

# Chapter

# 4



*Pounds can't measure who you are or who you want to be. You are so much more than numbers.*

**E**veryone has heard that you are your own worst critic and this statement couldn't be more true. It is amazing how our view of ourselves gets distorted and warped. The eyes we see others with are totally different than the eyes we see ourselves with. Is it because we depend on a mirror to look at ourselves and we can see others without one? Or is it just that we can be forgiving of the flaws of others, so much so that we completely overlook them, but we expect perfection within ourselves so every flaw is magnified?

Perhaps it's a combination of both.

There was an interesting study done several years ago that I remember seeing in a magazine while waiting in a check-out line. The results of the study were shocking and sad and something I will never forget. A handful of women were selected and they got their pictures taken in their bra and underwear. These photos were altered in three different ways: to make the woman look heavier all over, to make the women look thinner and to make the woman look heavier on her bottom half. Then, the women were shown all of the photos and asked which one they thought was the unaltered photo. Almost all of the women guessed wrong, with the majority selecting the photo that made them look heavier on her bottom half. This study is evidence that most women do not have a realistic view of self.

This extreme self-criticism doesn't just apply to physical looks, though. Women will tear themselves down or refuse to give themselves credit for talents, accomplishments and kind acts as well. Combined, this makes a woman feel worthless and insignificant.

We all know the women who are so down on themselves and so desperate to hear something positive, that they fish for compliments from others. These women may exaggerate a bad comment of themselves so that the people around them will tell them it's not true and speak the positive words they so badly want to hear. The problem with this game is that the women aren't really satisfied with what these people tell them because they had to search to hear it and because they don't believe it to be true anyway. Another problem with this is that many people recognize a person's pleading for compliments right away, so they refuse to acknowledge these efforts or tell the person what they want to hear. This may make the woman feel that even those around her believe the same negative thoughts, justifying her self-hatred.

According to [momgrind.com](http://momgrind.com)...

*A majority of girls in a 1999 study (59%) reported dissatisfaction with their body shape, and 66% expressed a desire to lose weight. Only 29% of the girls were overweight.*



*Be willing to give out compliments to those around you.*

Whether you are guilty of playing this game with yourself or you know people that are, it is important to realize the danger of it. If you feel the urge to entertain these thoughts or needs,

stop yourself. Grab a piece of paper and write down three positive things about yourself. You can even practice saying the positive things out loud! You would be surprised at how empowering that can be for yourself and inspiring to those who hear it. If you are at the receiving end of the negative comments, don't ignore the woman. She is going through something you can probably relate to on some level. Recognize this and try to really make her feel good about herself. Don't just tell her what she wants to hear, but look the woman in the eye, tell her that she is a beautiful, special woman, tell her that what she is saying is not true and give her a real compliment about something else. Embrace the opportunity to help raise someone's self-esteem and the practice will only help you do the same thing for yourself. This is also a practice in sincerity. You will begin to see people for who they truly are and look for their beautiful souls. This will lead to acceptance of people as God's creation and less of a need to compare yourself to feel better.

### What the average guy likes in women:

- Good sense of humor
- Sense of adventure
- Combination of beauty and brains
- Ability to have an intelligent conversation, apart from makeup and movies
- Honesty and loyalty
- Faith and trust
- Ability to accept others for what they are
- Confidence
- Long hair
- Minimal makeup
- Individual style
- Similar interests and values
- Understanding
- Ability to laugh at herself
- Good personal hygiene
- Dependence, but not to the point of being clingy
- Respect for elders and love for kids
- Modernity, yet conservative in some aspects
- Patience and maturity
- Good personality, not necessarily the next 'Miss World'
- Romance and affection
- Ability to fight for herself
- A mind of their own
- Self-respect
- Willingness to express and communicate feelings
- Knack of pampering a guy
- Ability to prioritize
- Sensitivity and Passion

### *Advice from the Pro:*

#### **What do I do if my friend is always fishing for compliments? How do I respond?**

It's always nice to have someone validate your thoughts and feelings if you are very unsure of yourself. The problem with always asking for an outside opinion (a compliment, for instance) about yourself is that it doesn't build any real inner self-confidence or self-awareness. One response you might give your friend is, "You seem to always ask me to comment on or compliment you on something. When you do that, you don't give me a chance to say something first. I was just going to tell you that I think your hair looks so cool that way!"