



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #10 Transcript: What Do You See When You Look in the Mirror/

JANE SHINE:

Are you overly critical of yourself? Do you look in the mirror and see all of the flaws? Maybe you have freckles and hate them. Or you have straight hair and want a wave. Do your teeth just make you crazy? What about what is the inside of you - what do you see there? Do you see someone who doesn't measure up to someone else's expectations? Do you see that big L on your forehead? Do you think the word 'failure' when you see yourself? In this episode of the Positively Jane podcast I want to chat about you...and how wonderful you really are. Yup, really.

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! I can't wait to dive in!

Today's episode is brought to you by Vitruvi whose slogan is 'Make the air beautiful.' Vitruvi has the most beautiful stone essential oil diffusers that I have ever seen PLUS their scents are light and amazing AND non-toxic to you and your pets. Traditional home scenting products use toxic ingredients to mask odor and I am on a quest to eliminate as many toxins as I can. All of their scents are 100% natural, vegan, and pure. I diffuse their scents all day. Looking to go to sleep, get energized, stay calm....there is a scent for everyone. Check out the Vitruvi diffusers, humidifiers, and scents. Link is in the show notes. Your home will thank you.

JANE:

Now I don't know about you but I really don't like FaceTiming. Well, that is not entirely true. I love seeing others when we FaceTime. I really just hate seeing me. If I don't get the angle right it looks like I have 5 chins and those close ups reveal every single flaw that I have.

Now maybe you are younger and have great smooth skin and don't have extra chins...but even so - do you like what you see when you FaceTime? Do you like



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what you see when you look in the mirror?

Or are you staring at yourself and wishing for change? Maybe you want to change your eyebrows, eye color, make your eyelashes longer, plump up those lips, straighten your hair or add curls, rub on self tanning solution or lighten your skin, hide the freckles or add freckles. When we look in the mirror there are so many faults that we can find, am I right?

Maybe, like me, you would like to look younger. I heard a saying once that said 'Youth is wasted on the young'. Because when we are young we take everything for granted...and then you get old...er like me and realize that every new day is a gift...only it would be nice to be so wise and look so young!

So I was thinking, as I am prone to do, why do we think that the things we see in the mirror are faults or things that need changed? Is society dictating to us what we need to look like? Are we spending too much time looking at airbrushed photos of famous people? Or just looking at people we know that present their best face when out in public. Those same people who are making sure that the flaws that they think they have, are hidden from you too? I once read an article about Cindy Crawford. She said that she didn't recognize herself when she looked in the mirror because when she compared her real self to the photos of her in magazines - they weren't even close to looking the same.

Our outward appearance is only 1 part of us though. What does your heart say about the inside of you? The hidden places. The places you sweep under the carpet. Is your heart repeating what others have said or implied? Are you saying to yourself, do you think to yourself - I am so stupid. I am so clumsy. I need to be better organized. No one really loves me. I am unlikeable.

Have you ever thought about why you think what you think? Is there someone in your life, or has someone in your life said those things about you and now you think they are true? Maybe when you were a kid adding and subtracting was hard for you. And now as an adult that label has stuck - she is just no good at math. Or maybe you were clumsy as a child and now you are known as the clumsy girl. Or maybe, as an adult, you never measured up to someone else's expectations of you and now you feel like a loser or a failure.



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Back in the day, when I was a budget counselor I would meet with divorced ladies all every week. As we were trying to figure out their finances which meant trying to make ends meet when there wasn't enough money, which is a story for another day, they would say things about themselves that made me stop what I was doing and listen. The things that they said about themselves were heartbreaking. They would say things like: I don't deserve happiness. I am worthless. I couldn't find my way out of a paper bag. You stink as a mom. Let me tell you - no one wants to be your wife. I know that from personal experience. You will never be successful. So so many terrible things that they now believed were true.

Before we could even put together their budget and money plan, we had to unpack all of the lies that they believed. Figuring out how to get past all of the negatives about themselves...so that the positives could come out loud and clear.

Because, regardless of what others have said or implied about you. You are loved. Worthy. Enough.

Romans 5:8 says: 'I love you so much, that even when you were still a sinner, Christ died for you.'

