

Don't Fear the Mirror: Ways of Accepting Your Reflection

When looking in the mirror, do you see yourself as the human pear? Do chipmunks have more defined cheekbones than you? Do you wish your stomach was as flat and as solid as a piece of plywood? We all can relate to the self-scrutiny, the wishing, the hoping, and the effort in trying to strive for what we believe to be beautiful. We find ourselves looking for what needs to be changed.

The mirror can be compared to as a scanning device, for it analyzes and determines.

A loved one will question what we see, insist that we are beautiful. But they're bias. Looking at yourself from certain angles, you may not see your stomach as a gigantic cream puff or see your legs as tree stumps. You can avoid certain angles all day, all night, all week. We can rely on those preferred angles for a year straight if we choose to, but there comes a time where we won't have that kind of control.

Do You Like What You See? Go Ahead, Keep Staring

There is no right or wrong way to do this, all you need to do is stare at yourself in a mirror and shine the proverbial spotlight on the physical attributes you like the best. Hair, lips, nose, thighs, whatever they may be, identify and remind yourself that they are appealing. The longer you stand there staring, other parts of you may become apparent. You may even notice what certain loved ones have been saying all along.

Remind Yourself of your Awesomeness

Reflect on the times when you lent a helping hand, bring back those rewarding moments. When negativity seeps in, it can pile up, and the more we rely on that negativity, the heavier that pile gets. Think about how nice it is to breathe, the advantages that you possess. The more you recognize the positive aspects of your life, a different reflection will flourish. Keep yourself from falling into that disapproval trap. Take the time out of your day to reflect on the good things you have done.

Smile Upon Arrival

When approaching the mirror, grace yourself with a smile, even if it hurts a little. Give the kind of smile you would when taking a picture with your friends or remember back to a delightful moment in your life. See yourself as the rest of the world does when you're happy.

Be Thankful

You know that comparison and contrast game? You know what it really is? It is a superficial, self-inflicting mechanism that only keeps you down. Do you really want to stay there, because you know you want out. Take the time to realize what you're so lucky to have. Look at the bigger picture, be honest with yourself.

Gratitude is beautiful and bright; it has the power to break through the dark burrow that negativity so often produces. Start appreciating what you have and what you have worked so hard for. Once reality sinks in, you may recognize that the universe is not always out to get you.

Get a Little Exercise in Your Life

Not a fitness guru? Not one for the self-consciousness of a gym? No worries, this is not a testimonial, merely a suggestion. Soaking up the sun is a good thing. We all can agree that a breath of fresh air does wonders. Nature has a way of clearing the mind. Sometimes, blaring music and blowing off some steam is therapeutic. Walking gives you time to think, it allows you to exercise the mind as much as the body. Admit it, you feel better once those limbs have been worked. Even a five-minute stroll can take the stress away, as well as reignite your confidence. While the energy is still high, sweaty and all, step in front of the mirror and take a good look at yourself. It's a great reflection, isn't it?

Forgive Your Past

Blame often follows a wrongdoing, and there is no way of knowing how long that blame remains. Those wrongdoings become constant reminders, and we are the instigators.

There is no other way around it, people have hurt you, they have left you questioning yourself. Fact of the matter is, we can't turn back the hands of time, nor can we change our pasts. The only way to move forward is to forgive, even if you are the only one who knows. You will never forget, for the experience is part of you, but you *can* forgive.

Stand in front of the mirror and think about that one person or situation that happened. Say it aloud or to yourself, "I forgive you." You may find the words to be powerful.

Forgiveness is one of the hardest realizations we face, especially forgiving ourselves. After all, we have put ourselves down for far too long. We must learn to let go. We must not go on believing we are the human pear or the human cream puff. We must try to peel away the negativity. We must try to believe what we are worthy of everything the world has to offer. One day, you will see you are remarkable just the way we are.