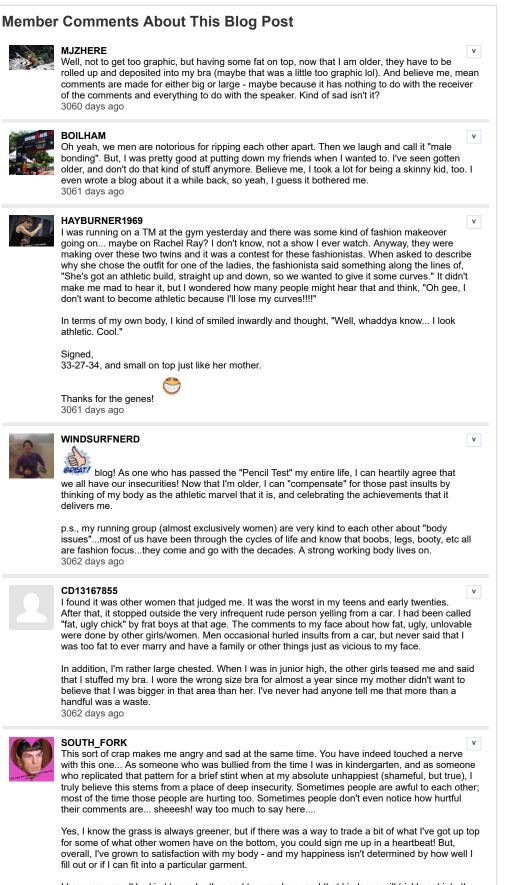
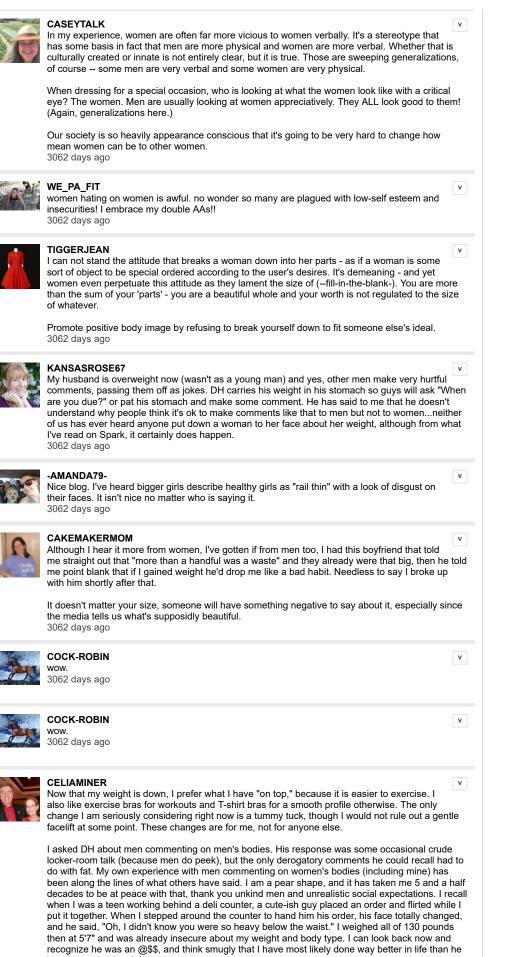


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I hope we can all be kind to each other and to ourselves- and that kindness will trickle out into the universe, giving people regardless of gender, age, weight, color, sexual orientation, financial status, etc. a gentle reminder that we can all be better to each other. a gal can hope, right?

3062 days ago



has, but at the time it hurt...bad.

3062 days ago

SUZYMOBILE

Well, well. I think you hit a nerve with this blog!

I love my practically nonexistent boobs and couldn't imagine going around with two huge sacs bouncing around attached to my chest. I do have a tendency to get hung up on my belly, though. Don't like much protrusion, and I just can't get over that reaction.

BTW, I have no problem with my first sexual experience. I figured it was high time, and I got it over with, with a guy I didn't much care about. It was underwhelming. 3062 days ago



DR1939

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I should say

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I taught a gender issues course at the university level for many years. Students wrote a variety of papers responding to development of gender identity, body issues, sexual experiences. Almost every woman, regardless of size, was unhappy with something about her body and had had comments made about it, usually by men. Men on the other hand tended to be happy with the body they had but quite critical of women's bodies. I remember one young woman who was rail thin but dieting to lose enough weight that her thighs did not touch. Her boyfriend had told her she needed this. I used to tell the women if their boyfriend didn't like the way they looked to get rid of them immediately because they were not always going to be thin and wrinkle-free. I told the men if their girlfriend worried about her weight or her looks to reassure her that he loved her not what she looked like. I don't know how many took my advice, but I felt I had to try.

