



## UNVEILING SYMBOLS OF EMPOWERMENT AND SELF-ENCOURAGEMENT IN AMANDA LOVELACE'S *BREAK YOUR GLASS SLIPPERS*

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### Abstract

Amanda Lovelace's *Break Your Glass Slippers* employs symbols such as the mirror, fairy godmother, sword, and lipstick to portray themes of strength and self-discovery. This study uses qualitative research methodologies and symbolic theory to investigate Lovelace's usage of these symbols. The mirror reflects self-perception, questioning society conventions and personal fears, whereas the fairy godmother deconstructs classic fairytale roles to provide empowerment and direction. Readers are encouraged to face obstacles confidently and assertively by the sword, which stands for strength and perseverance. Lipstick highlights the harmony between strength and sensitivity in the feminine experience, embodying femininity and agency. Lovelace's poetry promotes women's emancipation and the acceptance of unique stories via these symbols. This research attempts to improve readers' comprehension of Lovelace's writing and the ideas she presents by dissecting her use of imagery and figurative language. Through her poems, Lovelace offers people a method to face and overcome challenges in their own lives by creating a literary place for introspection and resiliency. The research emphasises how Lovelace's precise symbolism encourages readers to interact with themes of perseverance, self-discovery, and empowerment.

**Keywords:** Symbol, Empowerment, self-encouragement, woman

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### INTRODUCTION

In the 20th century, most people used social media for their daily needs. Currently, many poetry writers use social media as a place to share their works. The social media that is currently frequently used is Instagram. Instagram is the social media platform most associated with online images. (Rogers 2021). On the Instagram platform, the author benefits from interaction with her readers, such as feedback from readers, which can be conveyed via the comments column or Instagram direct messages. Writers can also be creative by editing photos; this gives poets freedom and encourages multimodality when writing. Instagram can be considered an innovator of digital poetry called Instapoetry. Instagram poetry is presented to be consumed quickly and simply by smartphone so that readers can access it anywhere and anytime. Instagram poetry has recently gained popularity, especially among the younger generation (Bhavisha, 2021). This is because the poems are short, simple, relate to the lives of today's young age, and are decorated with

visually attractive pictures or decorations. From the analysis of cultural tourism promotion on Instagram, it can be seen that Instagram plays a significant role in carrying out promotions (Mele et al. 2021). It can be conveyed through Instagram images and how it is communicated through Instagram post text. Young people are composing multimodal creative works, including digital poetry, to share with an online audience using platforms such as Instagram (Kovalik & Curwood 2019). Compared with the past, teenagers are increasingly connected to the outside world, as shown by the increased use of social media. Instagram captions are also very influential in supporting uploaded posts.

The author conveys a message through indirect illocutionary acts; sometimes, the author's intention (speech function) does not match his mood. This phenomenon of exchanging meaning can be seen on social media such as Instagram, where users write their messages or feelings through captions. The author concludes that in Instagram captions, declarative mood-type clauses sometimes do more than make statements; they can also act as instructions and expressions, known as indirect illocutionary acts. (Fauziyah and Nurjannah 2019). Also, Instagram is a social media platform with great potential to increase student engagement and language learning, with one billion registered users in 2018, and the number of users continues to increase today. Instagram introduced hashtags to make it easier to search for photos and interact with each other. Teaching skills are important as an English teaching student. This shows that students and teachers have a positive attitude towards peer feedback because using microblogs on Instagram as recipients and givers of feedback, prospective teachers get many benefits from peer feedback in this hybrid learning environment, such as knowing their needs, increasing their knowledge, know what needs to be improved in their teaching, acquire critical thinking, and engage in critical reflection (Indriani 2022). The case study found that the nature of literacy practices on Instagram was a significant problem, based on transliteration theory. Poets value interacting with other people and engaging with them, especially regarding feedback. Instagram poetry is an example of the artistic creativity of social media users, which involves using these application tools to produce and publish art (Universitatis 2022). All of these events have significantly changed the reading experience. New genres are emerging in this environment that use digital devices to consume and produce texts or works of art that culminate in Instagram poetry. This new subgenre was created and published on the social media Instagram, and it consists of verses and photos as a complement.

