

Chapter 4 - Facing the new you

Back when I worked on random pieces of art for art school in the last few years of the century I would use an item you won't find in most art pieces. I used broken mirror. I did this to create a fractured sense of self in each piece to those that saw it. Sad to say but few of these pieces survive. But looking back on my work now I can see what my love for reflection was. For when I looked in the mirror I saw someone who I never thought to be me and it would take me years of falling deeper into a dark depression till I could look into a mirror again. It was so bad I had one mirror in my apartment and that was the built in medicine cabinet. A mirror I never would look into unless I had no choice. The slowly balding over weight and ugly being I saw was the things of my nightmares and the pain of reality was it was me. When I came out I started to draw out pictures more self portraits of how I saw me. An image to build and set out to show the world who I am and one to strive to improve my own life and body to achieve. This is the reason of this chapter unlike the ones before this one is to help you learn of and build an image to work for an image not of others you wish you could be. But an image of whom you will be. The advice will range from physical with how to create the illusion of female / male, and getting in shape for HRT. To the mental and spiritual. The exercise will help you build up confidence in bringing out this new you to the world and sharing the glory that is the new you.

Step 1: Envision the real you

The simplest yet most over looked step is the first one in this process. When you ask even a normal non transgender person what they want to look like often we find them projecting a higher self image or in reverse declare a low self image. The ones with the higher self tend to be of high egos and rarely, you find these people to ever come out as transgender, mainly as the lower self image and the self abuse we give ourselves is the very determining factor in how we come into depression. The way to change this will take some time. First while I don't suggest using celebrities as a self image using them as a comparison to parts of your body will help you envision the, you inside.

When I was in denial I noticed something of my body. When I shaved my legs they appeared very female and even very sexy (as I would get treated and told later by potential courtiers) I also despite the fact of being over weight had an hour glass curve naturally, female looking hands and fingers, and a curved round face. All womanly features. And from these I began to build my self image. Looking at my good qualities verses my bad, I was fat, 6ft tall, had big feet, and balding. I was able to write areas to improve in my life and some that I would have to come to peace and deal with as best I could.



Once you realize the parts of you that match who you want to be and see the ones that are what you hate. Write them down. List each item and research on how to fix or improve the problems. Things like bone structure of the face, Physical Build, Voice and even hair (yes I do mean baldness) can be worked on and improved to be a lesser problem in the future. While more difficult issue such as, Height, Shoe size and hand looks are not easy or even possible to change even with the most skilled surgeon. Some tricks to fixing the issues I've given are, Diet and

exercise, Hair re-growth products or treatments, Vocal training, Plastic Surgery (yes there is even a risky surgery to shave down the Adam's apple). Once you know how to go about these changes

get started as best you can.

When I started I knew I had to lose weight I was close to 280 in my weight despite my stubborn nature to claim I was a mere 200. My weight was a problem for my health and until it was under control the risks that HRT would put on me needed to be lowered. I went on a strict diet cutting a lot of things from my life such as sodas and fast food every few days (pizza mainly) I ate healthy home made meals and made sure I walked at least 2 miles every other day. It took some time but last year I finally hit below 200 lbs. But I still had a far harder challenge with my hair. When I came out I decided to let it grow out and after a year it was nearing the bottom of my neck. I went to the hair stylist to get a trim for a job interview and the person not understanding me shaved my head down to an inch and not trimming an inch like I told her. I was devastated. Since then I haven't been to any stylist again. I always wanted long hair and by now my hair reaches down my back. It's a pain to deal with most of all a large horse shoe pattern of baldness that I have for the last year been treating and slowly re-growing. But it's good that both my job and my own wardrobe carry the easiest and cheapest way to deal with the issue with hats.

Step 2: Learn how to create Illusion

No matter who you are we all do this, most often unconsciously but we all create illusions of ourselves in the world. Be it a strong face in the face of great sadness, Hiding embarrassing issues with make up, or even exaggerating a personal story. We all create an illusion. The trick is to know how to make this work for you in the end. For F2M transgender you may find this step easier and even can live a normal life with out much in torment these days. The quickest way for you is to wear your hair short, wear baggy men's clothing and go with no make-up; your biggest problems will be a pronounced chest which should be bound and a high pitch voice which with work can be lowered through training or through the use of testosterone. For M2F's like myself it's far harder and the day you finally are seen as a woman even for a brief moment will be one of the greatest joys in your life. Not only do you have to shop for the right fitting outfits to flatter your good points and hide your bad points but you also need to learn how to create a believable face through makeup and the use of hair, and an even more believable voice.

