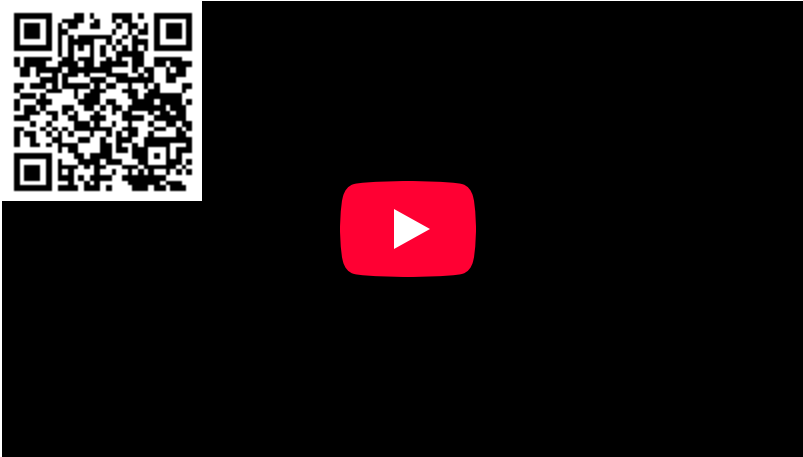


## 11.9: Video: How Do You Define Yourself?

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Born with a rare disorder that prevents her from gaining weight, Lizzie Velasquez has faced more negativity and bullying than most. Over time, she's developed a simple but effective coping mechanism. "Tell me those negative things," she says. "I'm gonna turn them around and use them as a ladder to climb up to my goals." In this funny, personal talk, Lizzie shares her story—and the tools to help people reject hateful perspectives while embracing self-definition.



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11.9: Video: How Do You Define Yourself? is shared under a [not declared](#) license and was authored, remixed, and/or curated by LibreTexts.