

Tallwomen.org

Quotes by / from Tall Women (1998 – 2013)



Tall Quotes 2013

6'0" Jemma wrote (November 14th 2013)

Always try to wear fantastic shoes! When people see a tall girl they always seems to check out her feet to see if she's got heels on or not.

My best friends are between 5'0" and 5'5" - I still wear heels when I'm with them as I'm going to be taller than them anyway so any inch or three doesn't really matter!!!

I did struggle with the usual being tall insecurities when I was younger (I'm now 32), but now I love it! Us tall ladies don't have to wear tons of makeup or really skimpy clothes to be noticed like other girls do - we can just walk into a room. You can make an entrance without even trying!

You can't change your height so embrace those long legs! Shoulders back, chin up and strut!

5'11 ½" Jewel wrote (October 22nd 2013)

Joerg, just been doing some reading and really appreciating the fact that humans will generally "reject" or overlook at first anything that's not marginal. I know on this site people struggle with being too tall. Others struggle with being - Too heavy, too dark, too light, too short, too thin. On this basis they feel physically unattractive to the opposite sex. I am proud however, of those who have not let themselves be defined by their height, skin, race, size etc. As you know, I think there is only a "select" 40% of people who do not fall outside the margins of normality as it were. So the rest of the 60% of us who are different are somehow "losers" - I dare say no! Embrace and accept who you are. There are lots of people out there who have one issue or another, just google "I am too short" or "too dark" or whatever. In closing, read this to broaden your horizon, to show you that feeling left out can affect all sorts of people and not just you. Nice day.

<http://www.evanmarckatz.com/blog/dating-advice-for-short-men-life-is-unfair/>

6'1 ½" Catherine wrote (October 17th 2013)

At 34 I should care less about my height right? Wrong. It is a never ending thing day in and day out. Didn't have a boyfriend till I was out of high school (he was 5'7"). I'm guaranteed to NOT be hit on anywhere I go. Why do people feel the need to point out the obvious? Why stare? I don't care if kids do but when grown people do it its just sad. I'm sorry I don't really consider you all that tall if you are 5'10". At least you can still wear cute heels, buy pants at any store, find shoes. Not I! No. I order all my pants online. Lucky me!! Don't come up to me and wish you were tall. You wouldn't last one day in my shoes let alone a lifetime. If there was a surgery to shrink me by 5 inches I would be the first in line! Sorry I'm not the most positive person but it's how I feel.

6'5 ½" Amanda wrote (October 16th 2013)

Hello! I'm 27, an a proud mother of 2 beautiful boys. My entire life I've had people inform me on how tall I am, or if I played basketball. I found it quite insulting and often have insecure moments, when people only have to comment on my appearance instead of a simple "How are you?". General society likes to keep the same, where as I see us vertically blessed people as someone worth noticing, with the biggest warmest hearts and a beautiful smile for everyone to see :)

5'10" JoAnn wrote (October 6th 2013)

I don't feel tall anymore. I am 65 years old and growing up in Brooklyn, NY in a neighborhood where people tend to be shorter than the average. I felt like a giant. I was always by far the tallest girl and the tallest kid in the class. I did not like being tall as a teenager at all but ever since my twenties I first accepted and then began to like it. I feel powerful when I wear heels. I have no trouble with clothes as my legs are not really that long. However, I am extremely long waisted so one piece bathing suits and jump suits have always been out for me. Also, when I was in my 20s it was nearly impossible to get a size 11 shoe and that is not a problem these days. Every day I always see young women who are taller than me. For years that never happened. I believe that women are getting taller. I am so happy to read these quotes from very young women who are over six feet tall

and are proud and comfortable with their height. I believe that young women in general have much stronger self-esteem and confidence than women did in my generation and certainly tall women feel better about their height nowadays.

5'11" Sarah wrote (September 4th 2013)

The famous line I ALWAYS heard growing up was "when you get older you will LOVE your height and flaunt it." Now that I am about to be 23 I still am iffy about my height (.....wearing heels) but I am finally learning to love it! My boyfriend and I go to concerts and seeing over everyone's heads is never a problem, I was in a group interview and I was interviewing next to two people who were shorter than me and I ended up getting the job because they liked my strong and confident presence, we carry weight better than half of the women in this world who are shorter than us! You get the men who are insecure with their masculinity and feel the need to point out that you are taller than the average male in the United States but then I pipe back I'm sorry I make you that insecure that you feel the need to put someone down based on their height just because you're down about being short doesn't mean I have to be about being tall! I am one of four girls and its funny all my other sisters are 5'5"-5'8". We get the usual basketball and volleyball questions and I love to throw people off and say no I am actually a college cheerleader. My BIGGEST inspiration is Kate Middleton she is the poster child of femininity, class, and beauty in our world and she is 5'10"! Only downside to being this tall is finding a dress that is normal length on a shorter person but ends up being wayyyy too short for me. And the next time anyone says "how's the weather up there?" just respond no different than it is for you or anyone else who has said that since third grade.

6'0" Antoinette wrote (August 20th 2013)

I am 18 years old. I hated being the "only tall girl" throughout my school years. I thought I may have been the only one out there that struggled with this problem. It was really hard trying to find a guy that was intimidated about my height. Since I have recently graduated high school I have gained alot of confidence. I found this page through google. I'm actually really happy I did. I can see that I'm not alone out there with my height. Yay to all tall women, don't be ashamed, EMBRACE your height and yourself. Thank you for making pages like this for us tall women.

5'10" Louise wrote (August 17th 2013)

Lisa Leslie, former professional women's basketball player, is 6'5" and beautiful! She was on a recent episode of "Whose Line Is It Anyway?" The only person as tall as her was Ryan Stiles, and even he made some "tall" jokes, but she didn't seem bothered at all. She just smiled and did her bit on the show. It was awesome! We should all carry ourselves that way.

5'11" Chrissy wrote (August 12th 2013)

"When are you going to stop growing?" It's the one that has always driven me nuts. I'm in my 30s and I just had somebody ask me that not too long ago. Seriously, you can't find anything else to say. I said uh yeah, I stopped growing about 15 years ago. I said it really dry and it made them stop for a moment. They changed the subject. A classmate had a really good comeback (really tall guys can get it too) this girl asked him "How's the weather up there?". He looked down at her and said "How's the weather down there?" I have a co-worker who is tall too, about an inch shorter than me. We walk everyday at lunch. She told me "you don't know how nice it is to walk with a fellow tall girl". I don't feel like I am towering over anybody. She is in her 60s which goes to show you that you can have your tall girl issues at any age.

5'10" Taylor wrote (July 29th 2013)

To Alicia: As to feeling comfortable in heels... everyone needs a little practice in heels to feel comfortable I think even shorter people do. But one thing that I think helps is to go out to a store to shop where you dont know anyone, and wear heels, gradually you will get to the point where you feel comfortable anywhere in heels... just a suggestion that might help you get to where you want to be.

5'10" Savanna wrote (July 24th 2013)

I love being tall. I love when people ask me how tall I am. I find it hard at times to find jeans and dresses. But I love how I can wear any size in tees and gyms shorts. Ha. The only thing I can't stand about being tall is that my

legs look weird. See I'm bow legged and pretty skinny. People tend to make fun of my legs because their bent. But I can't let that get to me! I was made like this in the image of God!

5'10" Sydney wrote (July 19th 2013)

"Are you a basketball player?" Nope, I have the coordination of a baby giraffe. "Oh, well you should be a model!" Just because I'm taller than your son doesn't mean I should be a model -- People are only worse because I'm 15" and my boyfriend's mom is 4'10".

6'1" Alicia wrote (July 18th 2013)

I'm 24 years old and I used to feel like I was the only tall girl in the world (sarcastically speaking) but I found this page by googling "tall women with confidence" and since then my confidence level went up a little, but I still want to feel comfortable in heels. I would feel better if I had tall friends also but looking at all these comments has made me feel special and that I'm not alone and that feels I'm still struggling with the whole man issue, but one day I'll meet a man that is not insecure about my height.

6'3 ½" Shannon wrote (July 10th 2013)

I really like this page on the site because girls are sticking together and helping each other out which is something you don't see all that often anymore.

I'm from the UK and being just over 6'3" is hard. It's hard trying to fit in when you don't and growing up is hard anyway without being the ,odd-one-out' but peace with who you are comes with age. Not only that, I'm mixed race and ALL clothes in the UK made for ,tall women' are made for tall, skinny white girls. And they class tall women as 5'7" - 6'0". I'm sorry, but when you're 6ft at 12, then talk to me about being ,tall'. I hate women under 5'11" complaining it's hard to find clothes ect. Most tall clothes these days have an inside leg of 33"-34" and sometimes 36"-38", so why are you complaining when my inside leg is 40 and i've had to resort to buying 2 pairs of trousers and cutting the bottom off of one to sew onto the other. Even the bigger sizes are for the shape of a caucasian female. I couldn't find clothes anywhere and when i did i had to fork out well over the odds for something a short girl could find anywhere for less than half the price (anyone else find this??)

I'm now a graduate and hold a BA (hons) in fashion design so I can bring tall women of different cultures and backgrounds fashion that is not only flattering but AFFORDABLE. I mean, you can't buy a pair of tall leggings for much less than £40 and our short gals can buy them in Primark for £5 - What's up with that?!

I'm happy with who I am these days. At 21 I've finally got to the point where people say ,look at her she's massive' or ,oh my god you're so tall' and I even have to think ,oh my god, I am!'. I don't watch for people's reactions anymore or walk with my head down because I don't care what they think (always remember half the people you see in a day when you're out and about you will NEVER see again so who cares what they think. The second you've walked past them you never have to think about them again.). It won't take any of you young girls long to become happy with just who you are and start living life how it should be lived, with smiles on all of your faces :)

6'0" Donna wrote (July 7th 2013)

Being 56 and 6'0" and now 250 pounds I was always odd one out. I was shy and had a hard time being this tall. One of the biggest problems I encountered were men that had a bad attitude with me. It took me a long time to understand why but once I did I enjoyed being tall.

6'0" Jasmine wrote (June 5th 2013)

I think this website is great. It gives tall girls like myself a new perspective about being tall. I use to hate my height because 1. All my friends are 5'7" or shorter and 2. Dating was a pain in the butt, but now I'm loving every inch of me and even though my friends are short (one of my good friends is at least 4'10") they're still very supportive and loving :). Thanks for giving me more reasons to love my height and be proud of it! Tall girls rock! I wouldn't change my height for anything, and neither would my boyfriend ;D.

6'4 ½" Amanda wrote (May 29th 2013)

I'm 15 and I used to HATE being tall because I basically had it all. The problems every tall girl had when she was young. People being jerks and insensitive and treating me like an outcast because I didn't "fit in". I was even pressured by family and friends to play basketball (typical, right). Now that I've come to realize that being is just a part of me and frankly, I'm grateful I'm tall because I wouldn't be me without it. HERE'S TO ONE MORE YEAR OF GROWING!

Joerg says: That's one of the best I've read so far... considering you are only 15. Keep your head held high, Amanda!

6'1 ½" Pinky wrote (May 23rd 2013)

I am proud to be a tall woman. I have was told my entire life, "the boys will catch up, they boys will catch up." Guess what? They didn't! I don't really mind so much though. I'm cool with who I am. I'm tall, and I'm fat, and I'm beautiful. That said, it would be nice if I were attractive to men.

6'1" Avril wrote (May 16th 2013)

I have been tall all my life. Once I got through my teenage awkwardness I have loved being tall. I emphasize my height with my clothes, stand up straight and wear look at me colors.

There are downsides, of course. I struggle with clothes just like everyone else, and my dating pool was limited. When I pose for a pic with my girlfriends I am a full head taller than they are.

But I found a plact to shop, learned to show my long legs off around my petite friends, and discovered that the internet makes it easy to find a tall man to date. :)

I have three sons, two are already over 6'3" and they don't mind having my genes, at all. Height is an advantage in sports and business world, for men or women. I hope all of us can learn to appreciate our fantastic statures and show it off.

When you are taller than the crowd, you are going to stick out. So throw on your red lipstick and own it.

5'11" Chloe wrote (May 12th 2013)

Being 12 years old and 5'11" attracts a lot of attention. Although I like being tall, its a pain sometimes. I'm the second tallest in my grade, and I am therefore told I am tall 10+ times per day (like I didn't know already...). Just thought I would share my thoughts on being super tall :)

5'10" Melissa wrote (April 21st 2013)

Whoops. Yesterday at the mall I accidentally hit a girl in the face with my shoulder. THE GREEN JOLLY GIANT STRIKES AGAIN! Mwahahahahahaha

6'3" Jheri wrote (April 18th 2013)

April 18 is High Five Day (there are probably days for everything). My friend Colleen sometimes gives people high fives when she sees them start to look at her, so rather than a stare and a comment she could do without, she gets a smile or a laugh. I tried it here a few years ago and it does make people smile, but I think it works better in the US. She says the trick is look at someone's elbow as you give it. Here is her little video on it :-)

<http://www.youtube.com/watch?v=dy8qaXblebE>

Give it a try and see if it doesn't bring smiles and makes your day.

5'10" Jackie wrote (April 9th 2013)

Thanks so much, Susan for encouraging me, even here some people view being plump as pretty. For example for years I never used to wear a trouser or jeans because whenever I would wear one men (and even some women) would tell me to stop wearing them because I don't have a butt and they are made for people with big behinds, to show them off and that am too tall at 5'8" to wear a trouser or jean. You can imagine what that did to my self esteem as a teenager back in the 90s.

Then I tried to wear short skirts and I was told that my legs were too long and small so I don't look good in short skirts either. Actually a certain teacher during my last year of primary school (I was fourteen years old at the time) made fun of my long legs in front of the whole school, which made my self esteem go down more.

So as an adult (I am 36 now - yes I made 36 in March) I have learned to embrace what God gave me. In Sudan they are so lucky tall is considered beautiful but unfortunately because of the war many have migrated to Uganda and they are mercilessly being laughed at for being tall.

My daughter who is 8 is also tall for her height and it has started. Recently she asked me what she can do to be short... Can you imagine that? An 8 year old asking to be short because of being ridiculed for her height by adults? Well, I told her she is the most beautiful girl and being tall rocks.

I am glad I went through what I did, because I can be able to help my tall daughter. My advice to the teens who are being asked dumb questions like why are you so tall? Duh! Just ask them why they are so short and make sure you have loads of confidence. You will see, they will start admiring you.

If they ask you why you wear high heels yet you are tall ask them why they wear flat shoes yet they are short. If high heels were meant for short women as they like saying ask them why they don't wear them all the time and wear flat shoes that were meant for tall people. That will do it. They will never ask you dumb questions again and if they do just strut your stuff. I have come to realize that being tall rocks! You look good in everything, you will look good in flat shoes and you will still rock wearing high heels.

6'4" Susan wrote (April 2nd 2013)

This message is for Jackie from Uganda. I have a dear friend from Kenya who believed for years she was ugly because she is slender and shapely and in Kenya, plump women are preferred. It wasn't until she moved to the States that she realized that many, many men find her extremely pretty. In fact, when I would tell men here she once considered herself ugly, they would squeal, "Julia thinks she's UGLY? She's so pretty!". I bet the same is true for your height! If you could immigrate here to the U.S., you would get looks of admiration. And wait, isn't height really valued in parts of Africa, too? I once had a tall grocery store clerk, fresh from the Sudan, I think, or Somalia, walk around me in an admiring circle and say, "Wow, in my tribe you'd be you'd have a 300 cattle bride-price!" I know I feel a lot prettier in the Netherlands, where lots of women look like me, and many are my height. Maybe you just have the right height for the wrong culture!

I remember when I was young, my tall girl cousin and I kept getting criticized for being "too tall". So we started asking people what height we "should" be. The response was always "5'10"- we were both around 6'4"". So I drew out six inches on a piece of paper, we looked at it together, and said: "Should we let that small a distance ruin our lives?" We then burnt the paper and never looked back.

5'11 ½" Vanessa wrote (April 1st 2013)

I'm now 32 years and I would just like to say to every girl in her teens that's 5ft 10in and over - its tough being a teen! Even a pimple can seem like the end of the world. Being tall is just something that's a stepping stone to an awesome personality and a well rounded character. Being tall is your blessing! Be happy in it! You'll attract the right kinda attention then, for sure. Some guys don't like bones, some don't like curves. Some like legs, some like smiles, etc etc etc! Stop looking at yourself through every other pair of eyes RIGHT NOW! You have a unique perspective on life - excuse the pun lol. I GUARANTEE you my darling girl, there is nothing worse than a beautiful TALL GIRL / WOMAN who doesn't love herself. Start with loving yourself before you want the world to "love" you. Be there for yourself before expecting a "man" to do it. Be strong, confident, happy! Personally I've never been more confident about my size and believe me I practice what I preach. You're iconic AS YOU ARE - JUST STRUT!!!