If you find it hard to difficult to shop the first things one needs to know is their measurements and where they fall on the clothing section of the other sex. But knowing these numbers won't create illusion without focusing on hiding the bad parts. If you are a M2F and have a solid flat build that gives no curves there are many blouses and dresses designed to created, this illusion of a curve. Have big shoulders go with sleeved blouses or dresses possibly with a ruffle or frill it will give the illusion it's just a puff to the shirt. For the F2M's that aren't very built in muscle sleeves are also your friend unless you're going for the scrawny nerd body look. A good pair of work boots, not only display and masculine side to you but also often add a good 1 to 2 inches in height. Ironically Men's and Women's clothing aren't that different when it comes to helping create an illusion the trick is in sizes. F2M's should shop in one size larger then their measurements to help give an illusion of a more masculine form. While our M2F's should be one or even two sizes larger depending on height (sad that this is the biggest problem in women's cloths as most cloths are made for the height range of 4'8" - 5'8" if your above this number a normal skirt will become a mini on you, a dress will run high and a blouse will expose your mid drift.

The first year of going out regularly I learned the hard way of what to and not to wear out in public. While I did attract some attention, both wanted and unwanted it was more the chill of winter that gave me a wake up call. I mainly had skirts (to show off my sexy legs) and blouses. Come winter despite a good pair of tights and a deadly pair of 4" Healed boots I found I was suffering the cold and needed warmer cloths. It would take me two years to get my sizes right and even find a good winter coat, pair of jeans and a sensible pair of winter boots. The summer I did fine in skirts, mini, Dresses, blouses heels and flats. But when winter chill came I sacrificed my warmth and comfort for what looked good on me. Now I have both comfort and a good looking

winter and summer wardrobe by simply following the females around me at what they wore for the winter.

The key as I gave in my own example is to wear not only what looks good, but to also dress in comfort. Through out childhood and into adulthood my body hated my legs getting hot, shorts didn't help fully so upon coming out I found greater comfort in skirts and dresses. The idea was my body generated a good amount of heat from my inner thighs which upon switching to skirts which allow a greater air flow helped cool my legs down in a way shorts and pants did not. But the temperature isn't the only comfort issue one should focus on. The biggest key is making sure your wearing proper fitting clothing. Bras should hug the body without leaving marks and the breasts if you have them should fit fully and comfortably in the cup any overflow and the bra will tighten and strain under pressure bringing with it back pain. One that doesn't fit by being too big does give you the support you need.

Shoes should fit to the point where you can wiggle your toes freely and if you are wearing heels for the love of god learn to walk in a sensible pair first before risking the far more dangerous 4+ inch heels. By learning how to walk you first should do this in your own home till you more comfortable to walk in them outside. I spent a year doing just this I didn't walk in heels outside till 2008 after coming out about it in 2007. Walking outside is about 50% more difficult then walking in a controlled environment. In 3 years of walking in heels to the point where it comes naturally to me I still find it a problem going for a walk in my heels when weather is bad or I'm stuck crossing dirt or grass, or even a falling apart sidewalk.



Another thing M2F's have to look seriously at is Hair and makeup. Hair if you're lucky is full and already long but many of us suffer from the dread male pattern baldness. So yeah the quick fix is to get a wig. Yeah there are many hair restoration programs and meds out there but few actually do much to help but once you're one HRT you might find better success. Until then buying a wig to create the illusion one must look to fit their, own natural look. Meaning don't go wearing elaborate wigs with fancy colors unless you intention to be tagged as a drag queen. Simple wigs can be bought easily practically any where around August to October for Halloween, or over the net for higher grade wigs. The closer you get to your natural or a natural color that fits your skin tone the more likely you can fool the average person with it. Makeup is a different issue.

