

Thoughts of a Young Soul

Stages of Accepting and Being Comfortable
in Your Own Skin



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A young girl finds herself stuck between hating herself and finally accepting the hate from others. Through her mindful journey, she realizes that she doesn't have to choose either. She finally hopes and accepts who she is and being true to herself.

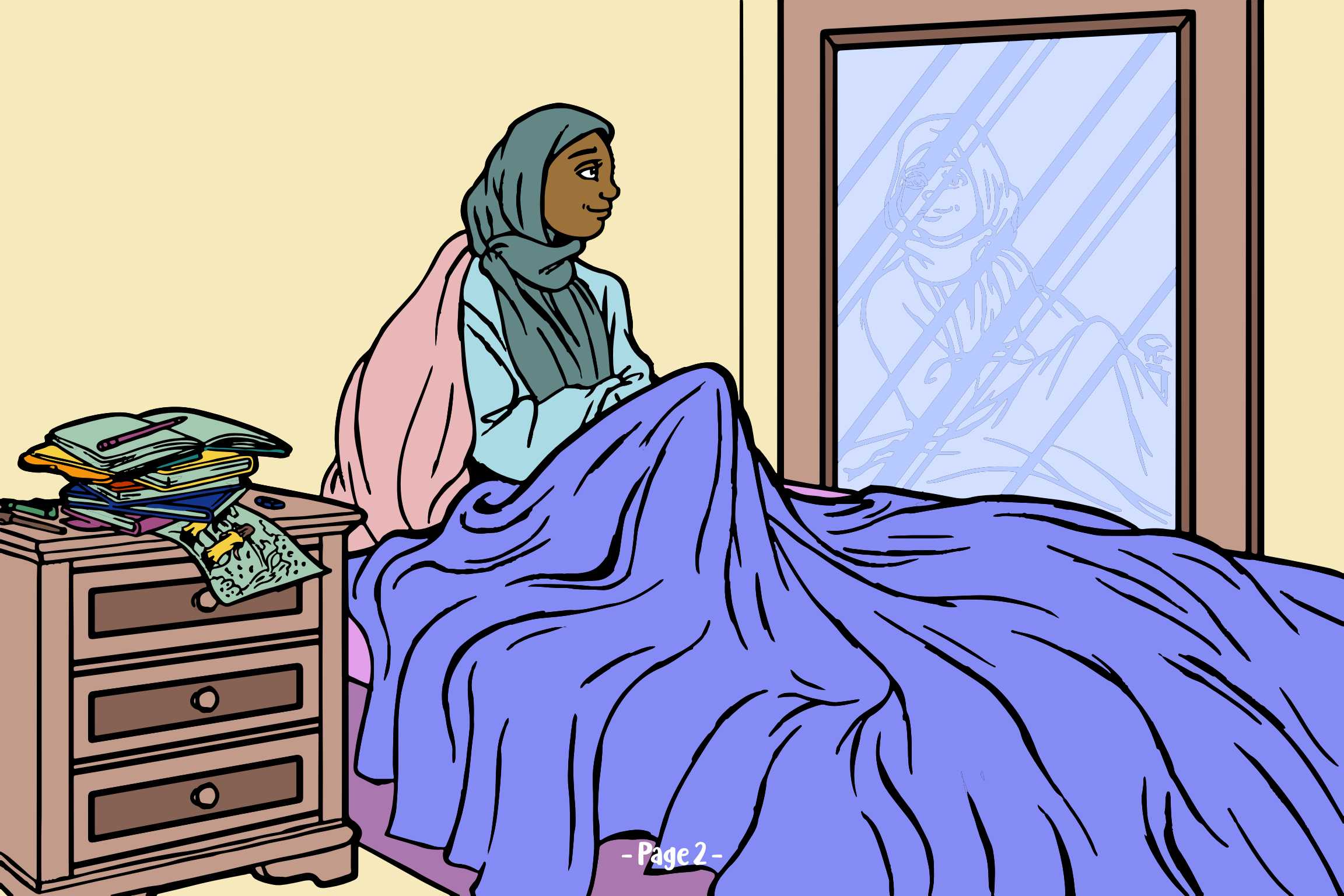




The Dangers of Not Fitting In

**The danger of fitting in swallows you whole
It can lead you to fend for yourself
Trying so hard to fill a void
Hiding behind a mask to please others
We all act a certain way to fit in
Life became a game of guessing how to act
It's unbearable yet understandable
Because what else is there for me to do?**

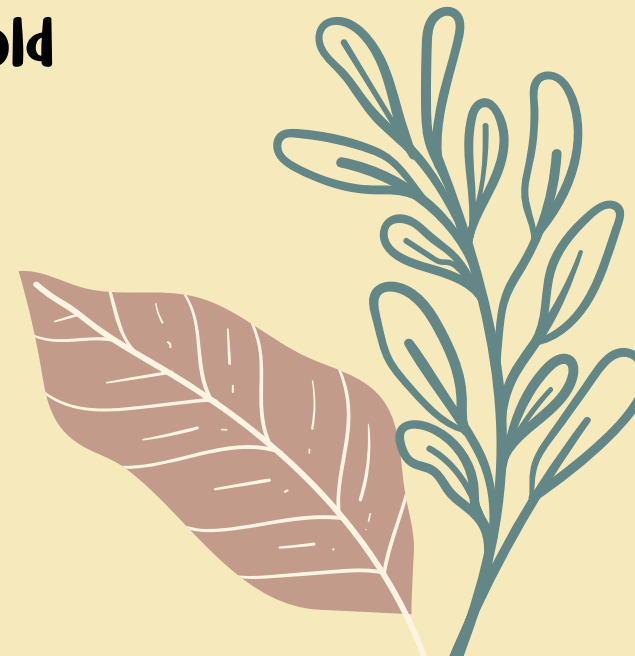






Ebony

**My skin is not compared to the sweet ebony color
At least I'm not that dark,
But swallow me whole, let me forget my pain
The stares, the comparisons, the laughs
The center of attention that only I can withhold
The embarrassment, the hatred
The malicious comments that bite me
Will forevermore hurt me the most**







Colorless Me

**I see my sister, somehow afloat and smiling
Caressing my hands, she says,
“You don’t even notice that you are blessed with
The beautiful brown skin you have
The same skin our mother has,
Do you know how I feel?
I am quite colorless, as you can see,
If I could, I’d color me with melanin”**







Shades

**I am not you, you are not me
As many people can see
People don't like the way I look, but that's okay
We all have different shades of ebony
We unite, like small pieces of a puzzle
We just need to know exactly where we all belong**



