

Letter to Nargiza Rahmatilloeva

11/23/2021

Letter to self

Dear young Nargiza,

Introduction:

We consider our appearance to be separate from ourselves. But it turns out that physical traits, such as height or attractiveness, can shape our personalities, behaviors, and even our politics. We've looked at the many different ways that your appearance can have an impact and influence on your lifestyle, opportunities and happiness. Whilst it is true that your appearance can affect the way people treat you. Therefore, there may be times when you want to change your appearance in order not to be judged by others.

During High School year, in the beginning of your Freshman year, when you were 15 years old, you were too busy wasting your time on changing your appearance just because of the prejudices that you have heard from others. A lot of people in highschool used to judge your height and the birthmark on your nose. That's why you always wanted to modify your height and remove your birthmarks.

Emotional Cost:

You have spent all four years of your highschool year stressing about your height and birthmark that you wanted to modify. When you were judged by your classmates about your height and your birthmark, you always used to feel guilty. People calling you “short” even made

you regretful that you're from a short family. Because of your height you even didn't want to go to the events where there are people taller than you. You always used to think about what your friends think about your appearance. When your taller friends got the most attention from boys, you used to feel guilty pleasure, and you used to think that buyers won't pay attention to you just because you're shorter than your friends. You also used to think you look ugly just because of the birthmark on your nose. You were always disappointed that you're short and you have such a birthmark.

Finance Cost:

You always spend a lot of money on your appearance just to look good. You may have spent most of your money on modifying your height and removing your birthmark. You did a lot of research to find out how to increase your height. You bought a lot of vitamins, peel that you thought would help you grow taller. You bought "height maximizer" peels for \$95 to increase your height which didn't work. You have also spent \$20 buying an "Inner heightening bionic sheet set" to wear under your socks to appear taller, which also didn't work because it was obvious that you had something under your toes. Therefore you decided to wear high heels everywhere you go. In order to appear taller than your friends you spent thousands of money just to buy shoes with high heels. And everytime you go to a party, you make sure you look taller by wearing your highest heels. You have also spent \$100s to buy multiple creams in order to remove your birthmark. And the last one you bought for \$45 did work and you were finally able to remove your birthmark. Happy you!

Health Cost:

Of course you have not done any surgery to change your appearance even though you were thinking of doing it. However, you have drunked so many random peels and used so many random screams which weren't even approved by your doctor. The peels that you took to grow taller made you throw up a lot. And the creams that you used made your skin dry for a couple of months. After removing your birthmark with a cream a lot of infections appeared on your face, which was dangerous to your health.

Conclusion:

In conclusion, I have a lot from my experience of facing prejudice from people. I knew that it wasn't something good that they were doing, therefore I learned from their mistakes. I learned how it feels to be judged by people based on your appearance. I now try not to judge anyone not only about their appearance, about anything in general. After doing research and trying all those procedures to change my appearance I have also learned that there are people even shorter than me, and there are a lot of people with scars and birthmarks worse than mine.