5'10 ½" Dionna wrote (March 31st 2013)

Hey! I'm a 16 year old basketball player, and I am 5'10 ½". People always come up to me saying "Oh my God, you're tall", "Why are you so tall!" , but after a while I got used to it. It may be hard finding jeans, shoes and ESPECIALLY dresses that don't look so short when they're not, but at the end of the day being tall is so awesome! Embrace the tallness ladies! We STAND OUT! Our legs, our body shape, the way we walk, EVERYTHING! Don't let any one tell you other wise. Tall girls ROCK!

5'10" Louise wrote (March 16th 2013)

I highly recommend Long Elegant Legs for clothing. I have purchased several items from them online. Great styles, quality and truly designed for the tall woman.

5'10" Julie wrote (March 15th 2013)

I used to feel awkward about my height as a teenager. I was 5 ft at ten, 5'5" at twelve, 5'7" at fifteen and now 5'9" at 27. I have come to realise that tallness is an asset for women, in view of the following facts:

1. Short women (especially those with much taller husbands) have an above-average risk of childbirth complications. Ask any health professional you know, or google-search, for confirmation. Tall women fare better regardless of their partner's height.
2. Tall women show later in pregnancy because their longer waists can accommodate the baby vertically for a longer period of time before bulging out. This means a better post-natal figure.
3. High heels damage the legs and other parts of the body over the years. They lead to bigger and more prominent calf muscles. It is therefore an advantage not to need them.
4. Still on high heels, if tallness is good for men and not for women, men should be the ones wearing heels but the reverse is the case. Short women wear heels to look like us.
5. Tall height = long legs and long legs are considered sexy on a woman.
6. Tall women naturally look slimmer than shorter women with the same vital statistics. They can also eat more without putting on weight.
7. Models and beauty queens have to be tall (at least 5'7"). There is no maximum height.
8. Long legs enable you to walk and run faster. This enables you to escape from danger and even have an edge when competing for seats in an overcrowded lecture room.

On the issue of finding clothes and shoes that fit, I have discovered that skirts and dresses are a tall woman's best friends. They don't have to reach her ankles and they help to differentiate her from the guys. No woman can be mistaken for a man in a skirt or dress. Also, sandals of the right size are easier to find than covered shoes, which need an extra space in front for easy walking. I buy my shoes in bulk once a year from wholesalers; it is not easy to find bigger sizes with retailers.

5'10" Taylor wrote (March 14th 2013)

To Jewel: Great comments, and so true!

5'11" Jewel wrote (March 13th 2013)

Ladies, it looks like I have to start up a blog on how height is not such a bad thing. I am serious about this.

Catherine Zeta Jones once said that everyone has insecurities, the only thing is you can't let people see this.

I am not saying be a fake, it's only for you to see that everyone - yes even in Hollywood has issues that tend to dominate them all day long if they let it.

Just try and google "I am too short" (in inverted commas so it comes up exactly that way). You will even notice that being too short as from people's experiences is worse than being too tall. No really, think about employability and the projection of power when it comes to high paid jobs.

Also yes, with the sexes it causes issues but not when you look stunning. Looking stunning somehow forgives your height or causes people to overlook your height. Sorry to put it that way. Yes, tall and short guys will both be after you.

Google even "I am too fat", "my nose is too big", "my head is too big", "I hate my teeth", "I am self-conscious" - yadi yadi yada.

85 - 90% of people have an issue. I have however seen an extremely fat guy walking around and living life to the max and not letting things get in his way. Even having "normal" friends. People gravitate to people like these.

The key is, if you are self-conscious due to your weight height or whatever - they all smell it miles off and treat you or tease you accordingly.

Just love and accept yourself.

Not to brag but I have come to a point where I wear heels to work all week and Sunday to church if I feel like. I walk about all in town. I am currently looking to wear 5 inch max to go out etc and to work sometimes. My work average is 3-4 inches weekly.

I think 5 is my maximum though. You are free to have your min. and max. - it's a free world. However, I don't believe in platforms (they give you too much height versus the exact same heel with no platform - this would even land up shorter. Just google this). So I look for thin 5 inches without a platform - now those take mastering to walk in.

I tower over everybody but I don't give a chocolate what anyone thinks. For some reason I can now walk around and no one would even butt an eye. In fact I get guys giving me their numbers. LOL.

This is my world, my look, my heels and I am living it up to the max!!!! Give it a shot - you won't look back.
Jewel

6'1" Carys wrote (March 11th 2013)

Well, hey girls. I'm 6'1" and 15. I have always struggled with my height, whether it was not being able to wear heels at my school prom, or feeling like the only girl in my year who's going to be single forever. I'm just starting to realise that no matter how tall you are you should wear heels. If you feel like they make you too tall just wear smaller ones and gradually increase. Just think even if you are afraid of the whole boy situation, if you don't mind being with a guy shorter or if you're like me and don't like feeling bigger than my boyfriend. Most tall guys are hot and they only want tall girls. So yeah, be who you are and strut those long legs :D

5'10 1/2" Christal wrote (March 2nd 2013)

Being tall has always been something that I hated about myself. I hated not finding jeans, shoes and my hands are even large. I feel like an alien most times when I'm in a social crowd. Oh, don't let me wear a pair of heels, "how tall are you", "you're tall!!". Uh duh, I think I know this, you don't have to say it. I'm not sure how to feel about being tall, but I'm learning to love myself for who I am. I am searching for clothing that will accentuate my tall height as well as my big booty!!! I get a lot of stares but I'm not sure if I want them. Men gawk and women admire but I have to love me and exude my confidence! Tall girls rock!!!

5'11" Deshanta wrote (March 1st 2013)

I have a low self esteem because of my height. Everyday someone asks me "why are you so tall?", "how tall are you?", "you're too tall to be a girl!" and I don't like it because it makes me feel tall girls are ugly or just not wanted. But reading these comments made me feel better about myself because I'm not the only one who thinks that way. I'm going to love my height and my flaws because there's nothing you can do about it but accept it.
#TallGirlsRule #LongLegs #StandsOut #BEAUTIFUL

6'0" Katie wrote (February 25th 2013)

I am 21 and I have always hated how tall I am since I'm also chubby. Dealing with height and weight has always been very hard for me. But I am trying now very hard to love my body and to accept it for what it is. This site and all the women involved have been very inspirational.

5'11" Jewel wrote (February 25th 2013)

Ladies: Wear your heels. Although I tend to say I am 6ft (seemed to have shrunk). I strongly believe in wearing heels. Once you wear a high pair for the whole day you will never look back. There is a secret about heel height. It is not what is stated. If it's 4 inch you may only stand 3 inches higher because of the pivoting of your foot. The lower the heel, the more height you will rip from it. Ladies wear your heels. Start low and increase gradually.

6'0" Emily wrote (February 18th 2013)

I am eighteen and I've been tall since the summer before my sophomore year of high school. I grew half a foot in that summer alone. Sometimes I hate my height but there's nothing I can do to change it. I hate when people start a conversation with "you're so tall!" - really? I didn't notice. Something that I've learned is that it doesn't matter if you're tall you can wear heels if you want to. I do, and I always get compliments about not being afraid to wear heels. Tall girls can wear heels.

6'1 ½" Dani wrote (February 17th 2013)

I am 15 and nearly 6ft 2, up until a year ago my height got me down a lot. I wouldn't want to meet new people because I always got comments about how tall I was, especially because the lack of muscle makes me look particularly lanky. But what I have realized recently is there is nothing you can do about your height, and being a tall girl, what do you have? Long legs, loads of other things that shorter people don't have, so you may as well embrace what you've got because you're stuck how you are. Be confident. I bet you any money you want all your shorter friends are envious of you, all short boys are intimidated by your height and there is absolutely nothing to be ashamed of! If you've got it, then flaunt it!

5'10" Sophie wrote (February 14th 2013)

Hi, I am 5'10" barefoot, 37, 135 pounds. I have always been considered beautiful, strong and have had confidence my whole life. I always was conscious of my height because I come from a family of short women and grew up in an area with predominantly short people. I never wore a heel over 2 inches ever! And I am married to a man that is 5'10" also. Since we have been together, 5 yrs, I wear all flat boots! Never a heel! Why do I care if I'm taller than him? Really bugs me this late in life! Again I know I'm attractive, in great shape, have always been confident and complimented yet I hate hate hate towering over my husband in 2 inch heels! Petty problems I know but being 5'7" would have been great, Mother Nature!

5'11" Trix wrote (February 13th 2013)

To Adrienne: Since the age of 13 I have the same height as now (46). I am taller than the rest of my family even some sisters children. But I recognize some of your problems, I felt the same when I was a teenager. When I was 13 to 15 people my age hadn't had their grow spurth yet, when I had mine already. It was all arms and legs for a while and no figure to speak off. People can be envious of your height, have you thought about that. What worked for me (childish) why are you so short, when people asked about my height. Learn to embrace it, it meant for me power and standing out to be different and not a sheep. And yes I wear heels and I love wearing my own handmade hats.

5'8" Jackie wrote (February 11th 2013)

Hello Joerg, I thank you so much for this website. I am 35 years old and 5'8". I am Ugandan and women here are between 4'0" - 5'6". I have always been considered very tall and have always hated my height. When I was younger (in my teens and early 20s) I used to pray that I would be shorter in the morning. Then I would cry over that. I have always dated shorter guys but felt more comfortable with guys taller than me. But they seem to like short girls more. I was feeling low about my height and I googled something that lead me to your site. I have been blessed by this site, as I read the quotes from other tall women. I felt better. Some of you have so much

confidence. Some of you are much taller than me but wear heels. Most of you wear high heels despite of your height which is very good. I used to slouch a lot but recently I am so proud of my height and if someone comments negatively about it I tell them it's not my fault they are short. I am on a dating site so I met this nice guy who came over to visit. He had told me that he was 5'9" but when I met him physically he was shorter than me and I was wearing high heels which even made it worse but I didn't care because I had confidence from reading the quotes on your site. He had a problem with it but since I was confident he got used to it and I don't mind wearing heels when I'm out with him. If he feels bad about my height then he is not worth it. I want a man who wants me for me. Thanks so much, Joerg!

6'0 ½" Laura wrote (January 16th 2013)

To Adrienne: I'm 19, soon 20, my older sister is 5'4", my mum is 5'6" and I am taller than my dad. I too find the confidence of the other women on here awe inspiring and some what difficult to comprehend, I hit 6ft at your age too and as much as I wish I could offer words that will make it all change, I can't.

We're tall, we won't ever really wear heels, finding a guy is and will always be harder, and we will have down moments where we just feel as if life is unfair, as if we were dealt the bad hand.

How to fix this? Simple, we get over it. Even people bursting with confidence everyday will have moments where they just hate this height, but you know what? There are so many worse things out there. So many birth defects, or life altering accidents, people who actually suffer.

As much as I too try to be confident and have a loud personality, I will still feel down occasionally, so will you and most the people whom ever look at this page; but in all honesty, life could be a lot worse. My words of advice? We are what we are, and it could be so much harder. So on the days where you can't be upbeat, be grateful. x

6'3" Ali wrote (January 12th 2013)

Adrienne: The way you feel now won't last forever! The reason everyone else seems more confident about their height is because they're older. Being 15 sucks and being tall on top of all the other insecurities really doesn't help! I was 6ft2 at 15 and HATED it, used to wish at night that I would wake up 5ft5. My attitude changed drastically when I got older, guys around me were far more grown up (and massively taller) and I started to feel good about it. I'm now 21, 6f3, am the only 'newbie' on my uni's volleyball team because of my natural ability (insane height), I have been playing for a few month whereas my teammates have been for over 5 years, and I have previously sucked at ALL sports due to lack of coordination and balance - so there are perks!

I also now have the perks of tall guys being interested, singling me out because they love tall women, I get more attention from guys than all of my shorter friends because I stand out. It has become normal for me to have strangers telling me I'm beautiful just because they feel like it - am not saying this to sound arrogant, but people think of a tall woman as beautiful, aspirational! I never get nasty comments anymore, only 'aren't you lovely and tall!' and 'you should be a model!'

After that long essay I now conclude; being a tall teenager is appalling and you will have the piss taken out of you constantly. However, being a tall woman is awesome!

5'10" Taylor wrote (January 9th 2013)

To Adrienne: Try not to always compare yourself to others is one way to gain self-esteem. You will never look short. Try to enjoy yourself the way you are, instead of the way you want to be. That's not attainable so sort of a waste of time. Find something you like about yourself and try to focus more time on that, rather on what you dislike. Try out different styles to see what looks best on your body type. Think of yourself as special because you are. You are not just off the 5'3" to 5'7" assembly line... you are different... so focus on how to make yourself a nice different. People do ask about height, true, and can be annoying. You don't have to answer though... say "Personal thing. Hope you dont mind." They get it. LOL.

5'10 ½" Emily wrote (January 9th 2013)

"Embrace the legs!!!" Keep them toned and looking sexy... Guys will drool all over them. Be around women who are about your same height, you'll feel better about yourself.

I always felt like a giant because my friends were only 5'5" or so. But, later on, I found me some tall girlfriends to hang with and it boosted my confidence. And once that happened, going after the guys felt easy.

I'm not saying the guy has to be shorter or taller than you. Just find someone that makes you comfortable. For me, I only feel comfortable with really tall guys. But on the flip side, I've got a ton of shorter guy friends who could all be my brothers (love them; great friends). Just be with who makes you comfortable.

6'3" Jheri wrote (January 7th 2013)

To Rusti-Lynn: I run a lot and recommend that you have a good thick sole for proper shock absorption. Concentrate on a great fit and a quality sole or you may be looking at an injury. If you are doing sports it really pays to get fitted by someone who knows what they are doing - at least until you can find the right shoe. You might bring up your question at a good store. With running shoes there is a slight difference, but not much.

There are walking shoes that have much thinner soles, but they don't give proper support for athletics. I would only recommend them to a casual walker.

Of course there are the new almost barefoot shoes like Nike Frees, but they are very easy to get injured in unless you can adapt your style to them. I wouldn't recommend them for anything other than light jogging.

I'm not at all bothered by my ASICS :-)) I just wish I didn't have to buy three or four pair a year. If you go with a barefoot shoe, you'll be wearing them out even faster.

One of the best athletic shoe sites is Jenny Sanders - she really knows what she is doing. You might try writing her if you are worried about a few millimeters: <http://drshoereviews.com>

5'11 ½" Rusti-Lynn wrote (January 6th 2013)

Does anyone know what brand, if any of athletic shoes have thinner than normal soles. I find myself not wanting to work out because athletic shoes tend to add 1 ½ inches, which puts me over 6'0" and makes me very uncomfortable. Thanks ladies if you have any suggestions. Rusti-Lynn

6'0" Adrienne wrote (January 5th 2013)

I just turned 15 four months ago and I am so tired of my height. If there was one thing I could change about myself, it would be my height. I see the people posting here with so much confidence and I wonder if we live in different worlds. I really hate being as tall as I am.

I'm tired of hearing "You are so tall!" or "Why are you so tall?" every single day of my life.

I have real self esteem issues because of it. I attend an all girls institution so I am mostly around girls the average height. Most guys I know are shorter than me or prefer short girls. I'm really tired of being taller than everyone around me, even my mother, and my 20 year old sister. I'm like almost my father's height. My height is beginning to annoy me. I feel really uncomfortable around other people because I'm always the tallest in the room so I normally try to sit down and I don't even wear heels to church. Sports is not my thing because I'm sorta clumsy but people say I may have a shot at modelling. I really don't know what to do because I really want to get rid of this height. I'm tired of feeling like a giant.

I really came upon this site after googling how to be tall and confident as a girl.

Tall Quotes 2012

5'10 ½" Carli wrote (December 9th 2012)

Reading these posts have made me so happy. I know that I am not the tallest female out there but in a school where every girl is 5'7" or shorter, it sure feels like it. As I've gotten older I have learned to embrace my height. It is a major part of me, and why would I ever want to be to be just like anyone else? When I see other tall women in public wearing high heels it puts a smile on my face. We are all models, people envy what we have. So be proud of it!!!