When shopping for makeup there are for areas of makeup and as any M2F they all are a requirement if you want to be taken seriously. The first and most important is a, cover. Personally I find a simple cream works well on my skin but others might want to blend both cream and powder to help cover the face issues such as a dark beard line or blemishes. To apply one should use a makeup sponge or if you don't have one your fingers [DO NOT USE A COTTON BALL: they tend to break up and slop the cover on] the idea to get a even blend throughout the whole of your face and neck but try to avoid too much and bringing it around the eye, too much makes it look like your wearing a mask of makeup. Make sure to carry this with you if your going to be out more then 3 hours as the skin can and will flake this off (most likely with the powders) and need to be reapplied. The second part of cover is blush, creams and powders used to cover issue



draw out the natural tone of the cheeks so a light application of blush to establish and bring accents to the cheeks help bring a bit of female look to a masculine face. The proper way to place it is by starting with a light cover across the lower part of the cheekbone and brushing upward towards the ear. A light coating should be enough but a stronger coating can be applied as long as you place a light coating also along the nose and chin.

The second part of makeup is the eyes, Thus eyeliner, mascara, and eye shadow. First step is eyeliner (something I have issue with even after wearing it for 3 years) you have two types the classic pencil and the more difficult liquid. The hardest step of all makeup is putting eyeliner on I find that doing the reverse with liquid then you should do with pencils. Pencils your need to use your free hand to hold the eye lash so you can draw a line from the outside corner of your eye to the inside drawing in the edge of the lash. I find that using a liquid with experience is easier if one goes from the inside out and closing the lash down onto the brush. (My own reason to choose liquid over the pencil is my fear of jabbing my own eye out) Liquid however as I said is harder as it may take two coats to get it and can easily get on other parts making a mess that ends in making a look of a black eye. If you screw up use a towel with hot water and dab the spot clean don't brush. The next step is Mascara, there are many out there but all are pretty much the same. Personally I suggest a water proof to avoid issue with rain or even crying sessions. First you want to curl the lash by using a curler (this step can be avoided but it makes a mess if you choose to avoid it) then you grab the brush and work from inside out on your top lash and lightly touching the lower lash (as the lower lash tends to have less), once done repeat the steps to make your lashes full. If you see clumps clean them off as best you can on the brush before applying it. Once their on the lash grabbing a towel and brushing it off after letting it sit for about 3 minutes works best. The last step is the one most people make mistakes on. The ides with eye shadow is to enhance the eye color. Thus choose a color that makes your eyes stand out. I suggest going with the reverse of the color wheel, Have green eyes use red to pink, Blue eyes use a light orange to yellow, Brown use green or blue, Grey try bring it forth with blue. The idea is that most eye shadow has four squares of color. The basic is the color you need to shop for this tends to be marked on as the tint or tone for the eye. Typically it's the medium color. The dark color is for just over the eyeliner the tone goes through out the lash and socket, fading to lesser amounts as the eye reaches its crease and no more then a ½ inch from the eye to the side, The highlight is set to be used in the natural dark parts of your eye, typically around the nose and lower lash. The crease color tens to be a color to blend with the tone at the crease of the eye. Doing this all right should make your eye color pop out and become a jewel on your face.

	<p>Creating an illusion makes all the difference in giving away your secret and passing. Simple things such as a hat and a hint of good makeup can make you go from not passable to fully passable. Other things such as wigs or prosthetics may help create a greater illusion.</p>	
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The Third Step in Makeup is Lips, with this you have a variety of choices with lip liner, lipstick, Lip stain, and lip gloss. The first and most important step is one for all day and every day and that's to carry and use frequently Lip balm. This helps soften and keep the lips moist which when applying any of these lip choices. Doesn't matter which brand as even the cheapest product does well enough. Lip Liner is meant to be place on first and draw out the lips much like eye liner

you need to go from out towards in and do this on both ends. It mainly used to bring out and empathize, the lips as a focus point. (Personally I don't use lip liner as I have a pretty determined and defined lips thus have no real need for this. Lipstick and Lip stain are two different ways to get the same result, stain is like a marker that is pressed and wiped across the lips and unlike stick doesn't come off and remains as a longer lasting color (about 5 hours), Lipstick however tends to be more vibrant in colors and easier to find and apply. In both cases you want to apply directly on the upper lip, with stain you then need to follow up on the lower lip, with lipstick you just want a good cover then curl your lower lip to press the excess off the lower lip to the upper. If you don't get enough then apply a small amount on the lower. The reason for having more on the upper is a matter of natural shadows of the lips. The upper lip is in greater shadow then the lower and the more color you can bring into it the better. Finally is lip gloss useable as a cover, for your lip stain or just worn on its own you simply follow and treat it much like lip balm. The idea is to have one that helps add a nice wet look to the lips. Too much of any of these can make messes or make your lips look bad, the idea is to simply cover your natural lip line or one you create with lip liner.

