

# Being Noticed and Being Seen and the Brick wall that can be in Between

**Being Noticed**

**Being Seen**



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(Adapted from Perfect Girls, Starving Daughters, Coutney E. Martin, 2007)

Being noticed is about what people see, our external self. It is about dressing up, putting on our make –up, and the latest fashion. It is about how we choose to present ourselves. It is like advertising, getting ourselves noticed. We can be sexy, cute, and really stand-out. We can cover our perceived flaws and highlight our perceived strengths. It can be what the others see with a quick look across a crowd.

Being seen is someone knowing your favorite color and flavor of ice-cream. Being seen is when your boyfriend knows how you got the horseshoe scar on your knee in 2<sup>nd</sup> grade and loves your knee for it. Being seen is getting lost in conversation about your dreams, work, and ideas for hours and forgetting what time it is. Being seen is someone loving your eyes because they are blue and have tiny brown specks that make them like nobody else's.

What are some ways that you have tried to be noticed? Why does this feel so good sometimes? Why does it feel bad sometimes? What are some ways you have been seen? Why does this feel so good sometimes? Why does this feel bad sometimes? What we were wondering is that in our efforts to get noticed (which trust us is okay), do we lose chances to be seen?