

# How To Love Yourself No Matter What

**Episode 298**  
**Big Girls Do Cry**

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Hey. Okay. I'm just, um, I'm gonna record this off the cuff today, and I just thought I wanna talk about it because most of my clients are like me.

And one of the things that is true for my clients that are a lot like me is that you cry a lot. Uh, I cry a lot. I cry every day. I really do.

Sometimes I cry because I'm sad. Sometimes I cry because I'm angry. Sometimes I cry because I'm happy. Sometimes I cry because I'm proud. Sometimes I just cry because I feel like I need to cry, and I have always been like this, okay, my whole life.

And you probably have been too.

And it's really interesting to me when people cry, how so many people want to fix it. They wanna fix it, but what they don't realize is that nothing is broken.

When I cry, nothing is broken. Nothing has gone wrong. It's not a problem.

I also want to normalize that you're going to feel shame and guilt when you do cry in front of other people. I do too.

Because other people don't necessarily have the tools to handle when you're crying.

And also you've probably had many experiences in your life where you've been told that crying is the inappropriate response. Why are you crying? There's nothing to cry about here. Why does this make you so emotional? You shouldn't be crying about this. This is not something to cry about.

I mean, I could go on forever, but I just wanna make a little bit of a plug for *Big Girls Do Cry*. And here's why.

Big girls do cry.

Big girls do cry because we feel deeply.

Big girls do cry because we're not afraid to feel big.

Big girls do cry because we give a shit and it's okay that it shows.

Big girls do cry because crying is human and we are, at our core, human.

Big girls do cry because crying can be connection.

Big girls do cry because crying is a release and it's one of the most unaggressive things you can do. I'm sure unaggressive is not a word, but it's just not aggressive.

People will say, oh, she's crying to be manipulative. Only if you choose to be manipulated.

It's not manipulative to cry.

If somebody is crying and they're crying because they know that they can get a different response from someone, does that make them wrong? I don't know the answer to that question. I think it depends on the situation. It depends on the person. It depends which side of the story you're telling.

But for today — and honestly for this week — I'd love you to consider the thought: *Big girls do cry, and I'm proud of myself for being able to cry.*

Just trying that thought on. You don't have to say it out loud, although you can if you want to. But just live into it. Breathe into it.

Big girls do cry, and I'm okay with myself when I cry because it means that I care.

That can be such a powerful moment that you can have anytime you wanna have it.

I cry every day. If you do too, amazing. If you don't, amazing.

If you're not a crier and you're listening to this going, I don't know what's happening here — you don't have to worry. You don't have to cry.

But just know that if you do, it's not a problem.

Alright, my friend. Sending you love.

Bye for now.

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#### Links:

<https://amandahess.ca/>  
<https://amandahess.ca/book-a-call>

