

# Perfect Body!

As a little girl, you may have played with Barbie, her famous partner, Ken, and all the accessories. Blonde Barbie, with her big boobs and pin-like waist, has an endless supply of clothes, drives a Jeep and has the perfectly strong, muscley, tanned partner, Ken. The perfect picture! Many may dream to be like Barbie, but very few fit into the 'perfect' Barbie picture.

If life could be so simple! Yet with building pressure to live, act, look and dress a certain way this 'perfect' life seems an unrealistic goal. The intense influence and pressure from media stereotypes, advertising ploys and the fashion world to have the 'perfect body' leads to the introduction of the unrealistic 'ideal' body shape. In pictures everywhere - magazines, billboards, internet and in movies - we see designer clothes falling off a tall, slim, perfectly proportioned body.

Girls today struggle with issues that are often hidden through trying to have the latest clothes, be in with the 'popular' group and 'do' all the things (whatever that may be!) that the 'in' group do, yet find that 'perfect' life is just an unrealistic goal.

False images are created: to be tall and skinny, have defined cheekbones, rib cage poking out and be 100% cellulite free. Girls want to be slim; guys strive to be buff and more muscular. Magazines, television, billboards, movie stars and supermodels paint that Barbie-perfect picture. We cannot achieve these everyday ideal images that are sold to us.

For many girls it is a fantasy dream to look like a supermodel or movie star. We can drown in this fantasy thinking, unrealistically telling ourselves that looking perfect will create a perfect, problem-free life.

Perfect or not, we all need to be loved, to belong, to be accepted and be understood. Even the most 'perfect' life still has challenges.

However, what is important are the tools we use to face those challenges and the people and things that influence us, enabling us to work through the challenges that life throws our way.

If we allow unrealistic ideals and pressures to bombard us, it will only rob us of what life is meant to be - full of purpose, hope and dreams.

OFF-THE-WALL  
 thinking bombards us,  
 distorts our life picture &  
 blurs the vision of what  
 we are created to be.

Pretty

