

# My Story of Triumph

## **"I'm Beautiful and Happy In Jesus' Name"**

*By: Charmaine Shaw-Cooper, Fort Lauderdale, FL*

So this is my story for you young ladies and I hope that it helps you along your journey into becoming a beautiful young woman.

I've never really talked to this about anyone; I sort of keep it in so that none can no that I was sad on the inside. I keep a brave face, a smiley face, and a confident one. No one knows that I used to be depressed because I didn't think that I was beautiful.

My family and friends always told me that I was pretty and for some reason I just didn't think that I was. I would look in the mirror and see disgust. I would cry myself to sleep at times and just stay in bed, not wanting to move. Even if I had a boyfriend I still seemed to not grasp that fact that I was beautiful enough to have one. It got to a point, that I fell into a deep depression and I didn't know how to come out of it. Through the grace of God I was able talk about my feelings with a close cousin and she reassured me that I was beautiful numerous of times and that I need to see it for myself.

I talked to my mother and told her how I was feeling and that I had felt this way for years. Of course she reassured me that I was beautiful inside and out and that if I prayed for comfort and guidance from our Lord Jesus Christ that things will get better for me and I will see that I am beautiful. I started praying more and getting out of my depressive state and started being more confident in myself. I started looking at myself in the mirror and retelling myself that I am beautiful and smart. I had to tell that to myself everyday for a while, but now I might tell myself once or twice a week. I still sometimes get depressed but I know whom I am and what I'm worth; and doing little things to enhance my beauty isn't bad either. Using a little mascara or eyeliner can make a difference for some people that might be having self-doubt about themselves.

I'm sharing this story with you all because with all the bullying and with young teenagers committing heinous acts to themselves, like cutting or committing suicide. I want to share awareness that you don't have to look like a Kim Kardashian or a Rihanna to be beautiful. Being beautiful comes from inside and you have to nurture yourself and to be humble about it.

Well young ladies this is my story; I hope that you enjoyed it and were able to somehow relate and to take knowledge from this story and apply it in your everyday life style.

Thank you

“I'm Beautiful and Happy In Jesus' Name” by Charmaine Shaw-Cooper  
e-Wise Contributor Article  
Reprinted with author's permission  
[www.wiseoutreach.org](http://www.wiseoutreach.org)