

1. What is the most significant thing you learned in the session? How does it connect (or not) to your previous knowledge on the topic? To your understanding of what it means to think critically? Please be specific.

Growing up with my mother I certainly did not know that this was such a dire problem for so many women. My mother had always been VERY open with who she was and how she looked, within our family at least. Although I was never directly told that people should love you for your mind and not your body it was definitely the message that my parents had gotten across to me. Anybody who visits my house knows that you'll probably catch my mom walking around (unapologetically) in her underwear at some point during your visit. Even growing up in a thoroughly accepting atmosphere society had reared its ugly head and showed me that not everybody is as accepting and understanding as my family. I think that women in particular are seeing that throughout history peoples body images are getting worse and more distorted as time passes and to correct this astronomical issue we must change society as a whole. This is not an issue that can be tackled by good parenting alone.

2. What one question is uppermost in your mind at the conclusion of this session?

Is this an issue that human beings are capable of ridding themselves of? Or is it just human nature to hate something about your life? I don't see this problem as one that will be fixed in the near future. If a time comes that body insecurity is a thing of the past I'm sure it will be replaced by another insecurity. Human beings are wired to judge and examine others and that's not something that can be corrected in any short period of time.