

I Am Vain

“I am **pretty**” something girls everywhere have a hard time believing.

This inconvenient truth that has led 86% of **smart** women to have an onset eating disorder by the time they are 20.

Even with this in mind girls do not hold back from beating each other down with words that cut deeper than any physical wound, even when they are instructed to just be **kind**.

I think I am **wonderful**.

I know I have value, and I am **confident** this mindset did take awhile to evolve

The inconvenient truth is that because I simply **love** myself I have been called *selfish*, *rude*, *narcissistic*, and of course a *bitch*

This is the problem, we instruct our girls to be **happy** with who they are but when they show the first sign of feeling this way they are quickly stopped.

Yes I am *vain*, but it's the vanity that has kept me **resilient** of the comments.

Girls need to be taught to **protect** themselves from the words that are thrown.

Because the most important relationship in **life** is the one with yourself