5'11" Jewel wrote (December 3rd 2012)

Hi Joerg, I just wanna advertise that I was a bridesmaid this weekend, and I refused to do the "tall woman wear short heels" to make others feel better or to prevent "sticking out". Oh, I so stuck out and loved every minute. All but one of the bridesmaids were 5'2" and under and I chose to rock my 4 inchers. You know what I learned, when you feel good and look good, even when you're tall it really doesn't matter. In fact, people tend to accept you and love you because you look so good. I had 3 pairs of shoes chosen for the wedding (all 4 inch and maybe a 4 ½ inch there). I just refuse to conform AND, I am going to refresh my wardrobe and start spending my life in heels - because I can actually handle it. Socially I feel comfortable. I make no excuses for the self that I am.

Cheers Joergy, Jewel.

5'10" Gabriela wrote (November 24th 2012)

Girls! Maybe you're not feeling super confident about your height, but come on! Super models are super tall. The most beautiful women in the world are super tall. Just look at Adriana Lima, Candice Swanepoel, Karlie Kloss, Joan Smalls and all those models. All of them are 5'10" and over! I feel so proud of my height and think that the girls that make fun of us are just jealous!

6'1 ½" Diana wrote (November 22nd 2012)

My whole life, I've been made fun of for being tall. I'm not going to lie. It was terrible! I'm 15 going on to 16, and I still get a bit insecure at times. Boys are afraid of taller women (maybe an inferiority thing?) and girls can get really jealous and say mean things. Although I'm proud of my height (which I wouldn't change for the world). I have to remind myself that tall is beautiful, and you can never change how you'll truly look. So accepting yourself is the only conclusion. Loving yourself, and rocking out those heels. (Which I can get afraid of at times), is good! Don't be scared of yourself. Don't let those ugly words change who you are. You're a beautiful, intelligent person. Who isn't defined by just "tall". But by all the attributes and make you a fabulous person.

6'0 ½" Ally wrote (November 17th 2012)

I'm 16 and 6'0" / 6'1" and I've been bullied since I started school because I've always been tall. When I was 5 I was the height of an average 10 year old. I've always had confidence issues because of the bullying but I've learnt to embrace it and although my dream of being 7'0" ft isn't going to happen I wear heels to make up for it... actually I feel more confident wearing them :D

5'11 ½" Renee wrote (November 10th 2012)

Hi, I'm Renee... I come from a tall ,n' short family. My mom is 5'5" and my dad is 6'6" so I guess I got stuck in the middle. LOL. I used to hate being tall but it wasn't because I got teased at school or anything. I was actually one of the popular kids at school. I just felt different from my friends. But they loved me and so does everyone I know. They loved me for me so I started loving me too...

I love my height. It makes me special. I like standing out and being different from everybody else. I AM TALL N PROUD !!!! I read what some people write on here and I'm really shocked that (some) women don't like being tall. WELL, NEWSFLASH: YOU ARE GONNA ALWAYS BE TALL SO START LOVING YOUR GIFT AND ENJOY LIFE. I KNOW I AM. My fiance is 5'6" and in love with me, and not my height... I wish everyone on here could be as confident as I am.

5'10" Madeline wrote (November 9th 2012)

Hello, my name is Madeline. I'm 12 and I used to hate being tall Ssooo much until I learned to like it. Then I hated it again until this girl who was always mean to me told me "I bet you would be in the top five tallest twelve year olds". I took it offensively... My friend then said that was rude... I agreed with her and then the girl kept quiet. And I said she'd probably be one of the shortest (she's shorter than the 9 year olds) and then she got really mad and told me how rude that was. I told her that if she's allowed to judge my height that I'll judge hers back. Then she said "That was a compliment". And she got upset? Being tall is a good thing. Being short? "Not so much". I didn't wanna say noo and make it seem like I didn't like my height because I know she would like that so I said the grass is always greener... But she got so defensive about herself it made me realize that everyone has things they don't like about themselves. I like my height now and this lil website makes me feel better about myself.

5'10" Kay wrote (November 4th 2012)

So, I was always depressed about my height and I always thought boys didn't look at me becuz of it. But lately I started getting attention from boys and I've been happy. But just the other day somebody made a comment about my height that made me realize that words hurt alot. Since I started getting more attention from boys I started wearing my heals again. But when I wore my heels this guy I knew was like "OMG, why are you wearing heels - you're gonna be like 20ft in those". At that moment I wanted to cry cuz I knew I was not a strong person. I had mix emotions. I was sad and angry at the same time... I was sad and angry becuz I just started building up my confidence and it's like he knocked it down. But I guess life comes with its struggles and I just have to stay strong.

5'10" Sydney wrote (October 29th 2012)

Hello my name is Sydney, I'm 11, and adore being tall. Short is cute but tall is beautiful. Jess, you shouldn't feel that way. There is a lot of advantages to being tall. And you should appreciate what God gave you and the height he made you.

5'11 1/2" Jewel wrote (October 29th 2012)

Joerg, I decided to share all my marbles with others instead of keeping to myself.

Iliana: If someone calls you a name it's only because a part of you has given them permission. And believe me - if you don't feel good about yourself - you are giving others a licence to mistreat you cause: afterall, if you can treat yourself bad why should they not? (people can smell lack of confidence miles off).

You need to affirm positive thoughts to yourself. You are more than special. There has to be something about your manner that says "just dare step on me". I have seen this attitude with the shortest of bosses (one even owned hotel chains around town and mineral concerns here and there - at 5ft1). We respected him and like him very well.

6'0" Stephanie wrote (October 29th 2012)

Hello Ladies! I'm 17 years old and a senior in high school. I remember last year I was talking with this girl I didn't know very well in English class. She was about 5'7" and we were talking about height. I told her I was 6'0 and she said, "Oh my God. If I was that tall, I would kill myself." Now, don't worry, I didn't take her advice to heart :p But it did do some damage. Before that moment, I had slowly become more comfortable and confident with my height. This girl basically shattered all the progress I had made.

However, since reading all of these amazing, wonderful, thoughtful, awesome, POWERFUL words from all of you, I'm happy to say I feel pretty good about my 6'0" physique. In fact, I feel bad for the girl in my English class. She is just too insecure to be able to rock 6 feet of beauty :) I may even go buy some heels soon. I'VE NEVER BOUGHT HEELS BEFORE! Thank you all so much, you have truly made a positive difference in my life.

Much love,
Steph

5'11 ½" Jewel wrote (October 25th 2012)

Hi Joergy, hope you're good.

Laurie: at 5'10" you are only really marginally tall. Ok, so 5'10" is taller than the average - but you should just be confident. About your fingers and arms - all I can say is embrace them and affirm to yourself in the mirror daily that you are so hot, you rock the planet. I promise you in time, what you deem your worst feature can become a "unique identifier" - Sorry for using IT lingo but it's just saying that you have something about you that doesn't throw you in with the masses. Those who have embraced their unique identifiers throughout time have literally rocked and changed the world. How come people, all of us, always try to fit in? You were created to be you, with a DNA that has never been found before you or will ever be. I am sick and tired of how Hollywood tries to define beauty for all. But let me tell you - TODAY you are the responsible one to make your own rules and play your own game. Refuse to conform and embrace! Happy to report I did and I am so happy with this person in front of me in the mirror.

Peace all.

5'10" Laurie wrote (October 23rd 2012)

Hello, I'm 5'10" and was just wondering if anyone else has really long skinny arms, my arms are too long and I have funky double jointed fingers, I get alot of comments on them, sometimes I feel like I'm the only one that looks like this, it sucks, just felt like venting, I've never posted anything before.

5'10" Taylor wrote (October 21st 2012)

I just wanted to comment that we are all in different places as to accepting ourselves. Some of us are more positive, but we are all not at the same place in our emotional well being... so I for one would say that, if someone is not feeling the same way I am about their body, that is ok. I would hope that someday we would all feel very positive about what we look like and who we are. If someone is not feeling so great about how they look, I think its ok to post that. We all come together, for support, and sharing of our thoughts, good and bad. Just the way I see it.

6'2" Susan wrote (October 16th 2012)

Although it's been awhile since this post was made. I agree, w/ you. As I have said before and will say again and again. Being tall is a wonderful blessing and I wouldn't change it for anything. Also, being tall is a major part of who I am and I love it. Jess, I don't know what your purpose in posting over and over extremely negative comments. We have enough negative comments from ignorant people; along with a lot of positive comments. It's like you keep wallowing in negative comments and it doesn't go anywhere? If I remember correctly you said you had a child. Please, please, please get some counselling, but, then again you have to want to change. Being tall is wonderful, but, you need to embrace it. Peace out - Susan

Addendum to my previous post: I was agreeing with Jules' comment made back in July of this year. Try this again - Susan

6'1 ½" Veronica wrote (October 14th 2012)

I live in South Africa and I'm 19 and my high school years were terrible. I got teased and was very self conscious - I was always taller than all my friends and family but now I'm in college and totally embracing heels.

6'1" Madison wrote (October 14th 2012)

I just wanted to say that I'm 17, and at every school dance we've had, there's been not a single guy ask me to dance. Even though all the other girls would wear five or six inch heels, I would stick to my flats, knowin NO ONE would ask me to dance if I was even a centimeter taller. Last year's homecoming I decided that, there was no hope, and I was going to wear whatever footwear I wanted, and feel good doing it! When I finally decided on some cute, black six inch heels, I almost chickened out the night before. Luckily I braved it out, and stepped foot out in public with them on. I can't even BEGIN to describe the looks I got when my group went out to dinner. Looks on people's faces varied from bewilderment, to jealousy, to all out awe. It felt good though, knowing they

were looking at ME. Stepping into the dance that night, it felt like I was the center of attention. Everyone stopped what they were doing to look at me, considering the second tallest person in the building (being male) was about 6'3". That night I was about 6'7". I had never had more fun in my life than I did that night! And finally, when they played the final slow song, a guy asked me to dance. He requested that I take my shoes off, and I thoughtfully declined, and he said "Well I guess I'll get over it." We had about a six inch height difference with me in the heels, but it was the first time I'd ever felt like the center of attention. People were even CHEERING. The point is, someday you should say "to hell with it" and walk outside with heels on. I promise you'll feel as good as I did that night.

5'10 1/2" Sowmya wrote (October 10th 2012)

I feel good that I am tall. My height used to trouble me because I am by nature a bit shy and I would get flustered when walking in a crowded place or feel really conscious. Now that I have started to realize that being tall is an asset and also having read the quotes written by other members of this group I feel good and confident. I have seen people ridicule me, make fun of me, pass unnecessary hurting comments because I live in India where the average height is really less for a women (5 feet 2 inches I guess). Finding a good pair of footwear is also quite difficult. Even if I manage to find them, there would be no variety. But still, I feel good being tall because I make people's heads turn and look at me ;) I no more feel shy and conscious. I am looking at it in a positive way these days. It is cool that we can catch the attention of people so easily ;)

6'1" Alma wrote (October 3rd 2012)

You are what you are. Stand up straight and don't try and find yourself.... create it.

6'3" Emily wrote (September 17th 2012)

Being 17 and having this great gift of beautiful, statuesque height, I can honestly say, I haven't always felt this way about myself. During high school I went through countless pocket-packs of tissues during school dances. "You don't need to wear heels, you're tall enough already!"

Boy, did that one hit home for me! Years flew by and I actually skipped my senior prom! That was a major regret of mine. I was terrified of the annual comments about my choice to rock a 5 inch pair of pumps (better than any of these other little girls may I add ;P). However as I got older and went into the workforce, I thought it might get better. Boy was I mistaken!

"Did you play basketball!? Volleyball?!" and all of the above, yet I love to almost anger people when I tell them that I was the school mascot! Now this isn't a spiel about my ever so dramatic high-school life, but more how I came to accept my height when I found the right person to accept it with me, and that is my ever so loving 5'7" boyfriend!

He saw me and has a ,thing' for tall girls and he made me feel like a beautiful woman, not this giant hideous monster that I always believed myself to be!

LADIES: love yourself for who you are! Whether you're short, tall, don't have the breasts you want, don't have the Hollywood butt, or the body you desire, every woman is beautiful and deserves to be treated like the queens we are! (: Love - Emily

5'11" Jess wrote (September 11th 2012)

Tall girls, don't delude yourselves. There are so few of us that short surgery isn't available even though I know it's possible. Oh I've been challenged to prove myself real I'm willajess@xyz.xxx and no I'm not a facebooker.... So nothing on Facebook is associated with me. Period.

Joerg says: If I listened to you I'd shut down the website because nothing anyone says will make a difference. I don't think I've ever come across a more negative person. And I don't believe your attitude is helpful. Maybe you've got a different idea as to what a "support website" is supposed to look like.

6'3" Erin wrote (September 8th 2012)

Yes, we are tall and feel isolated among the short people, but that's okay and we must embrace our statuette beauty. Use your gift to smile and encourage others and by all means always wear heels!! I wear 5 inch heels and enjoy ever bit of it, and if someone feels insecure and intimidated by your height, then that is on them, not you. Love yourself because you are beautiful and remember everyone looks up to you. Yes we've all heard jokes and been called names due to our height, but we are powerful strong women, who are special in our own way. I had a complete stranger come up to me in Wal-Mart and tell me she hated me because I was taller than her and beautiful. Those words hurt me and brought me to tears, feeling like a was a freak of nature. I could have easily taken those words to heart, but I didn't, I realized that that was on her and not on me, and I kept on standing tall and walking proud. I love my height and love the attention, when you act as if you have a gift and that your height doesn't bother you, life is easier. Love yourself and know that it is soooo awesome to be a tall beautiful woman, people are jealous of us.

5'10" Taylor wrote (August 31st 2012)

To Krithika: Thumbs up to you... I love your "major advantage"!

6'2" Krithika wrote (August 31st 2012)

I have been the tallest girl ever since my pre-schooling days... I never got to understand why the whole bunch feels me like an alien into the class. I always wish for stylish and fancy footwear which I could never imagine to get in India cos Indians are generally about 5'6" and the average footwear size is around 5 or 6... Being the tallest I had been the butt of the ridicule for several years. Life was miserable as everyone I could see were far shorter and no body really wanted to hang out with me...

I managed to be on my own since a kid. Now I'm proud that I stand as an independent entity before others, inspiring them to think. I get all the attention, be it anywhere I go and I just love it !!! I'm proud to be so tall and attractive.. All these years of ditching friends gave me strength to find the real diamonds and I've got them too! I feel extra blessed. And the major advantage is that, The air above (my breath) is fresh and free from pollution!!!

6'1" Gail wrote (August 24th 2012)

I hate being tall always have and probably always will. I seem to have spent my whole life searching for clothes to fit and have an obsession with trying to find trousers long enough in the UK. I must admit it is better now than it was when I was a teenager. I always wear flats to blend in with the crowds (I can't wear heels i get vertigo) and feel that adding more height draws more attention to myself. It affects my social life as i don't want to go out anymore not because I'm tall but because I always think I look gawky and don't have a great amount of evening outfits. LTS is now the only place to buy long clothes but they are poor quality and the postage and returns and clothes are so expensive.

6'0" Jewel wrote (August 20th 2012)

Thanks so much Jorgey, for taking the time out. Anyways, it must mean you really aren't that short if the "shortest" of the 2 is 6ft. That means if the 6ft lady took off her shoes there wouldnt be that much of a diff - at least optically. Thanx! Have a great day.

Joerg says: Well, no... I'm not that short. 5'8", to be specific. 

6'0" Jewel wrote (August 20th 2012)

Hi Joerg, the two women with u in the pic - how tall is the shortest one? And also, when are you updating your tall woman of the month features June to August? Cant wait!!!

Joerg says: You are probably refering to this picture?



The shorter lady (Barbara) is 6'0". Her sister Cassandra is 6'5". The Tall Woman of the Month feature has been a pain in the **** so I've been thinking about phasing it out. I simply can't keep the deadlines because I can't get hold of the ladies I had "pencilled in". It's a big shame, I know... but it's been so frustrating lately.

6'0" Maddy wrote (August 15th 2012)

I used to be embarrassed to be the tallest girl in class (and tallest person in my family!). My mom used to tell me that I needed to stand up straight and be proud of my height. "Slouching doesn't make you look shorter, it makes you look silly, so stand up!" I couldn't thank my mother enough for making me proud to be tall. It's not something you can change. You will be tall your whole life, and there is no changing that. So stand up tall and be proud of it! Tall is beautiful!

