



Love Your T.E.A.R.S.

Embracing Your Thoughts, Emotions, Actions, Reactions, and Self

Cathy L. Webb

Introduction: Time to Shed Your Old Self

TELL ME IT IS NOT TRUE!

What is this I hear about you battling yourself? Do you not know that you are the only person you will never, ever get away from? Everywhere you look, there you are. No matter how hard you try to break free from you or how fast you run, you always show up! You spend time, energy, and money trying to change who you are to be accepted by others. Here is an idea! Instead of trying to fit in a mold, use time and energy to accept and embrace yourself “as is.”

For many years (actually most of my life prior to writing this book), that concept was a challenge for me. My childhood was spotted with shame associated with being dark-skinned. My complexion was my enemy and I had a strong dislike for it. Add to that dealing with Alopecia, a skin condition causing baldness, at the age of 12 and wearing black-framed glasses with the thickest lenses Man ever made! Talk about rough days at school! Dark skin, bald spots, and hideous glasses brought much teasing my way.

Early adult years brought some relief as I focused less on my skin tone and my hair grew back Eventually, I began sporting clear and then colored contact lenses. (Sidebar...my gray contacts are the ONLY unnatural aspect of my appearance). The positive feelings and emotions caused by these changes were

short-lived or spaced out as relationships in college added to my negative (but later, teachable) life experiences.

I dated three guys while in college (the reasons will become apparent shortly). Freshmen year male friend proposed to me (and later his high school sweet heart). It ended when he wrote me a 4-page letter (and my mom a 2-page letter). What did I know about marriage anyway? I was 18! I got over it and focused on my education. My sophomore year male friend only came to visit at night where we spent time in the parking lot on campus. Later I learned that, according to him, I did not look good enough to be seen with him during the day. I was upset for a few weeks but soon moved on. In my third year, I dated a fraternity brother who expected a certain “level of physical closeness” on the first date. When I refused, I was dropped at the entrance to the campus to walk to my dorm. Now mind you, the walk was about ½ mile and it was after midnight! Senior year, I met the man who later became my husband. Although he showed no signs of disrespect towards me or women in general, I made (yes, made) him work for this! Twenty years later, I am so glad I did!

Each of these experiences, while disheartening in the moment, later provided opportunities for self-reflection to determine my role in their actions and ways to enhance my personal growth and acceptance. Becoming a better person for

tomorrow demands taking an honest look at who you were yesterday and who you are today.

In 1997 it happened, complete baldness! I witnessed the departure of my hair and the arrival of my first wig! Although few people knew of my hair situation, I was never completely comfortable. The feeling of a visible scalp was constantly on my mind. As time passed, I mastered the art of falsehood. Changing the style, color, and length of my wigs in the hopes of conforming to beauty standards set by others became my full-time job. For a long time, I was content with who I was. Or was I?

At approximately 11am on Monday May 27, 2013, I had a new spring in my step! This day goes down in history as my re-birth day. Without any forethought, I opened my door and ventured out without my “top accessory.” It was my most liberating and exhilarating feeling! I felt zero shame, fear, embarrassment, or any other negative emotion. As expected, people stared and some may have pointed or laughed. I don’t know because my smile was so bright, it outshined any negativity. Almost two years later, I am still enjoying life on my terms. No longer do I allow external factors to dictate how I feel about me. I am too busy loving me and enjoying my life! Period!

Your obstacles may not be the same as mine but anything standing in your path has to go! Determine what it is. Determine why it exists. Decide how you are

going to get around, over, under, or even through it! Sounds simple, easy, and quick...but guess what? It will not be. Remember, anything worth having is worth working for....that includes the best you!

Now that you know my story, let us work to help you identify yours. The first step is to know that *who you are is good enough for the world*. Too many fail to realize this simple fact or come to accept it later in life (as I did). This book is meant to elevate you to a place where you are comfortable in your skin 24-7-365-for life! After reading it, you will enjoy looking in the mirror and love what is staring back at you! I promise! If for some unknown reason you do not, turn back to page one and start over!

Before you begin your journey of self-discovery, though, I urge you to do one thing...get a journal and something to write with. Self-reflection works best when you identify past and present actions and prepare to make better ones in the future. Besides, you will want to remember what you read. It is good stuff! By no means do I claim to be an expert on the concept of self-love. I only wish to share what has worked (and continues to work) for me in the hopes that some part of it will help you develop a deeper understanding of and love for Y.O.U.

Now that you have your materials and are prepared to begin your journey, turn the page. We will begin with a mental cleansing and let it to flow outward to your physical acceptance....

In several spots, you'll see a few affirmations...

Read...Learn...Repeat...Believe...

Here we go....

...Wait...hold up...before we go on, allow me to put a bug in your ear....

At the conclusion of each chapter, I also share a personal experience in the hopes of placing a face to the concept and making our sisterhood bond a little tighter. Each story is true and played a role in shaping the woman I am today. To maintain confidentiality, no names are used. Hopefully you can use some part of it to help you in your situation....

Okay, now you may begin....enjoy!

Daily Reminders:

“Got my glow back!”

“I’m still blossoming!”

“Be different...intentionally”

Note from the Confidence Queen:

Thank you for connecting with me! I look forward to us sharing, learning from, and inspiring one another on this journey of Sisterhood.

If this snippet of *Love Your T.E.A.R.S.* resonated with you on any level of your journey to uncover and exude self-love (and I hope it did), contact me for more using the information below.

The future is yours for the taking Queen...

Straighten your crown...

Get your heels...

Stroll through your Queendom...

Cathy L. Webb
The Confidence Queen
www.mrscathywebb.com
info@mrscathywebb.com