Taken from the notes on my phone @ 8:11 pm:

“

Why change yourself or burden yourself with worries about things that you do that are embarrassing or not within your ‘image’. There’s no need to modify yourself for other people in your life. Because your image should just be who you are. You should be able to act exactly how you are and then the people who remain in your life are the ones who appreciate you for you you are. Don’t modify yourself for others, be wholly you - and people who positively connect to your true self will be there with you.

“