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Becoming a Woman

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Becoming a Woman

Becoming a woman is like moving.
It's moving away from your heart and realizing
you can't survive empty.
You need your heart back,
and you might have to define home in a new way.

Becoming a woman is
realizing you're the head of your household.
No Mom or Dad to look after you,
see you walk through the door, and ask, "How was your day?"
or say "I love you," before you go to sleep.

Becoming a woman is
realizing a woman doesn't have to be big or smart or experienced
or perfect.
A woman is someone who knows herself and sometimes doesn't,
but who keeps discovering more.
She knows that now she is responsible for herself,
and she must treat herself simultaneously like a child and an adult.
"Sweetie, it's time for school!"
"It's okay to not be okay."
"I'm listening."
"You'll probably feel better if you read your scriptures."
"I love how happy it makes you when you dance like nobody's watching."
"I'm proud of you."

Yes, being a woman means filling the roles that you used to rely on
others to fill.
But it also means learning how wonderful people are
and how they help sometimes more (sometimes less) than you expect.

Becoming a woman is
learning the importance of love
for every human on earth.

Becoming a woman is
learning why you really do the things you do.
It's discovering the strength of your convictions, and
It's redefining things that you're gaining perspective on.
It's recommitting and forgiving yourself when you mess up.
It's learning that sometimes sleep and exercise are more important
than a clean room or homework, and sometimes other things are more
important than that.

Becoming a woman is knowing
that while you are already a woman,
you'll be becoming a woman for the rest of eternity.

Becoming a woman is
knowing that becoming a woman is a blessing.

Author's Note:

I wrote *Becoming a Woman* during my freshman year of college. During that year, I struggled to feel okay and grounded without my family, which I had always centered myself on. That year I also had a class that made me rethink my views on gender and gender roles. Between leaving my family and having some of my previous ideas about gender challenged, I found myself lost as to my identity. Who was I without my family? What did being a woman mean? *Becoming a Woman* expresses what I experienced at the intersection between growing up and learning what womanhood meant to me.