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Through my photo I wanted to raise awareness that no matter what you look like, nasty and ugly comments about yourself are never ok. My photo captures how when you are looking at yourself in a mirror it's not just the current version of yourself you are talking too. I wanted to highlight that when you say things like, "I don't like my teeth," "my hairs too frizzy," or "my nose doesn't suit me." you are also saying those things to the younger version of yourself. I think if people were asked to say those things to a picture of their younger self they would struggle. Remember what that 2-year-old would think if she or he heard those things. To take the photo I had set up the lighting so that there was no glare in the mirror, I achieved this through using a bright lamp behind the camera. I also wanted to take the photo at a low angle as I felt that it would be most effective as you can see both versions of me clearly.

# Say It To A Two Year Old

