

What A Smile Means to Me

By: Marden

When thinking about what a smile means to me many different things came to mind. For example, the obvious aesthetic aspect. Although, to me a smile represents confidence. I, myself, am a fairly shy person and a good smile definitely helps to improve my confidence. That is why, to me, a smile is confidence.

Throughout the many years of schooling that I have done, I was never very confident. People never seemed to like me very much and I always stayed quiet. I have never been a social butterfly; in fact I'm quite the opposite, as in very socially awkward. My low confidence level was always an issue as it affected the way I presented myself in my academics and extracurricular activities. I've never had very many friends and when I did, I was always the follower. This has only just begun to change, but I already can tell the difference. I believe that the way that one carries themselves and their appearance. Their comfort level with their appearance is the ultimate factor in one's confidence level.

My confidence level skyrocketed after I had gotten braces because I began to feel more comfortable with myself right away. I remember when I first got my braces on my mother had told me that I was smiling more than I ever really had. This was completely true; I was smiling more than I ever had before. Even though I did not have a perfect smile, I knew that eventually I would. So even with braces I was instantly more comfortable with my appearance and the way I had carried myself reflected it just as quickly. Surprisingly, knowing that my smile would ultimately be something that I would be more comfortable with impacted my confidence straight away. It also impacted it because within society straight teeth and/or a good smile are held higher about crooked/ not as straight teeth.

Many people may say that society has no impact on their self-perception and their choices. I believe that society ultimately does have an impact on one's self-perception and their choices; even it is on a subconscious level. This is another reason why a smile represents confidence in my opinion, because fitting in with society and reaching their views makes one feel good about themselves and more confident because they are feeling a sense of belonging. This is important because love and belonging is a part of the base of Maslow's Hierarchy of Needs (needs that need to be met for one to reach higher needs and ultimately self-actualization). This allows people to better themselves and the people around them. Resulting in a better world overall. Thus, to me, a smile ultimately is confidence.

To me, a smile is confidence. I would believe that many people would feel the same way. A smile is confidence because the way that one carries themselves and their appearance/ their comfort level with their appearance is the ultimate factor with one's confidence level, the way that smiles are viewed within society, and how the sense of belonging within society can better everyone. Therefore, to me, a smile is confidence.