6'7 ½" Jules wrote (July 30th 2012)

G'day my duchesses of dominating height! :) Sorry I've been away for so long - having a phenomenal summer here! I've been catching up on a lot of the recent posts by my tall sisters and they regrettably all have something in common - their insecurity. It truly saddens me to see such beautiful people unhappy. And even though I've never met you, I know that you're beautiful because you're tall.

I'm 6'7.5". That's tall. Now I'm not telling you that to rub it in your face or presume that your problems based on around varying tall heights are in any way less important or trivial compared to mine just because I'm taller, no. I write my stories here (which I'm proud to say have been mostly positive) to show you that we ALL have our problems. But also, that we can all have happy days being tall too.

I read over more of my recent posts and I can definitely see how they might be read as fantasy. My life feels like a fantasy to me every day. I don't know why I ended up this tall, I don't know why a guy 14" shorter than me - who is perfect in every sense of the word - is my boyfriend, and I don't know why I didn't grow up to look as gorgeous as I am unlike what I thought I'd grow up to resemble. But I do know why I want to share my life with you. Not to brag and certainly not to gloat.

I do it to assure all my sisters that even the tallest woman can be happy.

It's really as simple as that. There's no subtle ulterior motive here. I'm tall, we don't have the luxury of being subtle ever hahaha. I just want you all to be as happy and lucky as I've been. I want you to find that guy - even if you have to bend down to kiss him - who will make your life feel like a fantasy too.

I love you all. Be expecting more of me soon ;)

5'11" Jess wrote (July 29th 2012)

@ Jewel: Yes, towering over the world like a giant has been a terrible suffering. I am glad to hear someone understands but sorry to hear others know that sort of misery. I hope that life will be kinder to you than it has been to me.

5'10" Taylor wrote (July 26th 2012)

To Kiara: I wonder if you tried any other agencies for modeling, maybe others don't have the same restrictions. If it is your dream to model, I would say keep trying. It might also depend on what kind of modeling you want to do. I googled the top 9 tallest runway models and their height was 5'11.5" to 6'2" so you fit right in there for height. These models are actively working at this time.

6'0" Jewel wrote (July 24th 2012)

In response to 5'11" Jess (June 21st 2012): I know how you must feel. On some days I promise you it feels like everyone in the shop in town or wherever is under 5 foot! And then you get tall days with "normal" people. I have friends from all cultures and some of them feel so short that even when they ask me to go to town I have to decline! Terrible huh. I just feel so awkward around them. However, I have come to accept that people are different and we are different, but that does not stop me from being me. I love me, cause that's the only me there ever will be. Do I have days where I feel awkward? Yes, today's one of them. Spent my day in flats but I feel chunky and I feel a bit scruffy. But I must change that. When you are tall, baby you have to do everything in your power to look goood! Shallow? No, cause when you look good, you feel confident. When you feel confident, you feel you can take on the world - and you normally do!

6'0 ½" Kiara wrote (July 20th 2012)

So I haven't been on in a while but I just wanted to rant a little so I thought that maybe because I was tall hanging out with tall people would make me feel better or that they would understand there's 2 girls that I know. One is 5'10" and the other 5'11" and they still make fun of me and that upset me that them of all people would call me slinky and a giant because they're tall too. Maybe I'm taller by an inch but idk. I just thought they would get it but no. I'm just someone they can stand next to to draw attention off them no matter how positive this site or I am about myself I know that being tall is not awesome or cool. I'm sorry I don't get why anyone but a guy would want to be tall being tall is only good for two things a model and sports and BTW I went to try out for modeling. I thought I'd try for fun u know and I'm TOO tall to model for their agency. I didn't even know that it was possible being too tall to model. That really was a confidence deceiver.

5'11 ½" Iliana wrote (July 18th 2012)

I used to feel ugly and huge for being so tall. I've been called every name giraffe, jolly green giant, string bean etc... I was so self-conscious until I started getting older. Now those guys that made fun of me wanted to date me. I would laugh and say oh no... I wear heels now I feel powerful, beautiful and in control. I still get wow your tall. I embrace my height now. I love it and if people talk crap their probably jealous!!! Look at all the super models their tall girls and very beautiful.

5'11 ½" TJ wrote (June 30th 2012)

Hey all! I wanted to share my story of finding (even though wasn't searching for) a boyfriend. I have never worried about finding someone special because I cannot go around staring at people hoping I would magically find someone, too rational for that. Now (I am 19) I have a perfect guy (first boyfriend ever). 2 years in the same class and only friends (in the beginning not even friends, just two people in the same classroom), during the last year gradually getting to know each other better and after some time being afraid of what would come out we got

together. Just happened. Long walks and winter sky. And he is noticeably (not sure how much exactly, my guess is 2 inches) shorter.

I asked him directly about it and height is not a problem. And if I want to wear heels, I can go for it. He is very confident and I know if he says he is okay with me being taller I can believe him. Those who know us have never commented on the height difference, some people have glanced a little bit longer at the streets than usual but nothing special. So just one more story about being happy and confident with the height. And if someone comments that you have unbelievably long legs - reply that they are just in the right length - exactly reaching the ground (if they were shorter you'd be floating in the air, right ;)?).

Remember, being different is not a bad thing!

5'10" Julie wrote (June 29th 2012)

It pays to know your body proportions. I used to feel huge and less feminine around people who are shorter than my shoulders until I realised my chin is 5 ft high. This means that those people are way below average and must be having their own insecurities. Interestingly, short women have a higher risk of childbirth complications, especially if their partners are much taller than they are. (See <http://dx.plos.org/10.1371/journal.pone.0020497>). Tall women fare better regardless of their partners' heights.

6'3" Jheri wrote (June 26th 2012)

For those who battle the problem of finding clothes that fit - especially for a reasonable price - maybe the best way out is to make your own. Here is a great DIY project Tanasha just did :-)

<http://prettytallstyle.com/2012/06/25/made-by-me-diy-heather-gray-maxi-dress/>

For someone who hasn't sewed in a longtime, she did great work! And for those of you who may be teens and have time for projects, learning to sew may be one of the smartest things you can do if you want to look good on a budget.

6'0" Teri wrote (June 22nd 2012)

Girls! I am 21 years old and I've been battling with height issues my ENTIRE life! One thing you need to know is that it does get easier! Embrace what sets you apart from others because at the end of the day this is the body you were born to have. Beauty is what you make of it, if you believe you are beautiful then that's all that really matters! Trust me, I've heard my share of hurtful comments and not one day goes by that my height does not get commented on. From a simple "wow, your tall!" to "I bet it's hard for you to get a boyfriend". A lot of guys actually love tall women, so do not let your height get in the way when finding the right guy! Girls please do not feel alone or outcasted one bit! Obviously a lot of us are dealing with similar body cautious issues, but at some point you will realize that this is YOU and you need to love yourself and feel good about yourself. We all need a little reminder sometimes, but we are beautiful, and for you high school girls you need to know that high school is just one chapter of your life, the so called "popular" ones that are bullying you now wil soon grow up and life will go on. Do not let your height define your life, because we all have so so much to live for!

6'0" Tara wrote (June 21st 2012)

Me and my friend love reading your quotes and your page and it inspired us to start up a facebook page for tall teenagers who want to share their advice and get their stories heard:

<http://www.facebook.com/pages/Whereheightmatters/477171785632480> please visit our page and share your stories. :)

6'0 ½" XJ wrote (June 21st 2012)

This was the verdict I came to about myself in my early teens, and one that I always tell my tall friends: if I'm going to attract attention no matter what, might as well do myself and the world a favor by giving the gawkers something nice to stare at.

Stand tall, heads up, be confident, take the comments / stares / glares / whispers in stride, stand up for yourself and walk like a model or sports superstar (preference is yours to be decided) regardless of whether or not you actually are. They're going to think you one of the above anyway...

And trust me, the stares multiply tenfold when you happen to be Chinese American, it's just something that comes with life. (Yes, I have the quintessential "Asian" body at 140 lbs and and THANK GOD for my genetic C cups). A thing I've found helpful is to grow my hair out long (midback?) to balance the height out and give them something else to stare at. Agrophobia be damned, let's walk proud!

5'11" Jess wrote (June 21st 2012)

@ Jewel: I would imagine the struggle of any woman over 5'10" to be extreme. I don't know if it increases with each inch or if it's a simple categorization of ugly, weird and undesirable no matter what? I know where I live 5'11" is equivalent to 6'5" in other places. The average height for women in NM is probably 5'0"-5'3" whereas other places I've heard it's 5'6"-5'7". The average height here is probably 5'7" for men rather than 5'11" so you can imagine how hideously I have always stood out. Just a thought. Good luck other tall females, may your lives be better than mine!

6'0" Jewel wrote (June 20th 2012)

Joerg, everytime I look in the mirror I just shake. I just can't believe how beautiful I am! Standing at 6 feet I am all things gorgeous. I don't know, it's my skin, my hair, my legs - too much! I have put on a few pounds but I started gym last week, baby! Cause am gonna look like a supermodel in 3 weeks! I even have a present for myself - a soft baby pink strapless dress with black single strapped heels! Uuuuhhh. I am just sooooo beautiful and I am going to look even more beautiful! Just wanted to get this off my chest by sharing it with you. Have a great day! Jewel

5'11" Jess wrote (June 17th 2012)

I've recently had to start leaving my home to work in the public again. It's very hard as the comments have started. I literally think I should be able to qualify for something that would allow me to stay home where I can be safe. I think tall teen girls should also be able to stay home in some sort of program to feel safe.

@ Jheri... The story you posted was while in good spirit not that inspirational to me as a giant. Trust me men love little women yes even dwarves and midgets. I understand they have a disability but I think tall women do too! It's time it's recognized as one!

Joerg says: I keep wondering what you'd be doing if you were, say, 6'5"...

5'10 ½" Lindy wrote (June 15th 2012)

To 6'1" Marissa: Listen, heels are beautiful - especially for a tall woman! My cousin is 5'7", like 18 years old and loves taller woman. And that's one example of a lot of guys.

6'1" Marissa wrote (June 11th 2012)

I am 14 and 6'1" and I used to get so tired of people saying rude comments about my height and about how I shouldn't wear heels and I have figured out that it really doesn't matter what other people think about me and I have learned to love my height. I do get frustrated at times but I just have to remember that I was blessed with this height and I love it.

6'3" Jheri wrote (June 9th 2012)

A beautiful love story for everyone, but especially those who are unhappy with their bodies :-):
<http://www.guardian.co.uk/lifeandstyle/2012/jun/09/kiruna-stamell-gareth-berliner-relationship>

Joerg says: You are right, Jheri. This is a beautiful as well as inspirational story. Thanks for sharing!

5'11 ½" Emma wrote (June 6th 2012)

Thank you for all the advice I've got on here, it makes me feel better knowing other people have had similar experiences to me. I think the only way for me to get over obsessing about how other people see me is to get professional help, my insecurities are so deep-rooted I can't combat this on my own. I agree with Jheri, its very important for me to feel good about what I look like because my (distorted) logic tells me being a tall, attractive girl is a good thing because people will envy you, but being unattractive makes being tall a disadvantage. If I could gain weight and curves, get breast implants (I think I'd look so much better if I wasn't as flat as an ironing board), tone my legs and stay tanned, as well as always having perfect hair and nice clothes I would feel a million times better. But then again, all of this is so sad. Sad that just because I'm a tall girl I think I have to do all these things to feel as attractive as a girl of average height.

I try not to blame the world for my problems but its hard. I'm angry at the people who've made me feel like this to the point where I'm bitter towards ANYONE who stares. Kiara and Jess - it baffles me how people can be so insensitive. I hope one day I can accept myself for who I am but I'm such a long way off that.

Thought I'd add too, something I experienced a couple of weeks ago. I was walking through town because i had to go to the bank, bare in mind I'd put off doing this for weeks because I was dreading the quick 5 minute walk there and back. A group of girls were stood outside a beauty salon handing out fliers. These girls are exactly the types of girls I envy, small (none of them were over 5'5"), petite, delicate and blonde. There must have been about 5 of them, but the route I was taking meant I had to walk past them twice, and all of them stared, BOTH times. nudging each other, whispering and not taking their eyes off me. Maybe other people think I'm being oversensitive, but its this sort of thing which happens to me everyday that's making me more and more agoraphobic. If only i didn't stick out like a sore thumb! Anyway rant over, thank you for all these amazing comments, I'm glad to see a lot are more positive than mine.

6'2" Kiara wrote (June 4th 2012)

QUESTION FOR MY TALL SISTERS: Hi, so I just wanted to vent a little today. At lunch for the second time a neighboring table full of guys thought it'd be funny to call me a "tall bitch" and you know first time it was like "whatever". After coming to this website I've actually gotten over the whole height thing but for some reason when they said that I just snapped. When I got home I was bawling my eyes out. What should I do, my tall sisters ? He is obviously going to do it again and the sad thing is he's kind of tall himself. He's like 5'10" or 5'11".

6'2" Susan wrote (June 2nd 2012)

This is for Lindsey, Tall Woman of the Month for May 2012: Great words Lindsey, very positive, good stuff. You are absolutely right!!! Being tall is part of who we are and wouldnt change it for anything.

5'11 ½" Patrece wrote (May 27th 2012)

Hi, I always have been tall. I was 5'10" in the 7th grade! For some reason I stopped growin at a early age - I stopped at 5'11". I'm 28 years old and always got teased for being a giant string bean. But now as an adult I have filled more out and had 2 kids... and women would kill to have my body! Being a tall black woman was hard growing up but what doesn't kill u makes u stronger and I love my height!

5'10" Louise wrote (May 26th 2012)

Wow... a lot of great comments! Thanks, everyone. Emma, you got splendid advice already in response to your concerns, but I do have one comment on a different note - I love your writing style! Have you considered becoming an author? Joerg, thanks for telling us about Casie Leigh Shepherd. She is so beautiful! I have always loved working out with weights, and Rachel McLish was my hero (guess I'm dating myself now!). I never achieved the muscle definition that these ladies have, but Casie Leigh Shepherd is my renewed inspiration. (This website is a goldmine!) Jheri, I love your suggestion to focus on fashion. We all have the internet at our fingertips and can get fashion tips and see images of what works on different body types. Then, hit the stores and have some fun trying things on! As I said, this website is a lifesaver for many of us, but I wish that in addition to this there were tall groups of women that got together. There's nothing like being with tall people to make you feel comfortable and secure. Maybe we could use the internet to start local "tall" clubs, where people meet at

public locations such as coffee houses, and who knows? From there, I bet some awesome friendships would spring up, and we'd see more and more of us tall groups of people cruising the streets. Let bullies try and mess with us then!

6'3" Jheri wrote (May 24th 2012)

Emma - I'm thin too. In fact I have never weighed more than 57 kg in my life and am usually 55 or 56 - about 124 pounds I'm 27 now and have been that weight since I was 17. I'm naturally that thin as is everyone else in my family. I run and bike a lot (I don't own a car) and my doctor says I'm one of her healthiest patients and she considers me athletic. Using weights doesn't modify my body at all - I don't have the right muscle type for that as I'm mostly slow rather than fast twitch muscle.

This used to bother me a lot, but when I was about twenty I started to focus on other things and get on with my life. Mostly I don't consider myself tall or thin these days unless someone makes a direct remark.

It was extremely important for me to feel good about what I looked like. My body is far from the normal standards of beauty, but my face is a bit pretty and I have nice hair. I started to dress for my body type. Even though clothing choices are limited, there are a lot of possibilities that are flattering. You really do need to find a good tailor as well as someone who can give you great advice on what will look good on you with your shape and coloring. I use a lot of layering and try to work with colors as well as use accessories like scarves and hats to move the viewer's eye around. I started getting compliments on how I was dressing and these were usually very positive. I almost never get comments on my weight now other than women telling me they were light like me - I often get this when I'm out eating as I eat a lot and there are woman who are constantly dieting and are jealous.

Also important is the fact that I'm in good physical shape through my daily running and all of the biking I do. My legs are very hard and my butt is great - this is common on Danish women :-). Feeling good about yourself physically empowering.

Most people don't really notice other people even they are very different. It is likely you think people are shocked by your appearance, while in reality very few of them have a second thought. It may be that you are focusing on this and it has become an obsession. In that case you may need a bit of professional help to rid yourself of those feelings. I went through about a year of depression in my early 20s. There are times when someone else can be of great help. If you can't shake this by yourself, don't waste time putting up with the feeling.

