

Beating BDD Episode 16 – Rebecca Foster

Rebecca suffered from BDD for many years, alongside issues with alcohol and food. It was only when she realised the BDD was driving the other issues that she was able to make real and inspiring progress.

“You can get better – you just have to be brave.”

When did Rebecca’s BDD start and how did it manifest itself?

[00:13.00] She had OCD as a young child, then got bullied at secondary school – mainly about her nose and skin colour.

[00:02.15] Rebecca had bulimia at 13 but believes the BDD started then – it just got lost beneath the bulimia and the drinking.

[00:03.02] It took a long time to realise the BDD was the driving factor. It’s now the focus of her recovery.

[00:05.42] Rebecca likens having BDD to being in a prison.

[00:11.23] She used to sit in her room all day and avoid friends.

How’s she feeling now?

[00:03.28] Rebecca’s now in recovery, though she wouldn’t say she’s cured.

[00:08.05] She’s now able to go back to old hobbies, like reading and spending time with friends. The old Rebecca is slowly coming back.

[00:09.36] She’s now about to take a job in Italy – work really helps with the BDD.

[00:26.26] Now, Rebecca has more good days than bad moments.

[00:29.08] It’s only through having the dark experiences that you can really experience the good stuff.

[00:29.22] She’d love to have a relationship and feels stronger about that now.

How did Rebecca get diagnosed and treated?

[00:14.58] At 24, Rebecca took an article about BDD to the doctor and got diagnosed – but she didn’t have treatment.

[00:16.09] She first had therapy in 2016 and attended support groups. But her alcohol addiction got so bad she had to go to rehab, where they didn’t understand her BDD.

[00:18.13] She started seeing a new therapist last year but had a big relapse. The turning point has been since February this year – she’s really put the work in.

What’s been helpful about treatment?

[00:20.07] Exposures have shown Rebecca that people aren’t thinking what she thinks they are.

[00:21.45] She deals with anxiety by running, breathing and ringing a friend.

[00:23.00] The support groups have been amazing – the people really care.

What Rebecca would recommend to others

[00:25.33] You can get better – you just have to be brave.

[00:26.43] Try and look and your day and say, what did I do today that was good?

[00:32.05] Contact the BDD Foundation, get the information and go to your GP.

Resources

- The BDD Foundation: bddfoundation.org