The Final step is nails. I admit this is one area that still gives me much trouble, but can be avoided ether by not doing them at all or getting them professionally done. If you work like me in a job where your nails tend to take a good amount of abuse have an emery board, nail clippers and knowing how to shape them is key. The idea is to make each nail into a curved spear shaded nail, some people like to try and get flat tips but if you work in a business that has you use and abuse your hands this might not be a possible thing to do since the nails need to be long and strong with no cracks or tears. Toe nails should never be long keep, them trimmed and clean. When you choose a nail polish you want something to fit your outfits and /or personality. The idea is to brush from the inner part of the nail in the center and then brushing the excess out in two or more strokes out towards the edges. Once done it might not be a bad idea to give a second coating after two minutes from the first. When doing this by your self you might want to practice this a lot (if your like me you tend to have a weak hand [the hand you don't use to write with] and this hand will be shaky and difficult to apply cleanly and straight) Getting help from a friend or even getting it professionally done is not a bad idea. Other good tips is if your hands are small enough press on nails may work but as the hands tend to be masculine for most transgender and cant be avoided press on nails may be too small for you nails. Also getting a good hand lotion will also help here as it soften the hands over use and gives that illusion of feel if shaking hands or other issues where you hold others may be in play. Of course none of this will do any good if you haven't shaved to the point of nearly drawing blood.



The idea of creating the illusion takes time. The picture to the left was me at a convention in June of 2007 and the one on the right was take of me in July of 2011. In the time I grew my hair out, Dropped 100 lbs and began meds to alter my form but I also made sure to have cloths that show the best of my figure. My legs being a highlight I thus wear short skirts, use a hat to cover a bald area on the top of my head and a sleeved shirt to hide my thick shoulders.



A simple illusion that can be created for either M2F's or F2M's is smell. The human brain works largely on smells. It's what attracts to one another, tells us what we want to try in food and warns us when something is not right. No matter who you are you have a natural smell about you. Perfumes, Body spray and scent soaps effect, these and it's important for you to find a smell you like and can live with. As your average allergy, suffer I personally can't stand to wear strong musk or floral scents. Luckily while they are harder to find there are spice and fruit based perfumes, and several soaps and body sprays with this of course works only for a female smell (mainly due to the old idea of cooking is woman's work) While for those wanting to pass as male should stick to musk and strong spices, These are easily in any cologne or men's body spray / soap. The best advice I give though is always bathe no one likes a stinky person.

The most important step in creating the illusion is of course. Practice. No Magician has ever said hey I have an idea for a neat trick, and then performed it flawless with out hours or years of practice. Such is the case for you. I practiced putting on makeup for close to 6 years (3 before I even admitted to myself what I was) to get it straight when I would put it on and I still have trouble. Nothing says this more then ones voice. We will focus more on how to deal with the voice in a later chapter but until then I suggest you try your best to mimic but don't over do it. Don't walk around sounding like a member of Monty Python as a woman or as a Hollywood joke of masculine women as men. Try achieving a soft higher pitch voice for a female and for men work on a gut based voice. Another handy object for M2F's is breast inserts these often can be bought on the

Step 3: Taking the steps outside.

For some just the mere thought of going outside in general is a major issue. The reason I speak of here is that often in many cases of transsexuals they also face Agoraphobia. Though to my knowledge no study has been done into if one is a cause of another, it's not hard to see that such is very likely the case. This is the case of their normal day to day life now add on the stress and difficulty with going out in the world dressed in a way the world see you in the wrong. The sense of every strange look and every laugh will haunt you till you get the chance to grow a thicker skin. This by no means is an easy task on any level but it's an important one in each transgender person's life. The issue is a very real and freighting thing that will happen to you at some point.

In my own life I decided to wait till the year after I came out giving me both time to research, get in shape and buy clothing I wanted to be seen in. On Halloween of 2008 I went dressed up and outside for the first time as a Transsexual (This wasn't my first time in drag in public that happened in my senior year in High school.). Following the advice of many other Transsexuals. While I was widely accepted the following weeks brought me awkward stares and even an insult through at me by someone on my local Craig's list rants and Raves section. But I took the hits with stride and carried on. As I matured and developed thanks to Hormones much the stares ended. But the treat never goes away.

The fact of the matter is even as I write this very paragraph I was discriminated while shopping for a new skirt. The reason for my discrimination my work uniform. Unable to not wear anything but the quote unisex (A male uniform) I was pointed out by a store employee and told "There is Nothing here for you to buy".