5'11" Jess wrote (May 24th 2012)

Emma, I'm glad people have responded to you here. I had a similar experience when I was 15. A bunch of gang type guys said "why are you with that tall, ugly b*****" when I was walking down town with a male friend. They proceeded to tell him "his girlfriend was ugly". He wasn't even my boyfriend. I vomited for hours that night and cried myself to a migraine. I'll never forget it. So I totally understand how you feel. Now I'm very agoraphobic and have been for years. My advice for what it's worth don't let them get you down and maybe go talk to a counselor, (I don't like them either)... but if it could help you not have a life like mine RUN!!! I've had / have all your issues! I will pray a million prayers for your wounded heart and ego, they are not easily repaired!!!!!!!!!!!!!!

6'1" Kiara wrote (May 22nd 2012)

@Emma: I feel really silly giving a 20 year old advice when I'm only 14 but I totallllly get it. Those stares are well upsetting. I was at the store one day and this guy from school yelled giraffe at me about I don't know 25 times as I'm waiting for my sandwich and it was with all of his friends. They sat there and laughed as I couldn't wait to get out of there faster. But after reading what you said they called you lanky bastard my heart broke a little and since you're 5'11" I've always considered 5'10" or 5'11" an ok height to be. I'm 6'1" and maybe still growing but for the most part I ignore it. But seriously I want you to know there's not much you can do about it but what I did is stay strong, head held high and every time you feel low just come back to this site. It usually lifts my spirits and inspires me on behalf of all tall girls. EMMA YOU ARE NOT ALONE I FEEL YOUR PAIN :]

@Cheyenne: In order to keep my confidence I usually hold my head up high. I recently quit slouching. They say if you do something for 30 days it will become a habit so if I don't slouch for 30 days eventually it will come

naturally. Also when I'm feeling really low I come to this site and rely on the help of Joerg and my sisters in height. One day I hope society learns to see past our height and see who we are - as human beings.

@Yvette: Omg. I'm one too. I knew adults were tall and stuff but to know there's another 14 year old floating around out there too is awesome. Stay strong and basketball is so not my thing but volleyball was and I still feel super feminine playing that sport plus not alot of running (one spot). And Yvette... I haven't seen you to tell you you're beautiful but I'm absolutely positive you are beautiful. But, hey... if others don't think that you are you certainly have a beautiful inside and that's what counts :] P.S.: Those boys are just jealous they're not tall enough to ride your ride :P

5'11 ½" Emma wrote (May 21st 2012)

I'm 20 years old and in my opinion one of the most difficult things about being tall is getting noticed - WHEREVER YOU GO. I'm only 125 pounds and this accentuates my height even more because I'm so skinny but I just can't put on weight. I've always disliked being tall, but it didn't bother me too much until about a year ago after an incident which really upset me. I was walking out of the bus station after finishing college like I do every day, when a car full of men drove by. The driver rolled his window down and shouted, "you lanky bastard", at me. This HUGELY dented my confidence, and from then on, I started to notice people's reactions to me more and more.

Every day when I'm walking down the street, I get a lot of stares. Sometimes it's a quick glance, other times their glare lingers and even when I look straight at them, they carry on staring and I can feel their eyes following me. Groups of young girls and guys are the worst. I can see a lot of them whispering about me. If one of them notices me, they look shocked when they register how tall I am, then turn to their friend, point and whisper, sometimes laugh... I have NO IDEA what they are saying or why being tall could be funny? Maybe it's my lankiness they are laughing at or the fact I'm so skinny? They think they're being discreet about it but it is SO obvious - I notice every time.

I've tried to focus on the positives of being tall. I've tried to think of things I like about myself. but no matter what I do, this staring is the one thing I can't get over. My life has turned into a guessing game, obsessing over how to interpret the way someone looks at me on a particular day, counting how many stares I get walking down the street, doing my best to avoid standing up, avoiding crowds and public places. I feel like I have to look my absolute best all the time to compensate for being so tall and skinny. I have had a few positive comments about my height, but they seem to be rare.

I have quite a few friends and i go out a lot because I love to drink and dance (although I never wear heels). I'm a nice person, I can be funny, and once someone gets to know me they aren't intimidated. Most of the time I don't have trouble finding guys who are attracted to me, although my insecurities mean I can never form a strong relationship with them.

So if it wasn't for this issue of being so self-conscious about my height and constantly analysing the way people look at me and the things they say I'd have quite a normal life. But that's easier said than done. I just CAN'T ignore the people around me and I have no idea how to deal with it. Has anyone else had the same problems? I really want to get over this because I can't focus in college anymore, this issue really is taking up every day of my life.

Oh, and I forgot... I'm always getting that classic look off strangers - they look at you, you can see the expression on their faces as they register how tall you are and then instantly look to your feet to see if you are wearing flats. Makes me want to punch them in the face every time.

Joerg says: I don't know if you have considered working out, Emma. My friend Casie Leigh Shepherd is also on the skinny side but she decided to pump iron and I believe that she looks great. May not be everyone's cup of tea but it's something that went through my mind.

5'10" Sarie wrote (May 21st 2012)

I've been reading a lot of the quotes on here and I am really confused about one thing... the whole "lack of boyfriend" situation. There are plenty of guys taller than most of you ladies out there who probably prefer a girl who is a "normal" height to them. Every boy I've ever dated (6'1" was my shortest) has liked the fact that I was

5'10" and had told me at some point in the relationship that they preferred taller women. Short women and regular height women end up being single at some points in their lives as well; I have no idea why anyone would think they are single because of their height (unless it was an extreme, which most of you are NOT).

My advice to all you unhappy ladies out there? Try your best to improve the things you can. Go to the gym; get a great body. Do your best at work or school. You'll notice all of the rewards, and other people will too. Then you'll probably realize it wasn't your height at all that was holding you back.

6'2 ½" Cheyenne wrote (May 20th 2012)

Okay, I'm sooooo glad to have found this place. It was a real confidence booster to know that other girls have the same problems I do. But how do you keep it up that self-confidence? I'm 17 and have trouble staying proud about myself. I'd really like some advice on how to stay confident in myself as a beautiful tall girl.

6'0" Helen wrote (May 12th 2012)

I love being tall (I'm just over 6ft!). Sure it's a bit of a pain finding jeans long enough but for the most part it's awesome. I usually wear heels so am around 6ft4. When a tall person walks into a room people notice - it's like being famous and I love being different. I would say to be proud of your height because if you embrace it everyone else will as well!

6'0" Eleanor wrote (May 9th 2012)

This is a message specifically for Yvette. Hang in there sister. Being 14 is hard enough without feeling different. Being tall is something you can not hide, and at your age people love to point out differences. But trust me! life will get better! And you will learn to love your height. When you are an adult, you will see that your height will give you a huge advantage; a presence every time you walk in the room. In the work place you will gain more respect simply because of your height. it is crazy but it's true. There are statistics out there that quote taller people make more money than average in many jobs.

It took me a long time but I now love the fact that in a crowd, I can see above most people. I love my height of 6'0 feet. I love that men constantly tell me they are 6'0" and that I must be 6'2" because I am taller than them - until we measure and they realize they are 5'10", not a good tactic if you want to preserve that male ego. :-). Plus there are so many great clothing lines and shoes that are not available for long inseams and big feet.

When I was your age, I felt the same as you and constantly told myself the story of the ugly duckling. The swan that is brought up with ducks and doesn't know why she is not cute, small and yellow. Well guess what. the swan grew up to be a beautiful majestic bird and the ducks, were just that - ducks. You too, will grow up to be a beautiful adult and I bet if you really looked in the mirror - you would see a beautiful beautiful girl right now. I can only send my thoughts and my experience, but trust me you are a swan - and when you are in your twenties you will realize that many people will wish they were you. Best of luck and focus on what you love and your passions in life.

6'0" Yvette wrote (May 6th 2012)

That's cool but, guys think I'm too tall to be pretty. They even tell me on Facebook and stuff. I think it's funny because I tell them Adrianna Lima is only an inch shorter than me and they laugh and so no way. "Models are hawt, not huge". I really hate it. I'm so lonely. I even tried to play basketball and guess what I'm bad at it! Thank you for writing back because sometimes I feel like the only giant on earth. I saw this other lady in Target the other day who was tall and I almost attacked her? In a nice way?

5'11" Rebecca wrote (May 6th 2012)

Yvette, that makes me sad you say that. I'm sure you're a beautiful girl inside and out! I know being taller than average can be hard especially when you're in high school... All you wanna do is fit in in high school, but believe me it will get better! I'm a senior now and it's taken me a while to accept my height, and I'm still getting there. Believe me - it's a working progress. But I find I'm loving my height more now and I kind of just needed to accept the fact that it's not going to change unless my attitude about it changes! So then I wore 4" heels with confidence and wow I got so many compliments and guys hitting on me. Haha! So pretty much what I'm trying

to say is I'm sure your beautiful, you just need to show it and rock it... Just have that confidence and people will admire you! Girls envy us and guys love our sexy long legs... Just rock what you have because it's not going to change, best of luck! Xx

6'0" Yvette wrote (May 4th 2012)

The stories told by Jules seem really untrue to me. I'm a 6'0" and I kind of think none of her stuff is true!! That hurts because I look on here for support. I read this every day and look forward to new messages. It just seems like she'd be in the news at that height doing the things she claims she's doing. If it's true than wow, you go girl. I'm 14 and I hate being tall! Everyone around me seems to hate it too! I wish I could be pretty! Yes, models are tall BUT that's pictures people NOT school or in life. I'm pretty in pictures too and trust me NO ONE THINKS I'M PRETTY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

6'7 ½" Jules wrote (May 3rd 2012)

Just a quick shout out to all the tall teens/young adults out there who always feel insecure about attending dancing scenes (i.e. school dances, clubs, parties): DONT BE!!

I know, I know. Easier said than done, but last weekend was my school's senior prom and... I've never had so much fun being tall. I mean, honestly, I cherished every waking moment of that dance.

So my boyfriend and I had a phone convo about an hour before the limo arrived as to whether I should really wear heels or not. His verdict was this: "Go for it, babe." When he arrived at the house for pictures, I started getting the butterflies and second-guessing myself as I put them on - 4" babies. But when I walked downstairs and saw how absolutely... sexy he looked w/his black vest over a dark grey button-up, sleeves rolled slightly up, I lost all fear and doubt about the night.

There I was, 6'11", just towering over my sweetheart. And I was a little confused at first why the shoes he was wearing weren't giving him a few inches lift, but upon closer inspection I realized they were low-rider dress shoes. When I bent down to whisper in his ear why he didn't go w/his normal ones, he answered: "Because you should feel as close to heaven tonight as I feel when I'm with you." :)

And I did. He's a singer in the band that played most of the sets until the last dance slow song. All y'all can probably think up a mental picture of the logistics of performing such a dance, but we both kept a lock on each other's eyes (resulting in his neck hurting a little after lol). The kiss afterwards, bending down to do it, was the most romantic moment of my life.

So hopefully my prom experience inspire all of you to not limit yourselves to a taller man. You can have just as much (if not more) fun w/ a shorty ;)

6'2" Kiara wrote (April 22nd 2012)

@Jules: Thanks so much. What you said has really helped and I'm so happy for you and Mr. 5'5" guy and, hey, maybe I shouldn't overlook the short guys. They can be just as nice, I guess :]

P.S.: I just want to say thanks to every single person that has ever posted anything here because I know these comments have touched at least one person. It is truly inspiring and I'm not sure if it's just me but I feel a connection when I read these things. No one in my family is really tall. I guess an ancestor or something was tall because I'm huge and none of them really get it and you guys do. So thanks all of you: I really appreciate it. I feel as if I belong for once and well... it feels good. Love, hugs, and being super tall. xoxo

Joerg says: I think you are right, Kiara. This is probably the most helpful of all the sections on this website. Maybe one day I will compile these quotes and make a book out of them. Or something...

6'5" Fedelia wrote (April 20th 2012)

I don't have a quote but I would like to let my fellow tallies about the store Aloinai shoes. If you have ordered from them without a problem - great. But I ordered from them and their product is very cheap looking and the

material is bad. So I returned the shoes for a refund and now I'm having problems getting a refund, so buyers beware!

6'7 ½" Jules wrote (April 19th 2012)

@Kiara: YES!!! If you take a read at the thousands of other stories from your Sisters, you will see without any doubt that life for a tall woman only gets better if you keep your chin up - literally. It is, and will always be, about confidence and how you're carrying yourself. Making improvements to your appearance is a great step in the right direction, but is meaningless unless you always walk feeling as beautiful as you are. If a guy notices your friend instead of you, he may have an inside joke with your friend and just generally know her better or he's just a typical high school boy who doesn't know anything about women. Haha!

Not everyone is going to like you or think you're as phenomenal as you really are - that's true for short people too. But it's about putting yourself out there and giving them a reason to take notice at you. The popular kids will always pretend not to take notice, but they always will and will always be jealous. I'm finishing high school at nearly 6'8". I could have acted as awkward as I felt, but I - like you - made myself more attractive each and every day and broke out of the norm for tall girls our age which is to shrink away from the limelight as often as possible.

And now I'm happier than I've ever been and dating a 5'5" guy I'm absolutely crazy about - and that WILL happen to you too! Well... maybe not dating a guy who can't ever see over you, that's obviously not every amazon's taste, but you know what I mean.

Stand tall, sister!

5'10" Taylor wrote (April 19th 2012)

To Kelly: I enjoyed your comments, Kelly. I often wondered if taller lesbians faced the same issues as heterosexual tall women. I guess I thought it would be absent there. Seems I was wrong.

To Kiara: Unfortunately some guys never grow from that stage... but they are few in number, and not worth spending time on. The best males mature and love all different types of women. So you can be sure you will find one of them soon...

6'2" Kiara wrote (April 18th 2012)

QUESTION FOR MY SISTERS IN HEIGHT: So I'm in highschool. I'm a freshman and well I also have a love-hate relationship with my height and the dilemma is that well I've just gotten out of my awkward phase. I started wearing make-up, curled my hair and upgraded my wardrobe so I think I look hot and stuff. I'm feeling real good about myself but even with all that said and done when I'm walking with my friend Christelle who isn't ugly or anything - guys still hit on her. This one guy even used this pick up line I'm in need of a hug. Think you could give me one? And I'm sitting there like... Hello, am I chopped liver and it happened more than once tht day at least eight guys have hit on her and she wasn't even looking pretty that day. I mean ragdy purple shirt and black leggings while I was there all dressed up looking good or at least I thought so. I have come to the conclusion that it is my height so question to all my S.I.H. Sisters In Height: Does it get better do guys ever look past their egos and stop seeing me as some freak but as someone pretty? Someone tall, someone confident?

5'11 ½" Kelly wrote (April 18th 2012)

I'm sort of in a different boat. I'm tall and a lesbian. I'm a "femme" or "ipstick lesbian" if you don't count my height. If I was a "masculine lesbian" I'd get the love but as a girly, but tall lesbian it's imperfect! Truth is though women accept you in time, even with physical imperfections! I have a girlfriend now who's 6'0" and it is a perfect match. I'm not a lesbian because I'm tall. I've just always preferred women. My partner is more a lesbian because of her discomfort with her height! Thanks to any dudes who made her this way! She is sooooo hot and so flexible!!!! Glad you all hurt her? Not really (I love her)!!!, sometimes my insecurity is does she love me ? Or ... Does she love me because I put her at ease with her height? Insights tall women who are "real lesbians"? Or any other tall ladies who have helpful thoughts?

5'11" Tracey wrote (April 9th 2012)

I believe I exert way too much time and energy thinking/worrying/obsessing about height. Do extremely short people worry/think/obsess about their height all the time? My prayer for myself and my 2 beautiful and tall daughters is that we will be able to love and accept ourselves exactly the way God made us. We are exactly what He designed us to be. I need to get over myself and use that energy in more productive and life affirming ways. Worrying about things we can not change is a waste of time.

5'11" Beth wrote (April 4th 2012)

If you wrap up your entire sense of self and happiness in being in a relationship, you will never be truly happy or fulfilled. Happiness that is dependent on other people will always let you down in the end. Real lasting happiness comes from within.

It's extremely easy to blame something as obvious as your height for your problems. It's much more difficult to look at yourself and accept responsibility for creating your own misery.

6'2" Susan wrote (March 31st 2012)

Love it, Jheri!!! Way to go with the high fives. Luv your positivity. I wouldn't change anything about my height either.

6'3" Jheri wrote (March 25th 2012)

I'm extremely happy and have happy friends of all shapes and sizes. Being so bitter has nothing to do with height. There may be some issues, but there are also great rewards and you also get a lot of inner strength early on. I have a few friends taller than me and they are very happy souls.