This paper aims to define Instagram poetry, its main characteristics, and its impact on redefining approaches to poetry. Famous Instagram poetry writers who actively upload their poetry is Amanda Lovelace, who often writes poetry about love, loss, and healing. Lovelace famous poetry collection is about overcoming various struggles in life and showing that one can come through it even stronger than before, which everyone needs to see. This type of poetry is very popular with today's young generation because they feel it relates to their lives. Amanda Lovelace is also active on her personal Instagram account. She often uploads quotes from her novels on her Instagram account (Amanda, n.d.). Amanda Lovelace is the author of the celebrated "Women are Some Kind of Magic" series, *The Witch Does not Burn* (the follow-up to the 2016 best poetry winner, *The Princess Saves Herself*). Somehow, she is the two-time winner of the Good Read's Choice Award for best poetry, a USA TODAY & publisher weekly bestseller (Amanda, 2020). Amanda Lovelace is a poetry writer active on her Instagram social media account under the pseudonym *Lady Book Mad*. She has one hundred and sixteen thousand followers and three hundred and twenty Instagram posts. Amanda Lovelace also actively uploads things like her daily life and the quotes she writes on her Instagram story. In Amanda Lovelace's posts, she uses various media or tools, such

as text formatting, colour selection, and background image selection, to add visual dimensions to her work. This can help connect with followers as it highlights the content on Instagram and attracts their attention.

Amanda Lovelace's works often show the author's creativity and courage in using language and symbols to convey powerful messages. Readers can appreciate the author's skill in creating solid and evocative images through analysis of symbolism. Additionally, it allows readers to see how authors utilise digital media creatively and effectively to convey themselves. In her personal life, Lovelace experienced a great deal of abuse (child abuse, intimate partner abuse, and bullying), as well as traumatic events such as the early death of her mother from cancer (Martinez 2021). The various situations Instapoet experienced exceptionally influenced his career as a writer, as his work is mainly autobiographical. Writing poetry is a way to calm himself and channel his feelings. Due to the severity of her poetry, we can find trigger warnings on the first pages of her books as she discusses sensitive topics such as eating disorders, sexual violence, or suicide. Although Lovelace covers many topics, this research focuses on modern feminism and cultural empowerment. This is seen in Instapoet's second book, "The Magician Is Not Burned" (2018), and the second edition of his poetry collection, "Women Are a Kind of Magic", where the speakers of the poetry lyrics are conventional female figures such as princesses, witches, or mermaid. With some minor changes, the book adopts Instapoetry's minimalist style but with white pages and black letters. Each composition is written in red as a sign of fire, a recurring theme throughout the book. The poems are transcribed in red to make Lovelace's aesthetic decision faithful.

Amanda Lovelace strives to empower her readers by writing about feminism, love, and self-love. Her work focuses on body image and eating disorders. In her poetry entitled *The Princess Saves Herself In This One* page 14, Lovelace explains that everybody seems to believe she looks good, even though she was enforcing extraordinarily unhealthy and dangerous dieting habits (Anne, 2020). This shows that unhealthy beauty standards have a severe impact on women. This also causes eating disorders because women feel driven to achieve a very thin or "ideal" body, which can be at the expense of their health. Another poem by Amanda, as discussed by Anne Spruijt, is *The Witch Does not Burn In This One* Page 47. In the poem, Lovelace mentions patriarchy and its issues in the third and fourth verses, making a clear connection to fourth-wave feminism. She explains that by occupying our minds and time with how we look and trying to conform to a specific body image, women are wasting their time and potential. (Anne 2020). Lovelace tries to explain how unrealistic concepts of beauty are directly related to feminism because they are seen as a way to distract and prevent women from achieving gender equality. The poem is also Lovelace's attempt to raise awareness of this issue, encouraging women to rebel against this unrealistic concept of beauty.

Since postfeminist "empowerment" typically consists of behaviour that conforms to patriarchal expectations of women, Instapoem appears to participate in the postfeminist paradox of choice and empowerment. As a result, the "choices" discussed in Instapoetry often seem like choices between actions typically considered "feminist" and those typically considered "feminine." These poems usually express both "choices" and declare them equal. In certain situations, decisions deemed "feminist" are protected from criticism on the part of the patriarchy, such as the reluctance to shave one's body hair. On the other hand, decisions are considered "feminist" by those who criticise traditional behaviour, such as "tak[ing] / [one's] partner's last name" (Lovelace et al. 100). In Instapoem, if women choose for themselves, things like shaving their legs, marrying a prince, wearing hyper-feminine clothing, or taking their partner's name in marriage can be considered feminist acts.