Now there are many ways to handle this and much of this I will cover in the future chapters on Religion, Politics and Being Trans and Intolerance and Remembrance. But My, personal way to respond was to calmly correct her on the fact that as a transsexual I do shop and buy clothing from establishments like this but will not spend a dime in this one ever in the future. I turned



around left and bought a nice skirt at a store I love to shop at. (See, my listing of Trans-friendly shopping at the end of this chapter)

A few Tips on how

Backup

If you are nervous about how people react, start by dressing up at home around friends and family. Not only does this help build up courage but also you able to get advise and help with what looks good on you and what does not. This simple tip of course stand by the concept you have such friends and /or family willing to aid in their comfort zone.

Relaxation Exercises

Simple Deep breathing is an easy way to calm the nerves and relax the racing heart. It is proven to relax and calm the nature to face many a stressful situation. Other such activities such as envisioning (seeing people in their underwear or as I did not there at all). Or adding a bit of humor to your look simply to break the tension (but this is likely to remove the serious nature of how you look)

Security Blanket

Much like a small child has a blanket or toy to secure them from the dark or other things of childhood fears. Personally when I started out I had such an item with me and that item was a pink hat I bought and still have today. It was big enough I could drop well below the eye level hiding my face when I felt unsecured in my surroundings or situation. I've since evolved form it to other hats many similar but still am found most often in public be it at work, working out in the park or just hanging with friends.

Finally, Take, the plunge

The more you have time to think about it the less likely you will go through with it in the end. So just give up and just go with it. While there is many reasons to fear going out and some of them are quiet reasonable. It will only make you upset and depressed if you don't move forward. Just take a deep breath and as the Song in a classic Christmas special goes "Put one foot in front of the other."

As for dealing with issues that arise, we will cover that in future chapters 5, 6 and more.

My Parting words for you in this chapter is simply to be able to face the steps given may prove as a challenge at first but with love of your self you can see this thru to the point where you can pursue any or all of these steps, with class, beauty and skill. Good Luck.

Suggested References for this chapter (I apologize to my F2M readers not much out there that I could find if you know of a site or place to help others please contact and share it with me at btdod@aol.com)

First off honestly the best tips for M2F's can easily be found at any current women's magazine at stores everywhere.

Magazines

Cosmo

<http://www.cosmopolitan.com/>

The number 1 book on women's style, make-up and more each month.

Southern Living

<http://www.southernliving.com/>

Makeup tips are often in along with decorating tips, cooking recipes and a few other things

Good Housekeeping

<http://www.goodhousekeeping.com/>

Makeup tips are often in along with decorating tips, cooking recipes and a few other things

Women's Health

<http://www.womenshealthmag.com/>

Covers advice and style tips for women

Men's Health

<http://www.menshealth.com/>

Covers advice and style tips for men.

Web Sites

<http://www.carefair.com/> - I find this as one of the best sites on the web on makeup and hair tips as well as skin care. They update with each season the looks and tips they have to offer to cover latest styles and looks.

<http://www.tgguide.com/makeup-tips.htm> - A transgender guide to gaining the face of a female from makeup.

<http://www.tgguide.com/Library/Makeup-tips.htm> - advice one how to apply and what to look for in makeup

<http://www.tgguide.com/Library/make-up.htm> - A cross dressers advice on applying makeup

<http://www.tgguide.com/Library/clothes-sizes.htm> - A guide to women's sizes in clothing

<http://www.transgencare.com/medical/resources/translog/default.asp> - A wonderful computer program and advice to measuring your self and keeping track of results as you transition

TV Shows / Movies

What Not To Wear

<http://tlc.howstuffworks.com/tv/what-not-to-wear> - A wonderful show that often shows how best to flatter ones body in both clothing and makeup and how to create the illusions that flatter you.

How Do I Look

<http://www.mystyle.com/mystyle/shows/howdoilook/index.jsp> - Styles take on how to dress shows following the basics and showing how to dress to flatter

Moving On: Dress to Impress

<http://www.imdb.com/title/tt1347923/> - A single play episode of a BBC "Moving On" which is a show of just one shot stories and plays. This episode was about a transgender son who dresses in secret and causes his parents to have issues unlike the normal ones come out. I won't spoil it but it's a unique look at a Trans issue that can arrive if you try to remain in the closet.