A person can be bitter at any height, so perhaps it is best to work on the bitterness than simply wishing life was better. Professionals can help you deal with this very internal issue.

A friend from Poland was visiting today and I took her to the StrÅ, get, which is a car free area in KÅ, benhavn. I talked her into giving strangers high fives today and it was wonderful. We even got a ground of school girls to do it and there were so many smiles. One of the shop keepers was so delighted to see this that he gave us some of his cookies and little cakes to hand out. **That** makes you very popular in a hurry :-)

Spring isn't here yet, but the smiles make it feel much closer.

5'11" Jess wrote (March 25th 2012)

I have always been upfront on here and have even posted my personal email on here. If there are other women with similar issues it doesn't make them me?

@ Tina - I often feel so lonely and frustrated. I'm trying to avoid my agoraphobic tenancies. I even went to a sporting event with my children recently. I wasn't comfortable but I made it through. These are the small types of goals I'm currently setting. For me small goals seem to work better than total self pity. I still have many days where I do wallow though. I will always be single but I'm trying to find purpose and let go of my anger, it's a slow process. I don't know how old you are, but it sure is taking me a long time... So don't feel bad!

Oh one odd question to you and other tall women? I am always short in my dreams never tall ? Kind of weird? What about you all (and I mean in my literal sleeping dreams/ not daydreams)....

5'11" Tina wrote (March 24th 2012)

I have watched this sight off and on. I am having a meltdown right now. Why do ladies often post lies on here about how happy they are? It's clear from my calculations that 90 % are single. That's he truth we are all single! While some may be happy, I appreciate that some aknowledge the unhappiness! I try to be happy, but the truth is

constant singleness, being undateable and general loneliness do not usually equate happiness? Ridicule, teasing and rude comments from strangers and the media are not really helpful either! I can't stand it one more day!

Joerg says: Your quote sounds eerily similar to 5'11" Jess' quotes. I'm beginning to think that someone is trying to mess with us on here. I am going to keep an eye on this!

6'3" K.T. wrote (March 21st 2012)

To my beautiful Sisters In Height (SIH) scattered around the world. I want each and every one of you to know that through it all we will remain SIH always! Continue to stand tall and be proud of your gift of height. Your thinking and the way you carry yourself makes a world of difference!! I am so glad to be a part of a distinguished group of TALL GIRLS!! WE ROCK!!! Yeahhhhhhh

6'0" Kate wrote (March 20th 2012)

Dear Stacy - that really sucks that people say stuff like that to you.

I'm 14 and I stand 6 foot. It's not easy and I have got tons of crap about it. I look at it as people are jealous they see how beautiful you look and they want to be the same.

I am not going to tell you what to do but I will give some advice. What you should do first is not hide. That is a bad move no matter what. If you hide then people will think you are afraid and trust me you don't want that. I had alot of people laughing at me and saying I was a baby cause I would hide from people but now I stand tall and look them in the eye and laugh.

Being tall is awesome and you should never be again to embrace it.

With love KATE =]

5'11" Rebecca wrote (March 19th 2012)

All you ladies out there scared to wear those heels, just go out and rock them! I just wore 3" heels on Saturday night out on St. Patrick's Day. I'm 17 and if you wear those heels with confidence people will be in ,aww' of you believe me. You get noticed in a good way, and you get so many comments like "damn look at those legs" and girls asking you if your a model, guys and girls are in ,awe' of us... just wear those heels and rock them. Only if you stand tall and proud will you wear them with confidence and you will look AMAZING in them.

Before I went out I was a bit hesitant to wear them as usually I wear flats, but then I thought screw it, I'm gona wear those heels looking pretty in my closet for the first time... and after the first time wearing them, it's so much easier to wear them again! This guy came up to me and was like "f**k you're tall" and I just said "thank you". But the rest of the comments I got were people admiring my height and how I looked in heels. Being tall can be hard, believe me I have had my times of hating my height, and sometimes Ive just wished to be 2" shorter... but then I think, you know I wouldnt be me if I was any shorter, and we have to live with our height for the rest of our lives... so I am still in the process of trying to love my height, because after all, I'm stuck with it. I used to almost let it define me in a way, like I would hold back from doing things because I thought I would look tall and silly compared to the other shorter girls... but I try not to let it define me, even if I look super tall compared to the others, if we have confidence with it, we wont look silly, instead we will look sexy, elegant, and beautiful.

Rock what you have, because there is no point wishing for yourself to be any different, because your stuck the way you are. Wear your height with confidence and we will rock what we have more than anyone else!

5'10" Tumie wrote (March 19th 2012)

It's not easy as a tall woman to wear heels but we have to look at it in a positive way... we have the height, not every woman got what we have. If your man thinks your height is a problem, why isn't his height a problem? If being tall is wrong, does being short make it right? We are special and beautiful, we do not owe the world any explanation on why we are tall.

5'10" Taylor wrote (March 18th 2012)

Yes, Stacy... that happened to me once. It did hurt, I agree... I didn't know him then but afterwards I found out what kind of a person he was... not well liked. It is however survivable... and I think you should go out and be proud of who u are. Don't let one nut define you. Rise above it... and be the best you can be. Always.

5'11" Jess wrote (March 17th 2012)

@ Stacy: Yes I've often felt so uncomfortable and unusual. I am (in my mind, even if no one else sees it) a really feminine woman! People don't comment on my height so much now that I'm a grown up mom. It's still very hard though. I wish I had been treated medically and not have lived my life tall and often very lonely, uncomfortable and at times agoraphobic, but it can't be changed. Good luck! Peace!

6'3" Stacy wrote (March 16th 2012)

I just found this site, and wanted feedback from anyone!!!! I am stared at all the time, and told that I am a tranny or hemaphrodite. I thought I was kind of attractive, but now try to avoid people as much as possible! Not to be crude, but I bleed and I don't stand peeing. I feel like I am losing my mind, and I could really stand to hear anyone that's been in the same situation!!!!

6'7 1/2" Jules wrote (March 14th 2012)

@Jess: You are such a sweetheart! Umm, to answer your first question I broke up w/that my 5'6" boyfriend and found another who's 5'5" - the one I'm currently with. As for why I'm so tall haha, my parents are both 6'4" and being an only child they were extremely supportive about being tall and frowned upon the idea of doctors doing anything to reach my full potential. My mother especially always inspired me to keep my head up - no slouching. LOL! Every day I feel so blessed to be as tall as I am b/c every day when I walk out the door I just feel so beautiful. With an amazing body including my long legs I proudly display daily, I honestly love the way I look. And to be w/the boyfriend who stacks up to any guy I'd ever want (b/c I have a thing for short guys, I'll admit)... I couldn't be happier :)

As for TWOTM, I'm so flattered but I'd prefer to stick to "quoting" and keeping a level of anonymity haha :) Hope you all understand!

5'11 1/2" McKenze wrote (March 13th 2012)

Being tall is sexy! Yes, I do get teased for my height... but they're just jealous because they don't have the sexy legs :) Don't be ashamed of your height because one day it's gonna pay off... When you're tall you can be a model (short people can't) and short people get jealous over that all the time! When I get sad I think of Tyra Banks and what she's been through. But look at her now: she's the best thing!!! Always look forward in life and never look bad.

5'11" Jess wrote (March 13th 2012)

@ Jules: I thought you and your bf broke up because he had a minuscule petite friend he fell in love with? Just wondered... because I like reading your issues on here???? Anyway if you are a real person of that height why would you think of wearing heels? Also why did your parents / doctors allow you to get to that height? How do you feel about the fact that they did? Just wondering? I get sooo frustrated because it seems like no tall women want to answer these hard questions ? Anyway you seem like a sweetie! Be tall woman / girl of the month? Peace and luv...

Joerg says: I think Jules should be Tall Woman of the Month!

6'3" Jheri wrote (March 12th 2012)

I just saw the "stop discriminating tall people" petition. Sadly although it may seem like a good idea, it is impractical. There are some speciality makes like Long Tall Sally and made to measure companies like Indi, but

supporting tall lines is not profitable for the mainstream apparel makers. In any given size range there aren't enough customers to support even minimal production runs.

I work in apparel on the marketing side and have watched a big cutback in size range diversity as manufacturers are being forced to cut costs. I know of several lines that are being cut even now.

This is just reality. What you **can** do is support the tall speciality stores. It is only by giving them business, even if you are paying more, that they will stay around and perhaps bring even better selections. My hat is off to these guys. I don't think any of them are doing extremely well.

The other things you can do is learn how to make your own clothes as well as modify existing clothes and learning how to choose carefully, use accessories and be able to put together several great outfits with a closet that may not be that full.

This used to bother me, but now I see it as a challenge and more than a few people complement me on how I dress. I'm still learning, but I regularly hear "where did you find that!?!" from a woman of average height before she comments on my height.

I still need to learn how to sew well and work from scratch. When I started learning I asked the question on Burdastyle. Check out some of the answers: <http://www.burdastyle.com/discussions/what-s-next/topics/advice-for-very-tall-women--2>

I have a tailor who does some dress making who helps me out and we've done some great things together.

Remember - walls aren't made to keep you out, but rather to test how badly you want something!

5'11" Jess wrote (March 12th 2012)

Hi Taylor, you are such a positive girl! Thanks for responding! I ended up not going on "my date". I don't feel comfortable near males who make fun of me. I do not like being the butt of a joke. Being alone is ok. I'll have fun in my next life (that's the life I dream of)... where I'm a normal girl in heels, who doesn't get pointed at and laughed at. I hope it is that way ? Someday... Somehow?

6'7 ½" Jules wrote (March 11th 2012)

Afternoon my fellow amazing amazons! So my senior prom is coming up and my 5'5" boyfriend and I agreed to go w/each other pretty much the day we became an item. Now since he's so comfortable that I'm so much taller him, I decided I'm going to wear heels. My 4" ones most likely, putting me at 6'11 ½" (I know, WOW)! Everyone in our graduating class have already accepted us as a couple so I'm not worried about what they'll think... but I am kind of concerned about if I should go through w/the heels for my boyfriend's sake. I mean, I'm going to TOWER (b/c I think that's the operative word here) over him. I'm just thinking about a) our prom picture, and b) the last dance where he should be as close to my eye level as possible instead of the view (that I know he loves) of my big boobs in his face? What do you all think?

5'11" Amanda wrote (March 11th 2012)

I'm just saying I absolutely love my height, at movies if you're sitting in the back you can still see the movie. Sure it was tough when I was younger one because all the guys around me only liked the 5'2" girls and things like that, and two all the shorter girls made fun of me for my height, but eventually I decided it was a good thing none of the guys liked me because they were all jerks to my friends and things when they went out. All I'm saying is college had a lot more fish in the sea. Even if I got made fun of by all the short girls, I found there was so many advantages to being tall. Now they even have a scholarship for girls 5'10" and taller. So don't spend all your time hating your height just embrace it.

5'10" Taylor wrote (March 11th 2012)

To Jess... of course you can smile, Jess. As to attraction... well, u don't know how much you're really attracted to him until u actually get to know him... and I am thinking he was attracted to you before he asked you out. So just be yourself. He must have seen something there he liked. Allow yourself to have fun.

5'11" Oshene wrote (March 11th 2012)

I love being tall! Tall is sexy! But the only shortcoming is that in India it is really difficult to shop for dresses as most people are not so tall! I love heels! But I feel very insecure when I wear them because most of my friends are wayyy shorter than me! And then everyone stares and that just makes it worse!

5'10" Taylor wrote (March 10th 2012)

Michelle... if u love heels but feel shy about wearing them out... wear them first to somewhere where you dont know anyone. For an example go to a mall that's not close to your neighborhood... then u will gradually get used to wearing them out. Plus u get practice walking in public. So if u stumble no one u know will see. When you're dressed up or even in jeans I think heels always look better. That's just my opinion. One thing u can do to give the illusion when your walking: buy a pair of those kitten heels. Then wear long pants that just barely show the heel - and when you're walking people will not know it's just a tiny heel. And you get the look, sorta...

The more u go out and wear the 3 of 4 inch heels though, the more braver u will become in them. Heels look great on almost anyone but best on tall women... of course shorter women make comments. They know that when we are standing beside them in heels and they also have heels on it makes them look like they are trying to look tall and failing. LOL. Tall is always better I think. In tests usually the highest score is best. In material goods the highest price usually has the best quality. Not that I am comparing people to goods but generally speaking I think the best are the ones that stand above the crowd.

5'11" Jess wrote (March 10th 2012)

What should I do? I have a date and he's taller (by a inch or two)... But I'm so out it and can't smile, make eye contact, or even "Try to be a girl"? I sadly don't feel attraction BUT tall females have to settle... Look at models even? Pathetic!!!!

5'11" Michelle wrote (March 7th 2012)

I was looking for a cute saying to put as my status on Facebook about being tall and found this site! Love it - great site. I too have come to love my height. It took years, I am now 25. As a teen I hated it with all my might. Still have to say I hate jean shopping cause I'm slim and slim jeans tend to be too short and the ones that are long enough are always too big in the waist but I read something on here that I loved. She stated that you weigh more than you look like you weigh and that is so true! I average around 135-140 lbs but people swear I can't be more than 120-125 :)

I still have issue with heels though. I love them but I can't stomach going out in them, even though I spend the money on them, they sit beautifully in my closet :(But to anyone doubting themself due to height, weight, anything: God choose to make you the way you are and no matter what anyone has to say about it, God doesn't create ugly - beauty is in the eye of the beholder and supermodels aren't short ;)

6'1" Kelly wrote (March 7th 2012)

Hi! For years I prayed to god (or whoever is up there) to make me 2 inches shorter so that I could at least try and fit in with the petite and slim girls at school. Needless to say it never worked, but now at 27 years old I can accept my height and use it to my advantage, as I just set up a website for tall women called www.6footfashion.com. I would never even dreamed of owning my own business and I have my height to thank for the idea and general determination to want to help women find clothes and shoes that fit! TALL GIRL POWER!

6'1 1/2" Raeanne wrote (February 24th 2012)

I was wondering if any other tall women have this problem. If I try to wear a cute skirt or shorts to school I am CONSTANTLY criticized and called a sl*t or wh*re because with such long legs (38in) the shorts/skirts appear shorter. One time my friend (5'5") and I were wearing the same skirt and I got yelled at and almost sent home and she got a compliment on how cute it was!!!! Has this happened to any other tall women????

6'1" Emma wrote (February 22nd 2012)

I wish I had found this website long ago. I love being tall, but I used to hate it. To all those young girls reading this, LOVE YOUR HEIGHT! I am only 17 myself, but already I am understanding the perks...

Tall guys flock to you. I'm not kidding. People start commenting on your long legs. You CAN eat that extra cookie if you want, aka your weight is spread out and you look at least 20 pounds lighter than you really are.

5'11" Jess wrote (February 22nd 2012)

@ Madison: Run don't walk to get help with an eating disorder! Talk to your mom, another adult, or anybody potentially helpful! I've struggled with many eating disorders! I think as tall women we want to feel small in any way we can. Truly though this can hurt you in so many ways. I'm often a negative person. I've been told to get counseling on this web sight twice... I know it's hard being tall! I do! Killing oneself with an eating disorder won't make it better. I promise!

6'0" Madison wrote (February 20th 2012)

I am so glad I found this blog. I'm dealing with an eating disorder at 113 lbs and I obviously need to gain a good 10-20 pounds. But it is a scary thought. All these 5'5" and below girls at my high school would always look at my in disgust because I would wear a size 6 and not a size 00000000. And now when they ask me how much I weigh, I get upset because they're the reason I lost weight, and now they call me too thin? No. It's hard being so different, and I love being tall. It's just difficult to view yourself from an outside perspective, you never know what looks thin, normal, or above. This blog really helped me a lot. You're all beautiful and I hope you never feel alone.