Additionally, although the Instapoet presented themselves as feminists, Lovelace's poetry also suggests a type of feminism to consider, one that values individual women's decisions as more feminine. The idea of "having a choice" is very present in the works of Instapoets such as Amanda Lovelace; its tone is often postfeminist, as traditionally feminine choices are usually defended against "evil feminists" who denounce femininity. (Waegemans 2021). The article discusses several famous modern writers who wrote their poetry from a neoliberal feminist perspective; this Instapoem seems to echo neoliberal rhetoric about personal choice and responsibility. The idea of "having a choice" is very present in the works of Instapoets such as Amanda Lovelace and Rupi Kaur. Rupi Kaur is usually written in a minimalist style, consisting of several lines (My Story – Rupi Kaur, n.d.). Rupi Kaur's writing is easy to understand, contains clear meaning, and is universally accepted. Rupi Kaur reported using all lowercase letters and only used periods as punctuation. Rupi Kaur's poems were often accompanied by her drawings, which complemented parts of her poetry and gave them a sense of originality.

Amanda Lovelace's writing style is known for being honest and empowering, especially for women. Poetry is undoubtedly one of the most recognized literary genres, and its fame has continued from Greek times to the world of postmodernism. (Anwar et al. 2024). Her poetry often focuses on modern feminism and empowerment. Her poetry belongs to the feminist poetry genre. Her poetry is straightforward and uncomplicated, usually dealing with themes of female strength, love and loss, failure and redemption, pain and healing. The books are easy to access and read, making them suitable for beginner readers. Her works are often praised for their ability to help readers discover something new about themselves. "You Are Your Own Fairy Tale" is Amanda Lovelace's three poetry book collections with an elegantly bound edition trilogy that includes all the poems containing *Break Your Glass Slipper*, *Shine Your Icy Crown*, and *Unlock Your Storybook Heart*. Their poetry discusses self-love, finding purpose, and self-empowerment (Amazon 2023). The writer's only focus is on *Break Your Glass Slippers'* poetry about overcoming something that does not see the value of herself. Even though sometimes that person is herself. Women are essential in this poetry; they build their fairy tale, while everyone else is a forgotten footnote, even the prince.

This study aims to begin the analysis of the poetry entitled *Break Your Glass Slippers*. No one uploaded the commentary online because this poetry was released in 2020. In this study, the researcher used poetry as data to prove that analysis is symbolic of this research. As in the discussion of Shakhzod Abdullayev, who said; "The moon dances among the clouds" - Amanda Lovelace, "the princess saves herself in this." Amanda Lovelace depicts the moon dancing among the clouds (Mukhayyo 2008). This personification adds a touch of whimsy and grace to the moon's movements, creating a lively and enchanting image. The purpose of writing this paper is to find out the meaning of the symbols contained in the poetry. The symbols contained in the poetry are a fairy godmother, a mirror, a sword, and lipstick. Some of these symbols have deep meanings, and the writer will focus her research on some of these symbols that she has found. The analysis was carried out using the theory of symbolism, which focuses on the fairy godmother, mirror, cage, and scale symbol. From this research, we can discover the symbol's meaning and get a new understanding.

Three essential phases of literary modernism are symbolism, the artistic movement in France and Belgium, the second French poetry, which began in the 1850s, and the influence of these two movements on European and American Literature throughout the first half of the 20th century (Olds, 2007). Symbolism can give literary works a sense of beauty and deepen their meaning. Symbols can take many forms. Usually, it is an object representing another object, sometimes giving it a different, more meaningful, and deeper meaning. An event, an action,

or a sentence someone said can contain a symbol. Symbolism allows authors to add double interpretations to literary works freely. Thus, symbolism is used to understand the author's worldview and how she sees familiar objects and behaviours, which has a broader impact. Some writers use symbols to give their literary works a sense of beauty, artistic complexity, and other purposes, such as using characters to avoid social criticism. From this perspective, among the writers of the 20th century, Amanda Lovelace stands out for her picture of the use of symbols.

