

Being Comfortable In My Own Skin

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Being comfortable in our own skin isn't a given but there are ways that we can continue to grow and develop in our own self-assuredness. Research has shown that there are certain behaviors that reveal how we are doing on the road to self-

acceptance. **First is embracing our imperfections.** By learning to do this, we not only accepting who we are now, but also open up the potential for growth and development in the future.

The second is something that I have struggled with but I am learning **the importance of setting boundaries and saying “No” when needed.** If you have the tendency to over-commit and sacrifice your own needs or peace of mind. You might want to examine why you are striving so hard to please others. Being able to say No is a sign of self-respect and a clear indicator that you’re comfortable in your own skin. One way to approach it is to respond with, "I would really love to support. I just have too much on my plate right now to give it the attention that it deserves."

Renowned psychologist Dr. Brené Brown states, “Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are.” Embodying this kind of **authenticity** requires courage and self-confidence. It’s an ongoing journey, not a destination. Learning to live your truth openly and fearlessly, it’s a clear indication that you’re supremely comfortable in your own skin.

Other behaviors for us to recognize and incorporate into our lives are:

- Enjoying solitude increases our self-reflection and self-awareness, better understand our emotions, and become more adept at self-regulation.
- Stop the comparison game. Embrace your unique journey and realize that your worth is not determined by how you stack up against others. This mindset shift is a significant indicator that you’re comfortable in your own

skin.

- Learn to accept compliments graciously. Maybe next time someone compliments you, thank them sincerely without downplaying your accomplishment. It's not arrogance – it's a sign of self-acceptance.
- Lastly, being comfortable in your own skin means living according to your values. It's about making decisions based on what truly matters to you, not what others expect from you. In the words of the famous psychologist Carl Jung, "The privilege of a lifetime is to become who you truly are."

How about picking one of the behaviors that you would like to incorporate more in your daily life and be intentional in how you practice it? Becoming more comfortable in your own skin is a deeply personal and empowering journey. It's about self-acceptance, authenticity, and embracing your unique path in life.

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