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Edited by: Betsy
Delivered this morning by: Evie
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INKBLOT YOURSELF

As a psych major, who did REALLY well in my clinical psych class, aside from that C in attendance.. I am obviously certified in giving therapy. Specifically, Freud's genius and never wrong Inkblot tests. Finally putting my psych degree to use to let you know if you're crazy or not!



If you see a moth/butterfly: Something bad is gonna happen to you.

If you see a monster (specifically donni darko): You are completely normal!



If you see, an animal/angel/nuns: You have the Oedipus Complex!

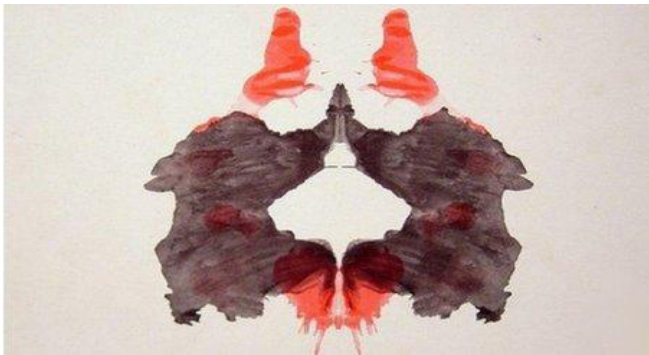
If you see your parents fighting, on the verge of a brutal divorce and raging custody battle: You are normal!!!!!!!!!!



If you see a villager from Minecraft: You never progressed past Freud's Phallic Stage
If you see a penis: good for you!

Continued on back...

INKBLOT YOURSELF



If you see “a flower that’s shaped like a stingray and then two little dogs with party hats on with red party hats on and they’re bleeding out of their hears (which means their in love?)”: It means you’re about to have a UTI...
If you see literally anything else: you are CRAZY.. Get help!

*If this test has proven that you’re crazy, you are required to pay me for therapy.
I’m not kidding I’m 2 credits away from psych degree so this is for real*

*-Evie Waters,
Psych Major*

SOME THOUGHTS ABOUT NEDA WEEK

So apparently the Wellness Center is hosting some events for NEDA Week: “Healthy Snacking/Eating for your Well Being” and “Teaching Kitchen - Heart Healthy Demo”
The issue with these events is apparent from their titles, the operative word being “healthy.” I’m not sure what could have possessed someone to come up with these events (and to my knowledge, none of the Wellness Center’s therapists have any experience or expertise when it comes to eating disorders, so I wonder who exactly that someone is), but they are doing more harm than good. A large proportion of people affected by eating disorders have a preoccupation with “healthy” eating and key part of eating disorder recovery is resisting the urge to label certain foods as “healthy” or “un-healthy” (ie “good” or “bad”) but rather accepting that, in moderation, all foods can be part of a balanced diet. So proclaiming these events to be part of NEDA Week not only demonstrates a shocking lack of knowledge about eating disorders, but also potentially harms students suffering from eating disorders or disordered eating. So I guess Wellness Center: 0, Naked Week: 1. Because even though Naked Week is just an excuse for cismen to have their dicks out in public under the thinly veiled disguise of eating disorder awareness, at least it doesn’t hurt anybody.

-Eliot Hiegel, submission

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