## METHOD

Several poems written by Amanda Lovelace have various themes. The researcher selected a particular poetry collection, such as *Break Your Glass Slippers*, and chose the poems relevant to the research topic. After selecting the poems, the researcher examined the text thoroughly and noted every critical detail, such as the poem's structure, the use of language, and emerging themes. In addition to the text, visual elements in Lovelace's poetry, such as this image, can help researchers understand and interpret the poem. After obtaining the desired data, the researcher identified the main themes in the poems. This can include themes such as feminism, personal journeys, or liberation from social expectations. Researchers found that poetry uses language such as metaphor and symbolism. Researchers find keywords related to the theme. Of course, researchers also consider this poem's cultural and social context because it can help us understand the meaning of poetry and its relationship to a broader context.

In this study, researchers used qualitative methods in qualitative descriptive. The reason the writer uses this method is that this method can be applied because the writer observes every sentence and dialogue contained in the poetry. The purpose of "descriptive research" is that the writer explains and describes the data from the object of the problem to conclude. The author collects data through analysis by reading the poetry *Break Your Glass Slippers* by Amanda Lovelace. After that, the writer looks for the problem formulation and research topic. The researcher focuses on the symbolism theory for this research. Symbolism is the use of one object to represent or suggest another or, in Literature, the use of symbols in writing, particularly the severe and extensive use of such symbols (Hugh, n.d.). This paper focuses on the symbolism theory, where the writer focuses on the fairy godmother, mirror, sword, and lipstick in the poetry.

## RESULTS AND DISCUSSIONS

### 1. Fairy Godmother as the Portrayal of Inner Power



The fairy godmother is a kind-hearted fairy devoted to making dreams come true for people with noble hearts. In the poem entitled *Break Your Glass Slipper*, the fairy godmother has many essential roles in carrying out the poem's plot. Wise, a benevolent matriarch, help & assistance: creature/family/person is the definition of a Fairy Godmother (Joseph, 2022). The fairy godmother in this poetry is not a magical character in some children's stories who helps someone in trouble. The Fairy Godmother, portraying inner power, often appears when the protagonist faces problems or difficulties. Likewise, the journey towards self-discovery,

understanding one's strengths and weaknesses, and accepting one's potential is the way to achieve inner strength. Self-confidence is an attitude about your skills and abilities (*What Is Self-Confidence?* n.d.). It means females can accept and trust themselves and fully control their lives. Self-confidence is when she knows her strengths and weaknesses well and has a favourable view of herself.

Amanda Lovelace's poem *Break Your Glass Slippers* tells the story of a fairy godmother, which can be linked to modern feminist discussions, especially about self-empowerment and self-encouragement. The fairy godmothers in Grimm's Children's and Household Tales believe in the power of true love by breaking witches' demonic spells. (Herlisanto, Mustofa, and Retnaningdyah 2022). Although the power of witches guarantees their evil, excellent and hovering spirits, fairy godmothers have unique spells to protect, care for and change events in a just and joyful direction. A fairy godmother is often depicted as a figure who offers help or teaches the protagonist the resources or knowledge necessary to face challenges, as is the symbolism of self-preservation in many traditional fairy tales. This depiction can be understood in a feminist context as depicting women's inner strength to save themselves rather than relying on men or other outside parties to help them. This poem perhaps underscores how important it is for women to find strength and courage within themselves without relying on the help of others.

fairy godmother says  
when you spend  
all your time  
imagining yourself  
in other people's shoes,  
your own story  
goes unwritten,  
There is nothing  
more painful  
than that.

(Lovelace, *Break Your Glas Slippers*, 29)

The fairy godmother said that if the speaker always imagines being someone else and her own story is not written, that makes it more painful. It is like writing poetry where the speaker is not confident about himself and her life story; the speaker always imagines being someone else until her story is written. Alternatively, it can be likened to writing a journal. We often write a journal about our complaints and what happened that day. However, the speaker's story in this poetry cannot be written because she always imagines being someone else. If she had written it down, it would have been the same as lying because her life imitates other people's lives. Neglect of one's own life and experiences can occur due to being trapped in other people's stories. Each individual's life journey is much more important than different people's. It is a reminder to strike a balance between understanding others and building our path, ensuring that our stories are not written amidst other people's stories.