I am known as the loud girl. And I used to get upset about that...and now I embrace it. I look through the lens of how God made me...and as long as the me that I see aligns with what is good and right according to scripture, I will continue to be who I am. I am not using who I am as an excuse for bad behavior. Way too many people I know want to be accepted as they are - bad behavior and all. I am not asking the people I know to 'love me as I am'. I am remaking myself into the person God designed me to be so that I am worthy of His praise.

So, let me ask you. What do you see when you look in the mirror? What do you see on the inside of you? Rather than focusing on the negative aspects of you... how about you look for the positives? Our minds like to hang out in the negatives so let's tell it to look a different way. Make a list of ALL the negatives. And then find the opposite of that. For every thought that is below the line (negative) there is one that is above the line. I have included the PDF called



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'Above the Line Thinking' for you. The link is in the show notes. It also includes a place for you to record your below and above the line thinking.

Maybe spend some time unpacking what others have said about you. Is there any truth in what they have said? Or you really lazy...or is that someone else's perception of you. Are you really a bad wife...or did you just have a crappy husband? Are you really stupid...or is someone else the stupid one?

My budget ladies and I would make lists and we would find all of the positives in their negative thinking. And they would work on those thoughts and reframe their minds. And soon enough, even tho it took time, they were able to crawl out from under the weight of 'not good enough' and find out how wonderful they really are.

Before I end I have a personal story for you. One about looking in the mirror.

When I was 21 I was at a party and we were playing Twister outside. I ran into the house to get my camera and unbeknownst to me, someone had closed the sliding glass door. I hit that door with the left side of my face and flew into the house. That was back in the day before safety glass. Thankfully I had speed behind me - because those falling sheets of glass would have cut me in half.

I ended up having over 100 stitches in my face. My cuts were more like little scoops of skin taken off and so each one required multiple stitches in a circle. 2 days later I was able to take the bandages off of my face and I looked in the mirror. I could not believe that it was me. It couldn't be me. There was NO way that was me. And in the instant that it took to process all of that information I passed out cold.

Now some pretty crazy things happened. My boyfriend of a year, once he saw me, dumped me in 2 seconds flat. Most of my friends stopped calling. And my work gave me a leave of absence. My face - and what it looked like - well...I looked like Frankenstein's sister. No one wanted to be seen with me in public or even see me at all.

I was the same person on the inside but my exterior became who I was. I was defined by what others saw.



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As I was healing and camping out in the 'why me's' and looking in the mirror and definitely seeing all of the flaws, I would go to the hospital and get dermabrasion, which is the removal of the top layers of skin - kinda like sanding your skin with an emery board.

I would sit in the hall and wait my turn. Among others who needed some sort of plastic surgery. I would sit with burn victims. People who were so much worse than I was. And I would leave feeling fortunate...until I went home and looked in the mirror again.

It took about a year, and my face went back to what it was before the accident with only a few bumps left behind which I still have today. I learned a big lesson that year. In fact many lessons:

1. Never judge someone unless you have walked in their shoes.
2. Outward appearances are just that. It's what's inside that matters.
3. No matter what you have...someone else might be worse. So be thankful every day.
4. Listen to what others say about you and then sift through for the truth. The real truth. The unfailing truth. Not the one your friends and society say is so. As you are sifting, eliminate any thing that does not belong. And hold onto how much you are loved. How worthy you are. And hang onto the fact that you are enough.

Now, my face story is a little more drastic than perfect eyebrows and curly hair...but the correlation is there. You have a preconceived idea of what you should look like...and you either make the changes or become dissatisfied with who you are.

Someone says your nose is crooked and now you obsess about your nose.

Someone says you need to lose 10#'s and now you obsess about your weight.

Someone doesn't like your taste in clothes and now you worry about what you wear.

Someone says something about your sofa and now you want to redecorate.



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Don't let those someones turn you into someone you are not. Stay true to you for your own sake...not someone else's. And I gotta end with this...if someone in your life is abusing you...run, don't walk to the nearest help center. Get out while you can.

Grab the freebie in the show notes. Check out your thinking. Make your lists. I would love to hear from you. Send me an email to hello@positivelyjane.net

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this will definitely help you take the first step towards living your joyful life.

Thanks for listening. If you like what you hear please subscribe, make a comment or two, and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time let's keep on navigating life's highway together.

Links mentioned in this episode:

- [Joyful Living Quickstart Guide](#)
- [Above The Line Thinking and Comparison List](#)
- [Aging Gracefully Newsletter](#)
- [Vitruvi Diffusers, Humidifiers and Oils](#)

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