

Yinghe Zhao

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Perfect Ideal

Dear young Yinghe,

I am 22 years old right now. I want to write a letter to tell Yinghe in junior high school to be yourself and not change yourself based on others' comments because it is not worth it.

First, the “cost” (emotional) of pursuing the “perfect ideal” takes time and there are a lot of pressures. When I was 15 years old, I want to feel happy and proud to see my achievements. So I pushed myself a lot in studying. I feel like I cannot see my future and I do not know what I really want. At the age of 22, I should not give myself too much pressure no matter what the results are. This can force me to “go crazy”. And please treat yourself with a normal heart. You should be happy with good grades and you should be happy with bad grades.

Second, the “cost” (financial) of pursuing the “perfect ideal”. I spent a lot of time and money trying to get rid of all the pimples on my face. In junior high school, I spent 3 to 4 years doing this thing. When people tell me what cleanser works, what mask works, what ointment works. I have tried it all, but it does not work. It's just a psychological comfort. You do not have to spend a lot of money and time trying to fix it just because someone makes fun of your pimple.

Finally, the “cost” (health) of pursuing the “perfect ideal”. I want to tell my 15-year-old self that it is ok to be overweight. Do not because others laugh at your body and too much attention to weight loss because it is not worth it, do not, therefore, feel inferior. At the age of 15, I was very concerned about people making fun of my weight, which led to a period of low self-esteem and unhappiness. So I decided to control my weight by eating less. But in the end, I

found it was not worth it. Instead of losing weight, I put my health at risk. It took me years to recover from stomach problems caused by my irregular eating habits.

Through today's class, I learned that I felt inferior and unhappy about my skin and body because I paid too much attention to others' opinions of me in junior high school. But I missed the most important point, be yourself, be yourself is the most important thing, do not change who you are because of what other people think of you because it's not worth it. Love yourself while being yourself.

A letter from you at 22