The speaker of the poetry has started to accept herself and her life. She is trying to listen to her body more.

*"I eat whatever it needs at that moment. Sometimes that means fruit, sometimes that means chocolate. There are no longer safe foods or dangerous foods. There is just food—*

*the energy required for my survival, the most important thing. Not other people's unrealistic expectations or my own." (Amanda, 2020,110).*

The fairy godmother says, "*It is not your duty to be pretty.*" To be beautiful is not an obligation, but to be beautiful is a desire for oneself. Beauty will be born if we have good qualities. Our aura of beauty will appear. While physical attractiveness is relative, every woman cannot measure how beautiful a woman is. The fairy godmother said that she could not be claimed, conquered, or even permanently destroyed by the hands of others. It is like the body she has is her own, and others do not interfere with him. In poetry, fairy godmothers offer advice or support to women, showing the importance of independence to achieve goals and thrive. It has the potential to encourage readers, especially women, to take control of their own lives and give them the belief that they can achieve anything they set their minds to.

She is born beautiful and must care for herself; thus, her body is healthy and fresh. The fairy godmother says, "*Be proud of your body shape; do not look for ways to get someone's treasure.*" We as women should be proud or confident with our body shape. Do not try extreme diets or excessive things to our bodies to win someone's heart. It is not easy for the woman described in this poem to accept herself, but if someone is strong enough to face challenges, it is every woman. It seems like every woman is strong enough to meet the challenges. Fairy godmother says our job is not to convince them to change. Other people are not worth her sugar if they do not return her kindness. Sugar here can be interpreted as sweet things we do or empathy for others. Almost at the end of the page in the poem, the fairy godmother tells the truth that the fairy godmother described in the poem is inside each woman. Then it would help if each woman believed in her fairy godmother, for her every wish would come true. She does not need a stick to make her dreams come true. It would help if she believed in herself.

- i. getting out of bed.
  - ii. remembering to eat.
  - iii. drinking a glass of water.
  - iv. being kind to yourself.
  - v. surviving the day.
- reasons to be proud of yourself, big or small.

(Lovelace, *Break Your Glas Slippers*, 115)

Maintaining your mental health and feeling proud of the small things you achieve is essential. Each step represents victory over physical, emotional, or psychological obstacles. Getting out of bed is a good thing for someone who is depressed. Remembering to eat and drink are things that show self-care and resilience. To be kind to yourself, you must learn to love yourself. Persevering through the day, no matter how difficult it is, shows how strong a person is and how strong they are to persevere through challenges. No matter how big the accomplishment, celebrating it will foster positive beliefs and strengthen a person's self-esteem. Therefore, there is every reason to be proud of oneself for such a seemingly ordinary action. All good and positive things must be multiplied. The Fairy Godmother also says that whatever she may have heard, being alone is not some great tragedy; this is an opportunity for her to get to know who she is more deeply. The point here is that it is nothing sad when she is alone. With this, she can spend quality time getting to know herself more deeply. The depiction of a fairy godmother can inspire readers to face challenges and problems in life in

the context of self-empowerment. This poem can support difficult experiences and encourage readers to remain steadfast in facing them by showing that fairy tale characters also face difficulties and need help.

In the illustration Amanda Lovelace gave, the speaker has a fat body and curly hair. The description corresponds to the speaker's condition, which the author mentions in the poetry. For example, she is not confident about her body shape and marks the parts she does not want to see because of accumulated fat. (Amanda, 2020). The speaker is the same as the illustrated depiction of the fairy godmother, fairy godmother certainly. The illustration of the fairy godmother depicted in the poem can be seen in the picture below. The fairy godmother has a fat body, the same as the condition of the 'main speaker' described in the poem. It is evident from the illustrations and poetry's content that the fairy godmother is the speaker. On the last page of the poetry,

*fairy godmother says  
get that head out of the stars.  
Here is a secret:  
Your fairy godmother is inside you.  
you only need to  
believe in her  
for your every wish  
to come true.*

*(no wand necessary.)*

*(Lovelace, Break Your Glas Slippers, 87)*

The quote above shows that the speaker has the power to make her dreams come true. By recognising the speaker's potential and having confidence in yourself, the speaker can overcome obstacles and achieve her goals. This encourages seeking guidance and strength within oneself rather than relying on strength from external sources. Overall, this shows how important it is to have self-confidence and believe in your abilities. The speaker only needs to believe in herself because she is the fairy godmother. By looking at the image of the fairy godmother in Amanda Lovelace's poetry, we can see how feminist discourses about independence and self-empowerment are reflected in this representation. These representations convey important messages about women's strength, independence, and resilience.