5'10" Tina wrote (February 19th 2012)

Hey there sexy tall women!! when I was younger, I didn't really like the fact I was taller than anyone else, but then I realized how much beautiful it is to have longer legs and to just stand out of the crowd with an hourglass tall body it looks rediculously hot (I don't mean myself here though I'm proud of it too!) when I see people with nice figures and tall and to top it off they wear heels, that shows how feminine and confident they are .. don't ever hate it ladies, look at models, they're all tall and pretty even though they can be so skinny, but with a lil weight on it's better than all.. if you had 2 versions of yourself: a short woman or a tall same woman, I bet most of people would choose the tall woman version... it's just attractive and shows more maturity, enjoy being tall it's a blessing and strut your beautiful bodies :3 those who make fun of you are just bunch of jelly people. Best luck! (:

6'2" Susan wrote (February 19th 2012)

To Eve and Jess: I wasn't sure if you both were serious? If you both are serious, First, I need to comment on Eve. I am 6'2" and never ever have considered any type of treatment to stop my growth or did my parents ever considre any treatment, etc. Are you serious? Yes, I have heard of injections that were/are used to stop growth. The only time would even consider would be someone that is growing to the point that their body can not handle the growth. To address your question on if would condiser treatment for daughter/s? The answer is NO!!! My daughter will most likely be as tall or taller than me and she loves it. She is encouraged to participate in all kinds of sports, etc. Also, it is stressed by her family all the advantages there are to being tall. Our height is viewed and is a blessing. By the same token if my daughter were short I would encourage her to use that in a positive.

Second, I need to comment on Jess. Not trying to be mean,but, it seems as though there is some other issue going on other than your view on your height. I hope you re not passing that junk onto your daughter. We (tall girls)

have enough obstacles in life without making things even more difficult. Seriously , you should consider getting some counseling.

Be at peace - Susan

5'11" Jess wrote (February 17th 2012)

@ Eve: I would have given myself any therapy in a heartbeat to have been a woman! I long every day to feel like a female and BE TREATED LIKE 1!!!! I wish I could time travel! "It's never to become, for I am not the one"! I have a biological daughter (amazingly) and I would have done anything not to "curse" her... Somehow she is a damn midget (to me, I guess not actually)... LOL. Go figure, so you never know?

6'0" Eve wrote (February 16th 2012)

I am curious to hear the opinions of other tall women and girls on if they think doctors should start offering estrogen therapy to stop women/girls from being tall (like they used to)? I know this is a positive/ supportive place. I would just like to hear other tall women's opinions on why or why not? I have always felt the problems my height has caused me have outweighed the positives. I wish I could go back in time and told the doctors that growing to 6'0" tall would hinder me in so many areas. However, I do try to live a positive and productive life. Also if you are a tall mother of biological daughters what if anything will you do, have you done, would you consider doing about her height? Thanks a bunch!!!!

5'11" Tracy wrote (February 14th 2012)

To 6'5" Fedalia: Ohhh, I totally agree with you. I love shoes, but I absolutely hate shoe shopping. I spent an entire Saturday shopping for shoes a few weeks ago and IF the stores had my size the shoes were either clumpy grandma shoes or 4" platform heels. I needed black heels so I finally ended up ordering shoes online, but they're still not exactly what I was looking for. I've often wished I could design a line of SEXY shoes that are 2.5" or less heels.

6'5" Fedalia wrote (February 13th 2012)

I so love being tall now as I have gotten older when I was younger it was so hard to find clothes and shoes in my size since at that time I was 6 feet and was wearing a size 3 and 5 jeans, but now I have come into my own and there are so many places for us tall girls to find clothes that look good and not like I just took something out of my grandmothers closet, but my thing is shoes I just love shoes but why dont designers know that we all dont want 4 in heels or granny shoes with 2 in heels I wear size 13 and there are so many cute shoes in size 12 why dont designer just add that one more size there is such a great market for them, so I continue to look and write designs, all ladies check out norstom and norstoms rack they have a great selection of shoes that go up to size 13, even though if you wear a size 12 or smaller you will have such a lovely section Keep your heads high ladies, no need to hang it low if your tall they're still gonna see you.

5'11" Tracy wrote (February 13th 2012)

I'm 41 years old and 5'11" and people still comment on my height. When I was younger I'd say something like, "I know, it sucks" as though being tall was something I should be ashamed of. Now, when a stranger says, "WOW, you're tall!" I reply with a surprised expression, "Really? I hadn't noticed - no one has EVER said that to me before". My 5 year old daughter is taller than most kids her age. When I tell people how old she is they inevitably say, "WOW, she is so-o-o tall" and I reply with a straight face, "Yeah, I have absolutely NO idea where she gets it from".

Recently I was watching my daughter in dance class and another mom said in a super-duper-sympathetic voice, "Ohhhhh, the poor thing - it must be so-o-o-o hard for her being so tall. People must expect her to be so much more mature than her age". I felt like I needed to apologize for my daughters height - it was ridiculous and still makes me mad when I think about it.

I just replied, "No, not really. She's pretty intelligent, very polite and actually she probably is more mature than a lot of other 5 year olds, but I don't think that's really a bad thing". I admit I do try to prepare my daughter for her possible future height issues in subtle ways. I always talk about how people come in all different shapes, sizes

and colors and how that is a good thing. We discuss how you can find something beautiful in everyone and how being nice and happy is even more important than how you look. She will run into mean people in life just as we all do, but I want her to have the confidence to not let people like that make her feel bad about herself.

5'10" Taylor wrote (February 13th 2012)

Fermina... If your fiance wore shoes that had a bit of a heel, which most men's shoes do, that would add an inch to his height and you could wear a 3 in heel. I agree with you about the 2 inch heels. I would go with the 3 inch heel and that should make you both about the same height. I do think though that your goal should be to look the best - regardless of your height.

5'10" Mary Ann wrote (February 12th 2012)

I spent my younger years being 5'11" tall. Now at age 69 I've been measured as 5'9 ¼" and was startled! When I was young it was VERY hard to find clothes and shoes that fit. That does not seem to happen so much today. There are many sites to buy tall fashions. I was teased by classmates at a young age but somewhere in my 30's I really accepted my height and was happy to be tall and just be me. I hope it does not take that long for your readers to come to accept and love themselves. It's all we've got, you know?

Joerg says: Thank you for your wise words, Mary Ann. I couldn't agree with you more.

5'11" Fermina wrote (February 12th 2012)

I am 5'11" and my finance is 6'1 ½". I am getting married this summer and am looking for a sexy heel in which I will not be taller than my finance. I find all the 2 in or lower heels unattractive, so what size heel and platform should I be looking for? Please help.

5'11" Jess wrote (February 10th 2012)

Joerg, I do hate being tall! But my point was why I hate it! Who are little mean girls to say Khole, myself, and the other tall women are not feminine? When Kim, Kourtney and the poster share the masculine trait of being covered in body and facial hair? I don't go up to strangers and say "Wow, you sure are hairy for a female, how will a hairy girl like you find a man, wow you should play baseball because a lot of baseball players are hairy"... YET people continue to torture tall women in this way! I think my post was misunderstood! You are correct many, MANY short women have mustaches LOL that was my point!

5'11" Jess wrote (February 9th 2012)

@ Zara... I'm so happy when people say it like it is instead of fake positive bs! Thank you and good luck! I had a thought today "tall girls"... I was reading comments on a Valentines pic of the Kardashian sisters and most of them were great! One said "Who's the man by Kim and Kourtney"? It was posted by a 5'0 tall Hispanic girl and I thought mmmm half your men are under 5'7, are they little women? You, Kim and Kourt have the masculine trait of body and facial hair mmmm?? Mmmm so who's to say who are the men in the picture?

Joerg says: I guess if it were up to you I'd probably send out a "being tall is crap" message. I've got no problem with you hating your "height" but has it ever occurred to you that some tall ladies may actually be really happy with who they are? And a 5'0" Hispanic girl is not automatically more feminine than any 6'3" woman I know. Some may think that but short girls sometimes sport moustaches as well.

5'10" Louise wrote (February 5th 2012)

Zara, thank you for writing. My heart breaks for what you went through, but I applaud your efforts to heal and help others. Your comment is brilliant: "... friends and even family... come and go. You have to live with yourself forever."

You are so right! Another helpful tool when grappling with what to do... think to yourself, what would I tell my daughter to do? I have always remembered my own mother's advice when I was young. She told me never to let any man hurt you. I have carried that with me all my life, and it has helped me to stand up for myself.

Zara, that is not to say that you should have been able to do that. You clearly didn't have the necessary emotional support and guidance. So please DON'T blame yourself for what happened. You made the only choices you were able to at the time. Thankfully, you're out of that horror and can be a positive role model to your children, showing them how a person can have bad things happen to them but get beyond that and be able to love and be loved.

My very best to you.

5'10 ½" Sandy wrote (February 3rd 2012)

Being 5'10 ½", I have dealt with the awkwardness of being taller than everyone I knew. Even though I wasn't athletic, I was made to play basketball. In school I was actually an inch taller than now. I think b/c I tried to fit in and slouched may have caused that. As I've gotten older (I am now 54), I have learned to accept my height and realize that short people usually wish they were taller. I know when I walk into a room, people notice me and I never blend in with the crowd. I stand tall and proud wish I had been more confident in school.

5'11" Zara wrote (February 1st 2012)

I have read things here for the past few years but never said anything. I would like to tell my story. I am of Russian descent and grew up in the South Western U.S.A. It was very hard! I stood out in every way! I was tall, blonde, slender and very fair skinned. I was ridiculed every moment of my childhood. I often wanted to die, move, run away, become a short, dark haired hispanic, fat girl with a mustache.

I just wanted to be accepted! When I was 13 I began to seek male acceptance at any cost. I had relationships with two men, one in his 20's against my will and one in his 30's as well as attending concerts and having inappropriate contact with other much older men.

I did this because of the ridicule I faced from my school peers and young boys. At 14 I met a 21 year old man who I ran away with and stayed with 14 years (and had two children with). I gave up my education, a budding modeling career, my body, my family and my beliefs and family values to feel desired.

He beat me almost daily, broke several of my ribs (on more than one occasion), put me in premature labor with my second child, chipped my teeth, broke my arm, and made me into less than nothing. In return I felt desired. He wasn't always a good provider, got in trouble with the law, and was a heavy drug user. He used my age and my insecurities against me. He wasn't even taller (only 5'10") but let me tell you, if you think taller women are soooo talllll and emasculating let me tell you that one inch didn't help me any. He could have easily killed me and threatened to do so often.

So what is my point? I see my daughter 5'10" going down the same path. Please tall girls (all girls) to be desired by a man will not always save you. Be strong! A man can come and go. People, friends and even family sometimes come and go. You have to live with yourself forever. I have been alone 3 years without abuse and I grow stronger inside.

Joerg says: I'm not usually lost for words but in your case I am. I'm very sorry, Zara!

6'0" Alexis wrote (January 28th 2012)

I completely understand the pains of being tall. For athletics, it's great, but as soon as I get off the court, my size just causes so many problems. Recently, I've been looking for a dress to wear to a formal dance and have been having a huge problem finding one that's pretty without looking rediculously short. Being someone with long legs, I've always struggled with this. Does anyone have any advice for stores or websites to try?

Joerg says: Have you ever heard of <http://www.promgirl.com>?

6'3" Jheri wrote (January 27th 2012)

There are a bunch of tall women blogs these days. Linda at Tall Chick in the City said too many people focus on the problems of tall women and that it is better to focus on the good points. She started a list and I added. If you see the positive about being tall, go over and add your own examples :-)

<http://tallchick45.blogspot.com/2012/01/255-tall-girl-problems.html>

5'11 1/2" Maria wrote (January 27th 2012)

I have experienced similiar encounters. I have two sisters thats 5'3" and I used to pray and ask God why did he make me so tall. I'm even taller than one of my brothers. I recently started a facebook page that encourages the tall woman: <http://www.facebook.com/#!/pages/Love-being-Black-Tall/328121310561839>

6'0" Amanda wrote (January 26th 2012)

Being the "short" one in the family (dad 6'5", mom 6'6") I didn't notice my height until I got out in the real world after joining the army. (I was the one that was assigned to clean the top of wall lockers!) My at the time 11 year old son, standing 5'5" and 141 lbs played football so I signed up to coach. Another coach was 6'8" and I LOVE standing next to him because it's a rare time I get to look UP. Seeing this one day my kid looked at me crazy and says "Ma! I've never seen YOU look SHORT before!" Another kid says "Dude, your mom is tallllllll, how tall is she?" Without missing a beat my kid pops off "five foot twleve!" I about piddled my pants laughing!!!!

I never laughed so hard than one time sitting at a bar with girlfriends this skeezy guy kept calling me "shorty". All the ladies with me busted a gut when I stood up, looked down at him, and told "shorty" to carry his behind.

When I got fed up being asked "How's the weather up there?" I (yes I know it was't nice or lady like) spit on them and told them "It's raining".

6'1" Kiara wrote (January 26th 2012)

So there we days I love my height nd days I don't I'm a freshmen in high school so when I go on my bus to go home I scrouch a little so it doesn't look like I'm hitting my head on the ceiling which it kinda is but when I get off the bus I play a particular song and well the sidewalks have become my catwalks and suddenly everyone's staring at me nd I love it those feelings are what makes being tall worthwhile but every now nd then I'll hear comments like damn she's tall and like really ignorant ones to and sumtimes I wonder if hey know I can hear them but with one whip of the head and a stare tht could kill they pretty much get the message :P

6'1" Amanda wrote (January 26th 2012)

I love being 6'1"... I love being noticed. I love the attention, I love wearing heels, I only wear 5 inches or more! Being tall is beautiful, and sexxi. I love dating taller guys, but there is nothing sexsier than a man who is your height or shorter who is confident enough to stand next to you and is proud. No woman should ever be ashamed of being tall, or feel that they aren't as sexxi as an average sized girl. I will admit that I have felt HUGE at times standing in a crowd of tiny short girls, and then there I am, 6'1" size 10... LOL. I just have to tell myself that I am the perfect size for my height, and if I was a size 3 like the girl next to me I wouldn't exist. LOL. Nothing is more amazing than confidence... so rock it! Wear heels whenever you want, the higher the better, when people make comments ignore them, or laugh... because they are jealous, and the fact that they took the time to think about you and make a comment should be flattering... they noticed you! LOL. I have always been taller than most people, since the day I was born... and I would never trade a moment. Models are tall... Tall is gorgeous... and when people ask me those same questions over and over... how tall are you? Are your parents tall? Do you play basketball or volleyball? I just smile and answer politely... because while it may get old fast... people are interested in you. You light up rooms without knowing it, you instantly turn heads, and no one has legs like we do ;) Be proud ladies!

5'11" Stephanie wrote (January 23rd 2012)

Thank God I found this website. I have been looking years for a place that considers my height not only beautiful, but something to be noticed and praised. It was very difficult for me growing up tall and african

american. I would sometimes receive trannie comments or big black angry woman comments in high school and college. They hurt and I took them personally, but over the years I have grown to see my height as something wonderful.

I think about it like this....men and women say "you are too tall or you look like a man", but I say this... If tall is so bad why do guys think it's sexy for women to wear 4 inch heels that put them at our height (if we are not wearing shoes) and why do women who say they like being short wear the tallest heels they can stand? My point exactly. Being tall is freakin awesome!!!!

I saw an article a few years ago about a surgery in Japan that women do to become taller. I was amazed at the extent that people go to get the very thing that we all on this website have. Every single one of you ladies inspire me to put on my 4 inch heels proudly. I love all my tall sisters!!!!

6'3" Jheri wrote (January 21st 2012)

I saw this on a tall woman's clothing blog. Adjoa Skinner has a tall woman's song and is trying to make a tall women's album with donations. With a big donation she will even write a custom song for you, but a little donation will make an album more likely. There is only a week left for her to make her goal, but tallwomen.org has a lot of visitors.

<http://www.indiegogo.com/AdjoaSkinner>

5'11" Jess wrote (January 16th 2012)

I'm really looking for a new outlook on life this year! I am also looking to write a book about the challenges of being a tall woman. I would really like to hear from tall women. I don't know if this will get posted but my email is willajess@comcast.net and I'd really like to communicate with and interview tall women as I've never met one in my life!

5'11 1/2" Hettie wrote (January 15th 2012)

There are days when I'm shopping with my friends or walking down the street or wondering whether I'm anything long enough to be called appropriate to wear and I hate being like this. There are lots of obstacles that people don't understand when you're a big girl and as a child I hated that everyone thought I was older and expected so much from me and being too tall to play in the kiddie fun parks when you're 9 years old is never fun. There are also great things. You get noticed. You can reach the top shelf. People are less likely to mug you because you look like you can hold your own (even if it's not true ;P). I'm very proud of my height and now I wouldn't change it for the world. Just wish there were more tall guys out there that appreciate a taller lady! Oh, and screw anyone who says I can't wear heels. They look so pretty and losers leave you alone when you're out partying :P

I love my fellow tall ladies :) x

6'7 1/2" Jules wrote (January 10th 2012)

Well my vivacious, vertically-advantaged friends... I'm single.

