

I have terrible acne. I am 26 years old and have had it ever since my early teens. I am tired of being self-conscious. I am tired of putting on make-up to cover up my face. I am tired of having to wash my face all the time, and I do not want to be on medication for it. Consulting a nutritionist several months ago, I cleaned up my diet dramatically. That seemed to help a little, but the battle continues.

My early teens were a little hard because my parents separated and then divorced. I moved in with my mom, but things actually went smoothly, and I felt like I adjusted pretty well to the changes. I am in Graduate school now, going for my certification in Special Education. My part-time job as a teacher's aide is good. I got a grant for school, so money is okay. My health is generally good. I feel good about my life, although I am tired of looking for, but not finding, a good relationship.

Hard to look at myself in the mirror,  
Cloe - Nashville, Tennessee

**Dear Cloe,**

Acne is a skin condition that usually manifests itself on the face. It often reflects how we "face the world", how we look at ourselves, and how we think or fear others look at us. This is one of the reasons that acne often hits teenagers - going through an identity crisis, trying to meet and/or rebel against perceived expectations.

You ARE perfect the way you are. You are no more together nor messed up than others. Presently, you may need to do things because you WANT to do them, not because you think others do or don't want you to do them. Additionally, a divorce is almost always traumatic for children. Sometimes they want to get the approval of one parent over another. Sometimes they also feel the need to put on a "show" of affection in the presence of one or both parents. Unconditional love is limitless, yet it is fine to like one person more (or less) than another.

**Positive Thought To Manifest:** I face the world with love and clarity. I attract others who support me on exploring and expressing myself with love and certainty.

Your insights ARE valuable,  
Steve