## **2. Mirror as the Portrayal of Inner Beauty**



Mirrors have long been considered a symbol of identity and self-reflection. In many cultures, mirrors are used as a tool to see and gain a better understanding of themselves. This requires introspection and understanding who we are, including how others see us and how we want to be seen. Heidegger's view of language as a mirror of identity refers to the idea that language is not only a means of communication but also a mirror of self-identity (Reiginayossi and Sitorus 2023). Language shows self-understanding of the world and who



we are in it. Heidegger believed that language helps humans live, understand the world, and understand its meaning. *Mirrors as Gatekeepers Between the Real World and the Alternative World*: In some legends and folktales, mirrors are depicted as gatekeepers that connect the real world with the alternative world. This encourages the idea of mirrors as a means of seeing another world or as a gateway to another world. Mirrors are used in these situations as representations of transformation, change, and unseen potential.

The Queen's mirror is essential to the classic story "Little snow white." In the film adaptation entitled "Snow white and the seven dwarfs," the mirror also appears and becomes essential in the story. The magic mirror is a powerful object first featured in Disney's 1937 animated film "Snow white and the seven dwarfs." (Anon n.d.). Her servant resides in it as an imprisoned spirit who speaks truth, usually in poetry, surrounded by smoke and fire. An evil queen owns the mirror and uses that power to ensure that she remains the most beautiful woman in the country. The devil familiar with the Queen is the spirit in the magic mirror. In feminist criticism, the mirror is often interpreted as a toll of patriarchy meant to pit the speaker against one another. (Gašparovičová 2021). "Mirror, mirror on the wall, who is fairest of them all." The sentence or spell is famous for all familiar with the English version of the story "Little snow white." It is undeniable that a mirror is an essential element in the story. With a mirror that functions as a driving force for the actions and consequences of the Queen, which is "framed in glass that looks magical."

Amanda Lovelace also used a mirror as a portrayal of inner beauty. The symbolism of mirrors depends not only on what things cause the reflection – nature, God, a book, drama – but also on what one sees in oneself – the truth, the idea, and the illusion. (Helwig et al. 1999). In this definition, the use of a mirror is to see oneself. Still, in this poetry by Amanda Lovelace, the speaker uses a mirror for self-reflection and self-acceptance and sees herself as someone else, like when she tries on several dresses as if she were in someone else's life. A growing body of research on how media influences body image suggests that media, in various forms, plays a significant role in influencing people's attention to body image and behavioural intentions. This study investigates how media and multiple outcomes related to body image act as moderators. (Huang, Peng, and Ahn 2021). According to the analysis, the magnitude of this relationship differs significantly between types of media and types of results. Media types include television advertisements, programs, magazine content, and social media, as well as affective, cognitive, or behavioural outcomes. The author describes the mirror as someone else's life because the speaker always imagines someone else's. In the early part of the poem, she tries on several dresses as if she is in someone else's life, but she is still herself and in her life. The speaker also imagines having a good body, not fat, not having much fat on her body. In essence, she wants to have a proportional body.

Inside the cramped ötting room, she slips into dress after dress as  
if she is trying to slip into someone else's life.

—much to her dismay, her reflection stays the same

(Lovelace, *Break Your Glas Slippers*, 28)

*Mirrors are Reflection and Self-Acceptance*: In feminist poetry, mirrors can be used to describe the processes experienced by readers, especially women. This can be a call for introspection, accepting oneself with all its strengths and weaknesses, and building a positive sense of self-worth. In this section, there is a poignant reflection on the difficulties many people face in finding their identity and self-confidence. Trying on various clothes symbolises an attempt to find oneself externally, seeking satisfaction, or changing oneself

by adopting a different lifestyle or personality. However, being disappointed when looking at the exact reflection shows that change and happiness come from within, not external appearances or situations. The mirror explains that when she looks at herself in the mirror, she feels as if she is in someone else's body and life. The speaker in this poem shows an insecure attitude toward her body shape. In the early part, she felt that she did not match the beauty standards around her, showing that she is not confident with her body shape, like the fat in the stomach, which extends a woman's stomach. The woman is alone and will mark all the parts of her body where she feels insecure about her body shape, such as her thighs, abdomen, and upper arms; she thinks all this will never be enough.

