

November 23, 2021

Letter To Self

Dear Little Rocky,

I hope you've been doing well; I haven't seen or spoken with you in a long time. I was in primary school when I last saw you glance in the mirror. Rocky, I'm curious as to how long you'll be unhappy with your large lips, and if you still believe they make you seem unattractive. Sally, your mother, never told you that you were beautiful; instead, she told you that you were ugly and that you didn't look anything like her. I hope you didn't stop gazing in the mirror, and if you did, it's because you've realized how stunning you are and have been all these years.

Without knowing the backstory, some adults enjoy telling particular kids who dress up that they are "growing up too fast." Rocky Looking back on everything you've been through, I understand you've always heard your mother say hurtful things about you in your head, and you've always kept your lips pursed because you were terrified they'd be recognized. When that boy who liked you, Angel, used to call you by your name and tell you that you had "Peanuts sucking lips," he made you believe your mother. Until you met that staff member at Harlem Children Zone, hiding your lips prohibited you from speaking. He offered you hope that one day you will be the most beautiful girl anyone has ever seen, and he stated it in front of everyone, concluding his speech with the words "just watch".

People's bad comments about you can make you desire to change anything about yourself. I recall the dark grey bag you used to keep in your bookbag, which was stuffed with eyeliner and dark lipstick. Looking back, I see why that black lipstick was used; it was a layer that concealed your natural lips. Every two weeks, you paid \$14.97 on false hair to assist modify

your facial structure a little. You spent an additional \$4.99 on false nails from the beauty supply store, believing that supplements will help bring out your natural attractiveness. Rocky, you were attempting to make a new person out of yourself, but it didn't work out.

Self-assurance is something that takes years to develop and seconds to lose. Rocky, your self-esteem was incredibly poor as a child, which led to you being physically and violent. You spent a lot of time as an aggressive, physical kid abusing your body in fights and screaming nasty comments at others just to hide yourself. You became mentally miserable and unsatisfied in your life, which is why nothing could keep you contented. You ended up choosing beauty and punishing your body with hunger to please the public because your mother took away your self-confidence, causing you to use your lunch money every week to buy supplementary items to help you feel and look beautiful. You ended up choosing beauty and punishing your body with hunger to please the public because your mother took away your self-confidence.

Finally, I'd like to leave you with a message: Life is only as beautiful as you make it. People have ideas, and opinions are not facts, and people's perceptions of someone's beauty might be subjective at times. It's always simpler to accept yourself first, the physical you, the inner you, and everything that is Rocky, no matter what extras you added to your dress. Rocky didn't go anywhere, so it's always easier to accept yourself first, the physical you, the inner you, and everything that is Rocky. You don't have to impress others; the first person you owe a duty to in life is yourself. I'm hoping that if you look in the mirror right now, you'll notice that the lips you've kept hidden are the same lips that celebrities now pay thousands of dollars for. The love that someone has for oneself is the most beautiful sort of affection.