

Swimsuit Body Image

by Claresa Baggs

Recently I visited a water park with my grandkids. I'd purchased a few absolutely gorgeous swimsuits some months ago. I already owned a couple of coverups. I saw men and women in various shapes and sizes in bathing suits that I looked at in complete astonishment.

Oh my goodness! How could you wear that in public? Did you not look in the mirror? You know, a coverup would have been a great option. Dimples, muffin tops, wrinkles, and big bellies were everywhere!

These folks were walking around "pretty-as-you-please" without a care. I was dumbstruck!

I mean, really-didn't they care what they looked like?

Then, The Penny Dropped.

My issues with the swimsuits were a direct reflection of my own body insecurities. I was the one ashamed to show my flabby legs, belly and rolls. I was the one intimidated by what others would think of how I looked in my beautiful swimsuit. You know, the one I put a coverup over. These people were not the problem-I was.

Now that the realization of self devaluation has sunk in, I am now more aware of my judgements both internal and external and choose to be proactive in pausing to reevaluate my responses to things that make me uncomfortable due to my own insecurities.

I've learned that I am blessed with the ability to even put on a swimsuit and share those memories with my grand kids. All they cared about was having fun with their grandma.

And that's way more important than what I feel others might think of my swimsuits.