the places you have healing wounds. It can be a reminder that you care about myself and that you don't want this
- Choose your way of thinking, try to resist following old thinking patterns
- The Butterfly project- draw a butterfly on the place(s) that you would self-harm and if the butterfly fades without self-harming, it means it has lived and flown away, giving a sense of achievement. Whereas if you do self-harm with the butterfly there; you will have to wash it off. If that does happen, you can start again by drawing a new one on. You can name the butterfly after someone you love.

- Write the name of a loved one [a friend, family member, or anyone else who cares about you] and write their name where you want to self-harm. When you go to self-harm remember how much they care and wouldn't want you to harm yourself.
- think about what you would say to a friend who was struggling with the same things you are and try to be a good friend to yourself.
- Make a bracelet out duct tape, and put a line on it every day (Or any period of time) you go without self-harm. When it's full of lines, take it off and make a chain out of all the bracelets and hang it up somewhere where you can be reminded of your great progress.

Alternatives that give the illusion of seeing something similar to blood:

- Draw on yourself with a red pen or body paint, or go to a site such as this, where you 'cut' the screen (be aware that some users may find this triggering, so view with caution)
- Cover yourself with plasters where you want to cut
- Give yourself a henna or fake tattoo
- Make "wounds" with makeup, like lipstick
- Take a small bottle of liquid red food coloring and warm it slightly by dropping it into a cup of hot water for a few minutes. Uncap the bottle and press its tip against the place you want to cut. Draw the bottle in a cutting motion while squeezing it slightly to let the food color trickle out.
- Draw on the areas you want to cut using ice that you've made by dropping six or seven drops of red food color into each of the ice-cube tray wells.
- Paint yourself with red tempera paint.
- 'Cut' your skin with nail polish (it feels cold, but it's hard to get off)

Alternatives to help you sort through your feelings:

- Phone a friend and talk to them
- Make a collage of how you feel
- Negotiate with yourself
- Identify what is hurting so bad that you need to express it in this way
- Write your feelings in a diary
- Free write (Write down whatever you're thinking at that moment, even if it doesn't make sense)
- Make lists of everything such as blessings in your life
- Make a notebook of song lyrics that you relate to
- Call a hotline
- Write a letter to someone telling them how you feel (but you don't have to send it if you decide not to)
- Start a grateful journal where every day you write down three: good things that happened/ things that you accomplished/ are grateful for/ made you smile. Make

sure the journal is strictly for positive things. Then when you feel down you can go back and look at it