The speaker is not confident with her body because getting a lot of negative comments from people around made her offended by the words they said. The stepmother says that no one wants a fat girl like you. This is the beginning when she is not confident with herself and feels she must be able to meet existing beauty standards. The poem's first page says that many boys are talking about her and that she is ugly. The mirror in the poem symbolises the journey toward accepting oneself, one's flaws, and so on. They say it like that without considering how the speaker feels. The people around her harmed her, and she thought that they made it easier for her to lie about everything she said to them. The people around her also made her unable to be herself, and she felt they would own her body so that she could not make her own decisions. So she felt her fat body shape made her look ugly. Because of what people around her said, she constantly tortured herself by going on a diet that she was not comfortable with. She cannot eat the food she likes because she has to meet the beauty standards in her world. As well as her mental health can never be destroyed by other people's hands because they are not part of her body. She cannot close the mouths of all those who say bad things to her, but she can complete her ears so she does not hear nasty words from them. She is entitled to have their say on her feelings, but this body is her body and belongs to her; only she can make the decisions. If being fat does not bother her, then she is okay with it, but if being overweight is bothering her, of course, only she can decide on what to do. The fairy godmother reminded her that her body belonged to her, not anyone else's; only she had the right to her body.

### **3. Sword and Lipstick as the Portrayal of Self-Acceptance**



The sword symbolises strength, courage, and the ability to face adversity. Over the years, swords have been considered a symbol of strength, courage, and protection. Historically, soldiers and heroes often used swords to protect themselves, their families and their homeland from enemy threats. In culture, swords are usually associated with heroes who face obstacles and overcome evil. In this poem, self-acceptance can represent the strength to accept one's shortcomings and everything within oneself. Of course, this requires courage, especially in an environment that may not always be full of understanding or support. Lipstick functions as a tool to express oneself and one's identity; it enhances or changes their appearance to reflect their style and personality. Lipstick is considered a symbol of beauty and self-confidence, and the use of lipstick can improve a person's appearance and give a feeling of self-confidence. Women in contemporary culture often use lipstick to express their

identity and style. Lipstick is considered a symbol of women's freedom and empowerment. Over the years, lipstick has been associated with women's struggle for gender rights and equality. Lipstick can be seen as a tool to express identity and free oneself from existing gender standards. Lipstick is often considered a symbol of sexuality and freedom of expression in modern culture. Lipstick can also be a statement about a person's freedom to express themselves as a woman and celebrate their uniqueness. Additionally, lipstick can also be a symbol of resistance to social pressure to follow strict beauty standards.

The combination of swords and lipstick demonstrates the diversity of individual interests and expressions. This shows that a person can have many sides, including femininity. This couple breaks stereotypes and shows that their interests and hobbies are not limited to gender norms. In the history of warriors and martial arts, swords are often associated with strength, courage, and skill. Lipstick, on the other hand, is frequently considered a symbol of beauty, femininity, and self-expression. Combining a sword and lipstick could symbolise a juxtaposition between strength and femininity. It might represent the duality within an individual or convey a message about empowerment, suggesting that one can possess both assertiveness (symbolised by the sword) and a sense of personal expression or beauty. Lipstick (appearance): You cannot beautify an ugly face, even if you use much makeup (Joseph 2022). This combination can be a powerful statement about embracing different parts of one's identity. Ultimately, everyone's preferences and interests vary widely, and everyone should be free to experiment and express themselves in ways that bring them joy and satisfaction, whether wearing lipstick or wielding a sword. Letting go of stereotypes allows for a more accepting and inclusive society where everyone can be fully themselves. The combination of the sword and lipstick symbol can be used to emphasise women's empowerment in various aspects of life. The sword can serve as a symbol of physical and spiritual strength, while lipstick can serve as a symbol of self-confidence and freedom of expression. As a result, both symbols depict women who are strong, confident, and able to face challenges.

