



Feeling Great messages

I don't want to go swimming anymore because my knees look knobbly.

My hair is really frizzy, everyone else has straight hair. I should straighten mine.

My clothes are babyish, I'm going to get teased.

My friends won't like me if I'm not pretty.

I'm shorter than my friends! I don't think I'm ever going to grow tall.

If I'm not popular, I'll never have any friends.

My shoes are really ugly. People will laugh at me.

Perhaps I should try wearing make-up to make me look older?

Everyone in this TV show is tall and skinny. I feel really ugly when I compare myself to them.

My sister said that skirt looks silly on me.

My tummy sticks out. I better wear a baggy T shirt.

If I don't like pink, I'm not a normal girl.

