

Emily Garcia

Dr. Adomaitis

SBS 3201

November 10 2020

Letter to Self

To 12-year-old Emily, there's no need for you to want to fit in or look like anyone else that isn't you. I know you're shy and sometimes it makes you uneasy when people ask you to smile for them. You'll have some days when people will poke at you and you'll cry.

A smile is like a photograph, it's worth a thousand words. When people ask you to smile for them and you're uneasy about it because you have a gap. They say things like you're beautiful, you just have to get braces and fix your teeth. It tears at your confidence and causes you to think less of yourself because your teeth aren't together. You asked your mom if you could get braces and she made the arrangements. Then you're told you'll get braces followed by veneers after because you're missing your vampire teeth. You won't want fake teeth in your mouth, and that's okay.

Do what makes you happy, not what others think would make you more appealing. It's your life, your body, your choice. You'll soon realize everyone is going through something and you're not alone. Your smile isn't perfect but later on in life you'll see famous people with a similar smile to yours. You'll feel better because you're not alone anymore, and you'll realize you never were. No one is perfect, that's just an idea. Learn to love and appreciate yourself despite the flaws that you have.