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## How to Feel Confident in Your Prom Dress

March 20, 2018 by [Normans Bridal](#)

Did you imagine dressing up for your prom night as a child? Although your dress, makeup, and accessories all add to the experience, remember that prom is a night for celebrating with the friends who have made your high school years worthwhile. In order to be present and soak in every moment, choose a dress that you feel great wearing. Keep reading to learn some tips and tricks on how to feel confident in your prom dress, so that you can enjoy a fun, fabulous, and carefree night.



## How to Feel Confident in Your Prom Dress

### Choose a Dress You Love

One key to feeling confident in your prom dress is to choose the right dress. Start looking early to find a dress that flatters your shape and feels comfortable. Before you go shopping, create a Pinterest board with gowns you love and start saving magazine clippings of pictures of dresses for inspiration.

If you are shopping in a store, ask your stylist to recommend gowns that will highlight your favorite features. For example, a blue dress can make your blue eyes pop. Do you have a gorgeous hourglass figure? Choose a mermaid or ball gown silhouette that will draw attention to your waist. The same rules apply for features that you aren't as confident about. If you are a little self-conscious about your arms or stomach, you don't have to follow current trends and wear a two-piece or strapless prom dress. Instead, you might choose an elegant gown with long sleeves or a covered midsection.

### Reframe Your Self-Talk

Sometimes we can be our own worst critics. If you catch yourself thinking something negative about how your body looks in your dress, ask this question: Would you say that to a friend? In Amy Poehler's memoir *Yes Please*, she discusses what she does to combat negative self-talk. She writes, "I turn around and say, 'Hey. Cool it. Amy is my friend. Don't talk about her like that.' Sticking up for ourselves in the same way we would one of our friends is a hard but satisfying thing to do. Sometimes it works."

## Surround Yourself with Friends and Accept Compliments

Attend prom with a great group of people or a "special someone" who you feel comfortable around. When you are surrounded by positive friends, you can feed off of their energy, confidence, and excitement for the night. In addition, don't compare yourself to your friends when it comes to your prom look. Remember to once again reframe your self-talk, and tell yourself, "She looks beautiful, but I look beautiful too."

If your friends start to compliment how you look in your dress, allow yourself to accept the praise. In one study conducted about compliments, researchers found that women only accepted compliments 22 percent of the time. The other times, women downplayed or disagreed with the compliment ([source](#)). So when your friend tells you that your red dress looks great on you, don't say, "Really? I'm worried that it highlights my blemishes." Instead say, "Thank you, I think I look good in red too." Make an effort to give your friends a self-esteem boost with compliments as well.

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Now that you've learned how to feel confident in your prom dress, are you ready to start shopping? The team of experts at [Normans Bridal](#) is here to help. Not only will our experienced consultants help you find a dress that's beautiful and flattering, but they can also help you assemble an entire prom look from shoes to accessories. RSVP for a fitting at our downtown Springfield store by giving us a call at 417-866-9800. Be sure to visit our [website](#) to view our wide selection of prom dresses. In addition, follow us on [Instagram](#) to see the latest prom dresses and ball gowns arriving in store.

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