

Is the way you dress even right?

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I'm 16 years old, and a few years ago I was scared to dress the way I wanted to dress like. I should've done that earlier but here's why I didn't.

Why I was scared to dress the way I wanted to:

1. **I didn't love myself.** I was really insecure about my body. Maybe some people can understand my situation and maybe some don't. People of course get insecure because of that and it stops us from doing things we wanna do but can't because we overthink too much. And I really did that often.

2. **It doesn't fit you.** Clothes that are mostly worn by and seen on thin people got normal and if someone who has more weight, doesn't matter if boy or girl, wears that stuff they mostly get bullied because they were used to see that on thin people and the generation was hella judgy in that time.

Why I finally wore what I wanted to wear:

1. **I stopped thinking about what others thought.** If you ever think something like "Ugh, what will people think about that?" ask yourself which people think like that exactly. Which thoughts are so important to you that you start overthinking like that? If you're a girl and it's because of men ... honey they should handle their problems first and grow their beard straight away before they can give you comments about your outfit.

2. **It made me happy.** The moment I started to wear the clothes I wanted to wear, my whole life made me happy because by that you show everyone outside there who you are. And you don't need to care if people like your outfit or not as long as you like it. This overthinking stuff is just going on in your head. These are your thoughts and not the thoughts of others.

Some advice for you:

The first days will of course be hard. But keep going because it's gonna be easier the next day. Start loving yourself and don't just look at the bad things, start mentioning the good ones and be proud of them. Put yourself first because you're perfect just the way you are. Last but not least, a lil' sentence that opened my eyes: Life is like a playground, so go out and play.