you are no longer  
my first thought  
when I wake up  
in the morning,  
but I will make sure  
I am your first thought  
right before you  
drift off to sleep

(Lovelace, *Break Your Glas Slippers*, 98)

The line clearly states a shift in priorities in a relationship. The speaker says that her lover is no longer her first thought when she wakes up in the morning, but she will ensure that the speaker is her first thought when her lover goes to sleep. The sword symbol shows the decision to stay by your partner's side even if his priorities change. Thus, the sword means that the speaker has the strength and courage to decide to maintain a relationship even though the relationship experiences changes or things do not always go according to plan. Some of the things the lover has done to the speaker in this poetry make her realise and feel she has to leave her soon, that she never looks for love again. Because her boyfriend does not think she deserves to be Queen for her, she also feels it is okay if she does not deserve to be Queen for her prince because she feels she still has to do many essential things. She could never take time for herself when she was still with her lover, but now that she has separated, she

will make time for her. She is in the move-on phase because she dreams of her dreams when the speaker sleeps at night.

The quote from this poem, "time + distance + prioritising yourself<sup>2</sup> —this is how you move on" (Lovelace, *Break Your Glas Slippers*, 102), is one of the most influential; in moving on, every woman needs time to reduce emotions after facing every problem. In addition, it dampens emotions and neutralises the mind. Every woman needs time to get out of an issue, and letting go of every situation that occurs also takes time. Apart from time, distance is also significant. Distance is essential when every woman wants to move away from someone. It would help if the woman had distance so she does not see her prince often and gets used to being without her prince when she does her daily activities. Not forgetting him might sound complicated if we ignore him and her memories, but we should let him go and let him out of our lives. Moving on is the most crucial priority to make it easier to move on, do things or activities she likes, fill her free time with fun activities, and introspect herself to improve.

There are also times when the speaker is not confident when she wants to wear a crop top because there are parts of her body that look like they have stretch marks. Then, her best friend said,

*"if you want to wear the crop top, then wear the crop top. If anyone dares to point out your stretch marks or the size of your belly, remind them that our bodies were all crafted from the same handful, and isn't that just wonderful? Isn't that so special?*

*-her best friend."*

(Lovelace, *Break Your Glas Slippers*, 36)

The fairy godmother also said that if she continues to feel insecure like that, always insecure about her body, then she will continue to feel like she is in a cage. Because it comes from her thoughts, if she can be confident to wear whatever clothes she likes and is comfortable with, she can have an open mind; thus, she will not feel like she is in a cage. The fairy godmother also said that the speaker is not limited to having lipstick or a sword. This shows that you can be a feminist woman who is good at makeup but also a woman who can take care of herself because you have a sword. She deserves her freedom because of all that "the woman" has been through. She also deserves so much more than what she gives. The fairy godmother told her not to forget to clean up and create a safe space for herself.

## CONCLUSION

Instapoetry, best exemplified by Nikita Gill, Rupi Kaur, and Amanda Lovelace, combines digital media on sites like Instagram with more conventional literary formats. Instapoetry has made Literature more accessible to the general public. Poetry has become more accessible and consumed by various groups without geographical or financial restrictions, thanks to the wide availability of social media platforms. Many instapoets use their platforms to speak out on social and political issues such as racism, feminism and inequality. This enhances the role of poetry in raising social awareness and encouraging socio-political change. Younger demographics respond well to its conciseness, visual appeal, and instantaneous connection, democratising literary production and encouraging community involvement. Examining symbols like the lipstick, mirror, sword, fairy godmother, and glass slipper in Lovelace's *Break Your Glass Slippers* reveals themes of empowerment and self-acceptance, which are figuratively associated with inner strength, introspection, and personal development. Poetry provides a forum for social criticism, promoting feminist principles and questioning conventional wisdom, enabling readers to face obstacles head-on

and grow resilient. Its widespread appeal highlights how well it adapts to modern media, using social media's interactive and visual capabilities to reach a wide range of global audiences. Instapoetry has excellent potential to help people understand different cultures, as different installments come from various backgrounds, making it a bridge to understanding different experiences and cultures. The combination of art and technology is symbolised by instapoetry, which offers a fresh approach to literary expression, influences cross-cultural conversations, and captivates audiences everywhere.

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