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That's a great suit for someone small on top

Wednesday, September 26, 2012

When I wore my new bathing suit to the pool for the first time, that's the comment I got from one of the regulars. And I was only halfway to my weight loss goal at that point.

Yesterday, I wrote about my son's comment which made me laugh and think. There's a difference though between an honest observation from a kid who loves you and this double edged compliment open to interpretation. After all, she could have said "that's a great suit" PERIOD.

Women deal with so many body image issues. As we strive to reach a healthy weight, the one place we want to keep or add weight is in our boobs. Breast enhancement is ever more popular.

Fortunately, after realizing in my teens that efforts to increase my bust size were futile, I discovered padded bras and forgot about it.

There are positives too.

I can sleep on my stomach comfortably.

Running has always been very comfortable. No need to "double bag" here.

My running bras last a very long time because of the lack of stress put on them. LOL

If I want to look more womanly, I grab my wonder-bra. Thank you Victoria's Secret.

We all come in different sizes and shapes even when we reach our healthy weight goal. I hope women can encourage each other to be the best they can be and not frustrate themselves seeking some media invented ideal.

Just for the record: While I could have responded, "Isn't fashion great? That blouson top hides your belly so well". I just smiled and in my best Miss Manners voice replied, Thank you for noticing." PERIOD!

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MISSUSRIVERRAT



Sometimes "taking the high road", as I like to call it can be frustrating. But whenever I try to get revenge or make a smart come back, it never really works out and I regret it. Some people are just rude and thoughtless and we just have to let it go. But, at the extreme, we shouldn't have to be verbally abused or mistreated.

Even fit and healthy people come in different shapes and sizes. I like the idea of accepting that shape and using a little temporary padding in strategic places every now and then. I have always found the idea of fitness experts getting implants to be so contradictory and hypocritical.
3171 days ago



TANYAP71

Even the idea that it was the suit that was great bugs me. 'You look great!' would be, IMO, the best compliment of all :-)
3183 days ago



BETHGILLIGAN

I love this blog!! It made me laugh but it is so true. I have always been small on top, too. Fine with me--a little fiberfill in the bra and I'm good to go!!! Love your "thought" response and admire your restraint with a gracious response!
3183 days ago



SUZYMOBILE

I am a proud member of the "small on top" group. I don't even wear a bra, and few would notice if I strode around topless. (Well, not quite.) I like myself just fine this way. In fact, I dislike it if my boobs inflate when I gain a few pounds.
3183 days ago



62NVON

I loved your original thought for a response... but good for you for being gracious!

I am like you and CELIAMINER... thank goodness for supportive and shaping bras for us members of the IBTC.
3183 days ago



CELIAMINER

OMG, tears of laughter! I've always been "small on top" except when I was at my heaviest. Now, the "girls" have shrunk and headed south, so a good bra is a MUST.

I commend your restraint, because I would have likely responded in the negative, though not nearly as creatively as your non-stated comment. Something like that would have surfaced 10 minutes later as one of those "what I should have said" remarks.
3183 days ago



CD13037314

As someone who is, as they say, "well endowed," I can tell you that it wouldn't have mattered if you had a larger chest. A rude person is going to find a way to be rude. In my case, the comment would have been opposite like, "big up top."

You were nicer than me. I'm quick to lash back because I believe if someone is that bold that they think it's okay to say something that stupid, then they just extended an invitation for me to hit harder.

Good for you for not letting that person get to you.
3183 days ago



AZMOMXTWO

and to much is just as difficult to live with
great way to see things
3183 days ago



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