



"Life Coaching For Your Individual Greatness"

WHY YOU FRONTIN'?

By Rhonda Bradley, ME, MQP

January 2011

At some point in our lives we have all felt the pressure to "fit in." As teenagers it may have come in the form of wearing designer cloths or starving yourself to be skinny to be considered pretty in order to be accepted and be a part of the "in" crowd. Adults are not immune to this type of behavior and often get caught up driving cars they can't really afford and spending tons of money on hair, nails, jewelry and clothing just to project the "right" image to the "right" people. The problem with all this frontin' (being fake) is that it causes the person exhibiting the behavior to suppress their individual God spark—the light of who they really are.

I was frontin' all my life until 1996 with, of all things, my hair. When I was growing up my father absolutely insisted that I maintain my long permed hair because as he put it, "that is the way a woman's hair is suppose to look." Yeah...right. I was able to get away with a long jeri curl for a while but, a hair style above my ears was out of the question. Then in 1996, I cut my hair off to a quarter of an inch and wore it natural. When I looked at myself I saw a successful engineer, a good athlete and a person who was a great daughter, sister, aunt and friend, and none of that had anything to do with the length and style of my hair. When I think about it now, R&B singer Jill Scott sings about my feelings, during that time, the best:

"In reality I'm gone be who I be and I don't feel no faults...hate on me hater now or later cause I'm gonna do me..."

So how can you tell if you might be frontin'? Give yourself a quick gut check:

1. Are you involved in/doing something that makes you feel uncomfortable or it just does not seem to "sit right" with you—but you do it anyway?
2. Is this "thing" a drain on your resources (time, money, energy, spirit, etc.) and takes a lot to maintain?

The whole circus around my hair was not that I did not like long hair but, at that time in my life, it did not fit into who I was. Today, I love my full head of hair because it works for who I am now. Now, keep in mind, people start frontin' for a lot of different reasons, including trying to live up to the ideals of our parents—like me. But, regardless of why you do it, **the underlying reason for your frontin' is fear**. Fear of betrayal, abandonment or rejection in some form—so you turn down the light on your God spark and start pretending to be or acting like someone you are not.

Recognize how you have responded to fear and begin to move in a direction toward your true self. *You are an individual spark of the Creator with unique ways of "being" for a reason*. Some will stay with you forever while others will only be a part of you for a season. Know this and come to the realization that MC Breed rapped about many years ago:

"Ain't no future in yo frontin."

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Email: one80turn@comcast.net