BTW, almost every woman felt she made wrong decisions about the timing of her first sexual experience, either too soon or too late. OTOH, every man reported when he had his first sexual experience without comments. 3062 days ago



MISCHAKEO

My sons were overweight as teens and were regularly bullied about their weight. I do not understand the mindset of someone who needs to denigrate someone's body either. I think they are insecure and try to control others by putting them down for their bodies.

I had the opposite problem..I was overweight and huge on the top. Now that I am thin, I have shrunk and like it. I also love my exercise bras also..for exercise and they are warmer!

What surprises me is the number of young women who are doing plastic surgery to look more beautiful..teens and twenties. A girl in her 20s had a boob job and tummy tuck after her baby. She just had another baby and plans for more plastic surgery.

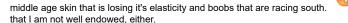


MJREIMERS

3062 days ago

Well said! Unfortunately, most of the comments I hear aren't from men...they are from women. I think magazines and "movie stars" put an image in the mind of women that they think they need to be like! I've heard a couple stars state that they had to put on weight for a role and they "just ate normally!" Right there tells me that they eat unhealthy the rest of the time just to stay stick thin.

I think each of us can help this! We must strut our stuff and be proud of who we are. Men like strong women that are comfortable with themselves. I've lost my weight, but now I get to deal with



However, I'm healthy and I've come to accept my body! I feel strong and I like the feel of my skin...saggy and all! My wish for all women is that they try to be the healthiest they can be for THEMSELVES! Not their friends, their family or their spouse, but for them! (I'm sure family and spouses want health so they can keep their mom/wife as long as possible.)

Here's to a weekend of wellness and acceptance! 3062 days ago

I am sorry people have made unpleasant comments to you.



NELLJONES

People have exalted their own status about something I think since they started living in tribes. For most of time it was blood, status was conferred by birth. The founding fathers of the US eliminated hereditary class, but people found other ways to feel superior. If we eliminate judgement based on appearance, there will be something else to take its place. Human nature, I guess. 3062 days ago



MOOSLADY

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So true, and it is truly not about body shape, it is mean spiritedness, or maybe their own insecurities.. If you are larger than average in the chest, like me. they tell you more than a handful is a waste. High School boyfriend complained about that and he was so heavy, the military wouldn't take him. I had a girlfriend tell me that my husband only loves me because we were both overweight. I lost 50 and he lost 30 and haven't changed our feelings. She was as overweight as I am and had just ended a really bad marriage.

While you can use surgery to change your body, it wouldn't take away the feelings that caused you to do something drastic to be someone you weren't. There is something hard about every body shape and you have to accept it. I have small wide feet. It is hard to find shoes in a 6WW, they often have to be special ordered and dress shoes are not existent. Yet I am not considering foot

	augmentation! My husband works in a 90% male environment and no, they don't comment on each other's wei or body shape. They hassle others about intelligence, what social class they are from, whether woman like them(but not based on their looks) and what car they drive. Maybe these things bott men as much as body image does women(although my husband was teased by girls as a boy fr being overweight). As an example, we have a Volvo wagon, an 84, and someone told my husba it suited him because it was square, boxy, and boring but dependable. I think that counts as son sort of back-handed complement. And while perhaps we should be strong enough to "take it" should we have to? It is not a menta healthy pattern for either the giver or the taker. 3062 days ago	her or and ne
	CD10259955 Well said indeed! Rarely have I heard a man talk about another man in such negative ways; my BH said about Governor Christie recently "I hope he can pull it together and lose some weig because he's a walking heart attack". True, not necessarily mean spirited or derogatory, well meaning. But I hear men make derogatory comments all the time about women. I used to just si silent, now I respond with positive comments about the person; less confrontational and hopeful makes the speaker think. One step at a time, slow progress.	tay
	By the way, I'll trade a bit of my upper for less of my middle!	
	PAHOOT It's true! I often think of a friend from high school. She was gorgeous. Long blonde hair, perfect skin, beautiful features. Now in our 60s she says she hated high school because she felt so insecure with the barbs thrown her way about her looks. People, like children, can be mean and often are. Good for you for not responding to the negative comments! 3062 days ago	V
	WILSONWR Guys can be just as cruel to others when it comes to weight. Although I was hopelessly skinny in high school, I definitely saw the prodding given to those that were overweight. I wonder if that still goes on since almost everyone is overweight? 3062 days ago	V
	CD7895805 I right there with you on this one. Flat chested and don't understand why people feel the need to comment on it. 3062 days ago	v
	CD12146214 Well said ! 3062 days ago	v
Leave enco	burgement, a question, or anything else relevant to this post. All blog comments must abide by le's Community Guidelines.	_
Subsc	ribe to this blog ADD AN EMOTICON SPELL CHECK	
Post C	Comment	
	Veight loss results will vary from person to person. No individual result should be seen as a typica wing the SparkPeople program.	al