Wandering Son

<http://www.crunchyroll.com/hourou-musuko-wandering-son> - Okay this one doesn't cover style but is a great anime put together that show the difficulty of being trans and dealing with the issues as you come out in public the end. Its only 11 episodes long But I highly suggest having tissues on hand. It also handles both F2M and M2F through two characters.

Becoming You: Transsexual Makeup Basics

<http://www.genderlife.com/instructional-videos/becoming-you-transsexual-makeup-basics-2-dvds/>
A video collection on DVD released by Deep Stealth Productions Hosted by the Famous Trans diva / authority Calpernia Adams

Facial Feminization Surgery with Dr. Douglas Ousterhout

<http://www.genderlife.com/instructional-videos/facial-feminization-surgery-with-dr-douglas-ousterhout-dvd/>

A Video on the process of facial surgery to feminization Hosted by Trans authority Andrea James

Trans-Friendly Shopping

(Note while the employees are told to treat you with out insult it's important to know that doesn't go for the customers)

Walmart - The Worlds Largest Commercial Market, While Walmart prides itself on Family Values it is one of the largest employers of Transgender individuals and all employees are asked to have a non judge-mental attitude towards its shoppers.

Victoria Secret - The Number One store for Lingerie that not only has trained employees to aid Trans individuals but is rated as one of the most trans friendly stores out there. It's said their business is 20% Trans individuals.

Dillard's - One of the Largest Clothing chains, with a claim of non judge-mental workforce on shoppers.

Kohl's - My Favorite Store, Top quality clothing at discount prices with many sizes and selections and a non judge mental workforce.

Claire's - The number 1 place to get your ears pierced if you haven't, and a decent place to shop. They don't question those willing to pay for the piercing

Sears - Massive Clothing Super Store, its said they have a policy of Tran friendly shopping

Macys - If you have the money to spend Macys is a top quality clothing store and respects all its shoppers

Payless - One of the best places for shoes in price and size wise, I don't know their staff policy on dealing with people but never had issue shopping here which is my major shoe supplier

Old Navy - Wide selections of clothing and general treatment of all equally in their shopping is a star hung on this major clothing market

GAP - One of the most noted clothing stores by all mall goes, its policy to treat each customer equally in any purchase

DOT'S - I have had my best shopping experience with this company and very much was impressed how the staff treated me and helped me with trying on bra's

Goodwill - The Nations Number one Thrift store, they not only help transgender individuals in shopping but have been known to employ transgender workers as well.

These where just set as a basic list. I can also suggest a few other stores yet it's a crap shoot as to how you will be treated in it. It's best to always be prepared to be humiliated. I also left off E-bay and Amazon on purpose as the concept is to get out of the house and shop in this case and after one too many bad purchases by seeing mistaken sizes or even look to the cloths its better to shop online with caution that what you see most likely isn't shown perfectly like it is in a picture. Target was also left off due to its recent actions against the GLBT Community while the stores are a good place to shop they are questionable on their treatment of Transgender individuals.

Chapter 4 Exercise

Okay this Chapters exercise is more physical then others we have done or will do. This one combines elements of both dressing and becoming more relaxed. What is it?

Photo Walk

What you need.

A camera (digital is easier then a normal one) Do not use video the idea is to shoot single framed pictures.

A crowded place. (I.e. a mall, shopping district school, ect.)

A good pair of shoes and legs to walk in.

A watch / cell phone with an alarm

Optional: MP3 player with your favorite tunes

Step 1

The idea set your alarm for a time limit of 30 minutes to an hour and in that time the idea is to take pictures of as many peoples outfits / makeup / physical appearance that you like (not romantically but in a way you would like to have) walking non stop during that time. Just take one picture and move on. You can ask people if they would pose or you can just take it without them knowing (its best if your not using a flash to draw attention if your trying to be quiet about it)

Step 2

Take all the photos and make collections of outfits that would go together with many pictures and such. Blend the ideas into a collage you can place them in a scrap book for ease of carrying.

Step 3

Once you have a collage /scrap book. Take the ideas ether mentally or physically to a store of you choice and try to shop for stuff in your size that fits your likes. With makeup shop for colors or brands you liked. With Physical if it can be achieved through diet and exercise use it as motivation to do such, if it can't be achieved by those means look into the possibility of surgery.

After doing this exercise a few times you'll be able to see your tastes and be able to find things more on a whim.