For those who don't know me, as many of you probably don't, I'm your average girl-next-door in a small town. Only the town is significantly smaller for me because I'm taller than the average girl. Haha. For about a year, I was seeing a 5'6" guy. He loved my height. That was never the problem. And I loved it that he loved it, so I loved my vertical advantage too (Haha, didn't THAT make sense...). I'd wear heels whenever I could around him and when I got tired of them I'd wear boots, high sandals - you name it. He made me feel so confident about being so tall and to be honest... I felt really hot. My height combined with my large chest and buttocks just really added to my self-esteem... I felt even more beautiful than a model.

But, of course, all good things come to an end. I let him go. It was obvious for a while now he felt more of a connection with his 5'2" perfect little dark blonde best friend... and I'm okay with it. He never cheated on me, thank God, but his heart wasn't with me like before. So it was a mutual decision. Some people just set their standards lower... height-wise, anyway. Haha.

Butttt... I still like short guys ;) But there's a limit. 5'5" is the shortest guy i'd date haha. And I've had my eyes on another guy of that height for a while now too! Reminds me of my now-ex, but he's a lot cuter and pretty damn funny. Plus I catch him checking me out occasionally :)

God, you must all think I'm just this ditzzy teen girl... but y'know what? I want all you heighnesses of height to see that it is possible for amazons like us to be happy. And we don't have to be Amazons Eve or Isis to feel it :)

5'11" Rebecca wrote (January 10th 2012)

Hi all! Being a 16 year old tall girl can get quite hard, I absolutely love this website because it helps my confidence in my height whenever I'm feeling down about it. I find I'm getting more and more confident.

At work, being a checkout girl, can really keep reminding you of how tall you are, and tons of people at my work are all pretty short. When people line up and you look across all the checkouts, I can see over everyone's head, and you can't help but feeling abnormal and manly (the uniform doesn't help make you feel anymore feminine) Haha!

I'm lucky enough that at my school I'm not the only tall girl, I notice lots of tall girls are at my school and it makes me feel much more comfortable. When I see other tall girls it makes me feel a connection with them, like "you are one of me!" :D And I love seeing what celebrities are tall, because I look up to them like, Wow, they look so confident and elegant, and it makes you realise you only need the confidence to look like that.

Oh and the comments you receive from being tall, all the infamous "wow, you're so tall", "do you play basketball?", "are your parents tall?", "you're a tall girl", like... no shit people, I don't need to be constantly reminded that I'm tall! Last week I was walking in the mall and this random girl comes up to me and is like "wow, you're so tall" and looked at me like I was a freak of nature then ran off, and then when I was catching a public bus, the bus driver says to me, "you're a tall girl"... Like really!? Come on.

Sometimes I can't help but feel bad about my height. But then I forget about the good compliments where women come up to me out of nowhere and say, "I would give anything to be your height" and especially short ladies that are in 'awe' of us tall ladies' heights. In changing rooms random people say to me "that looks soooo good on you compared to me", so YESm us tall girls rock the clothes we wear, we just need to wear everything with confidence. Even those heels, I haven't quite rocked up enough confidence to wear them yet, but one day I WILL! I absolutely LOVE heels they are so hot, I just have the fear of just towering over people more than I already do. I'm working on it, to get that confidence to wear those 4" heels!

Don't even get me started on dating! I haven't had a boyfriend in all of high school yet. I had like 4 in middle school but you know, just pathetic one week relationships. I do look a lot older than 16... not only because of my height, but the way I look and my maturity level makes me seem a lot older than I am. So I find I really don't get hit on that much by 16 year old guys, but I get soooooo hit on by 18+ guys. Us tall girls look so much more elegant and sexy with our long legs. And guys do approach me, whereas I think 16 year old guys feel are a little intimidated and immature. I've been told by a couple 18+ guys how much they love my height. So really I think it will only get much better in college! I really can't wait for college!

I have a love-hate relationship with my height, and last year I used to be so much more insecure about it, I have my moments... but I find I'm loving it more and more everyday. Like some people have told me "you will appreciate your height when you're older". I have a growing appreciation for it, and really to be completely honest, as much as I at times don't like my height, I don't think I would ever change it because I wouldn't be Rebecca if I was any shorter.

6'0" Terri wrote (January 10th 2012)

They say the world needs all types of people and I happen to be a 6 ft redhead!!! The thing is to be proud of who you are inside and out! If you are tall stand up and be tall! Don't slouch! It really don't make you shorter! It just draws attention to the fact that you aren't confident with your height. So be a confident strong woman and that's how you will be perceived besides we are unique and believe it or not short people are more often than not jealous! So if lucky enough to be tall own that look! And remember confidence is most important thing you will ever wear!!!

5'11 ½" Briggie wrote (January 9th 2012)

Mmmm, I've never been called Sir. Like Khloe I've had a tranny joke? Screw them! Short men are trannies all the time? I'm a girl type girl and if you are confused you are stupid! Kim K. looks like the tranny (a short / fat one)! Please NEVER confuse tall with manly or short with feminine. Men are dumb!

5'10" Michelle wrote (January 8th 2012)

Why have people called tall, strong looking women "Sir" before? Is it on purpose because it takes a lot of masculinity for a tall woman to officially and completely look like a man? I've seen some who look feminine, some who look masculine and some very masculine but I have hardly ever been confused about their gender, if I was I did my best to avoid calling them anything, just referred to them directly as you as in "you have a good day" with no Ma'am or Sir following or indirectly referred to them as that person over there as opposed to he or she over there. So I want to know... is it on purpose? I can't help thinking it is and what would be the reason for adults to hate so badly. If possible I would love an explanation from people who have inflicted this emotional pain on the tall women who were called Sir.

5'11 ½" Briggie wrote (January 4th 2012)

BEING TALL IS HARD!!! I Love Khloe Kardashian! She is my favorite! She is SWEET, FUNNY, and COOL! She is my inspiration!!! She is the girl who keeps me going! Men may love Kim, but Khloe has a REAL relationship! She has publicly battled her height (and general size). That makes her an inspiration!!! Can you get her on this site in any way? Up until I was 15 I prayed every night to be short / petite. Once I realized that would never happen I prayed I could find acceptance for myself. I don't know if I've found it, but we need role models, support and help!!!

Joerg says: I doubt that Khloe reads this website. But she is not the only role-model out there. Have you read the Tall Quotes (I guess so - otherwise you wouldn't be commenting) or looked at the Tall Women of the Month? There's a lot of food for thought there.

5'11" Dominique wrote (January 4th 2012)

I juz wanna say... I've been tall all my life. Yez, I got teased and all!!! But I realized that my height don't matter and imma keep moven on. No matter what people have to say. I juz know that I wouldn't be who I am if I was sumone else. I got the best of both worlds... HIGH AND LOW!!

5'10" Kay wrote (January 3rd 2012)

Happy New Year :). I just want to say that for the new year I want to stop focusing on my height and actually start thinking about what truly matters. I feel as though I came a long way from being bullied at school and being teased and I will never look back but always forward and that is my motivation.

Tall Quotes 2011

5'11 ½" Mils wrote (December 31st 2011)

I am 5'11 ½". I'm not always confident about my height. Especially now I've been having some issues but overall I've learned how to deal with being tall. I've gotten rude comments about my height in school, and they did upset me but I've learned how to just ignore the rude comments.

The advice I can give to people is not to stress over being tall. You can't change anything, and being tall isn't a curse, it's a gift and we need to learn how to treasure it. Us tall women / girls are lucky to have such unique gift, how many tall girls / women are out there? We're part of the minority and so enjoy it. When a someone makes a comment about your height, it's because their jealous. The mean looks are looks of envy. If someone makes a comment about your height just look at them and answer in a cool tone adding a smirk to show your proud to be this height.

There's nothing more beautiful than seeing a tall woman walking confidently in the street. And trust me, tall women are beautiful and tall women with confidence steal the show anywhere.

5'10" Taylor wrote (December 29th 2011)

To Deborah... Hang in there... it's true, some people always have to make some comment. Who knows why... but they don't define who we are. Sometimes I think it's because we make them feel somewhat insecure but they will get over it in time. LOL

6'0 ½" Deborah wrote (December 28th 2011)

Hey, my name is Deborah. I am very very tall for my age. I am in 7th grade and I'm 6 feet tall. I'm taller than every single 7th grader... Yes, I got picked on a lot. I still do until this day but my dad always told me there's always going to be haters out there and there are always going to be people that have something to say about your height. Good and bad. It's just how life is and also my dad always told me that I'm always going to be tall... and tall for my age as well. No question about it. But anyhow - I just had to get that off my chest asap. But I have to remember I still have to keep my head held high... as high as I can no matter what happens...

6'3" Jheri wrote (December 15th 2011)

Laura is doing tall women's fashion videos now :-)

She is always full of ideas. Her blog <http://allthetallthings.com/> is worth following if you are interested in fashion for tall women.

5'10" Di wrote (December 13th 2011)

I love being tall! I am 27 and when I was younger it used to make me feel sick when people stared at me. I wear 10 cm high heels, and I always wear that height. I walk like a soldier, straight line :-D All my friends are shorter than me, some of them are even jealous but it doesn't bother me. I have what they don't have! The only problem is finding a boyfriend. It has always been a problem to me because if I wear heels that means I am almost 190 cm so my man has to be taller! However, ladies enjoy your height. Enjoy every single moment because it is us who get attention all the time. By the way, it took me years to feel like this, so for those younger pretty ladies, you start straight away accepting the fact that you stand out but in a positive way!!!

6'2" Jessie wrote (December 12th 2011)

I am 16 years old, and most of my friends are pretty short, except one friend, she is 6'0" who I am so glad I have found! Tall ladies, I think it is great that we socialise with alike tall ladies, you really need to put it in perspective that tall does not mean ugly! I spent a long time thinking that, until I realised height has nothing to do with beauty. So what, we may intimidate some guys, but that way it singles out the good ones, the ones that are brave enough and confident enough with themselves to approach a tall woman! Be tall and proud, I haven't had a boyfriend yet, but I know that it doesn't matter. Boys in their teens are immature anyway, many adults tell me

that when you get older, people will love your height. Except I bet when I start clubbing I can expect some ,do you play basketball/netball, or do you do modelling?' I am proud of being who I am, and you should be too, being tall isn't a con, it's a pro!

6'0 ½" Jessica wrote (December 11th 2011)

Looking at some of these comments makes me glad that there are people like Joerg to help tall ladies like us feel beautiful and appreciated. I know that we women take pride in being strong to put up with negativity within ourselves and that is thrown at us from other people. I'd also like to say that there is great beauty in being vulnerable, too. I personally do only what I believe it is appropriate for me to do as a woman. I let myself be protected, loved and cared for. I don't have to prove my strength to anyone just because they think I can handle it. Never be afraid to ask someone for help.

Much love ladies!

6'2" Danna wrote (December 8th 2011)

We are beautiful just the way we are. When people see us, they stare because they are in awe. Think about it... people constantly make remarks to you about your height, right? But do people ever go up to a short person and say, "WOW, you are so short!"???

Our height intrigues people. That's why it is ALWAYS brought up in conversation (on a daily basis). And the people who make rude comments or any remarks about it in general are just envious. And I am not just saying that to make us all feel better, either. It's just a fact!

God made us beautiful. Stand tall and believe it because it's true. Lots of love, my tall sistas!

Danna, 20

5'11" Beth wrote (December 6th 2011)

@Jess - attitude and personality go a long way in life, regardless of height. I really don't even understand why you continue to post here considering this is a place that celebrates tall women and you seem to think that all your life's problems are due to being tall.

This is the last time I'll respond. I don't want to get dragged down into this or drag the site down further.

Rock on tall girls!

6'2" Marin wrote (December 4th 2011)

@Sally: That is so true!

6'0" Jasmine wrote (December 2nd 2011)

I'm 6ft tall and 19 years old. I've grown to not care about how tall I am. I don't think height, skin color, hair or anything of that sort matters. I believe if a woman is beautiful she is beautiful and everyone will see it. A man might say "Oh, I don't like tall women" but if he sees a beautiful tall woman he will not care about her height.

6'1 ½" Jennifer wrote (December 1st 2011)

I thought I was the only super tall lady in the World but I thank God that there are many more. I am Nigerian and am 18 years old. Sometimes I hate being tall but sometimes I love the way I was made. I want 2 become a model. I think that is the only way to show people how proud I am of my height.

5'10" Meg wrote (November 30th 2011)

These stories have really been inspirational. I am 19 and I have always felt super tall. Although I modeled a little bit in high school, I never really cared for it and didn't want to be on a strict diet. My friends would always tease me and I would pretend not to care, but it really hurt me. Coming to college, I realized height is a beautiful thing and there are so many tall boys too! Stand tall, wear heels, and don't give a crap about people who say negative comments about your height!

5'11" Azura wrote (November 29th 2011)

Ok, well... I see a lot of sadness and negativity on here. I understand that (sort of). No, I have not loved being tall every minute of every day but for me it's sooo what? I wanted to address the boy/man issue. To all you young girls (or very unhappy older ones) who say men don't like you because you're tall, well maybe some short, mean, immature high schoolers (and sure some men too) prefer short girls. However I have never had trouble finding men, let me tell you (maybe I need some trouble)! I will say (and this is not advice to young girls) that in High School I really only dated men 18-24. I was the cool girl with older boyfriends, who could pull beer, get in to clubs and had three dozen roses delivered to me at school. I didn't have a fumbling, annoying boy with no drivers license and a curfew... But THAT was the old days so wait til your 18 and you'll see. At age 23 I worked as an exotic dancer (again not great advice, but it paid my way through law school). The point is my tips were always as good if not better than most of my co-workers and these guys were paying to see me. I've been married three times. I have three great kids. So really I don't think any of you are toooooo tall for some guys, hopefully just too smart!!!!!! JKJKJK

5'11" Jess wrote (November 29th 2011)

Beth: I am not a supermodel. I modeled when I was young and anorexic and still was found unappealing! Men date super models for the same reason rockstars (who are sometimes ugly) get dates. LOL. They are rockstars.... If any of the women you mentioned were actually seen up close and in person (by normal men lol none celebrity types) they would be laughed at and ridiculed and quite lonely here where I live. That is my reality... Glad it's not yours! Oh, and I don't slouch in reality only figuratively... I was a model and ballerina so my spine is like a straight rod. For better or worse I certainly couldn't learn to flirt when men have been disgusted at my very existence... I was only posting last time to support Kiara (a young girl with feelings like mine at her age). Jess

5'11 1/2" Abby wrote (November 28th 2011)

In high school I was so scared to stand up straight or to wear heels. When I started wearing heels senior year, people made fun of me. It didn't bother me coming from friends, but when strangers at the mall even began their nasty comments, I threw all of my beautiful heels in a box... Then, I found these magazines of my mother who is my height. She used to be a model, wearing gorgeous 6 inch heels, and I realized that it isn't how tall I was in heels that was making me look weird... It was my scared attitude I had the first few times I wore them. A few days ago, I rocked 5 inch platforms in public. And I received NOT ONE nasty look or comment. I got only compliments and stares of jealousy. It's just like when you see an overweight girl, but you can tell she doesn't give a shit. She just works it. All I have to say is that if we only embrace our height, we look brilliant, not manly or freakish.

6'0" Bernadette wrote (November 25th 2011)

Being tall doesn't mean you have to wait for a tall man to step into your life. My husband (of 8 years), is 5'7". Height has never been an issue for our relationship.

I just recently bought a pair of 5" leopard print heels from Aldo. I couldn't stop myself because absolutely love them. I am super tall next to my husband and we will be attending a function together where I will wear them. The fact is, I am tall already. I shouldn't have to wear low heels or marry a taller man to conform to everyone else's expectations... and nor should you!

5'11" Donna wrote (November 25th 2011)

I am a 5'11", 38 year old mother of 3, married twice I never had a problem finding boyfriends or friends because of my height. In fact I see a lot of women and guys envy my height. The other day one of the male church

members came and made fun of me asking me how was the weather up there? I first ignored, then he insisted, so I answered him: Don't u know God makes people with various colors and sizes? But some of them come this extra amount of tongue and no hair (guy is short and bald lol). I am a very pretty, tall tan and lovely Brazilian girl.

5'11" Mora wrote (November 25th 2011)

I used to be really insecure about wearing heels because I always get giggles and remarks from strangers. Recently, I saw a lady who's about 6'4" in 6" heels and she looked so glamorous. It was like a vision. Now I give no rat ass about what other people think of me wearing heels.

5'11" Beth wrote (November 20th 2011)

Jess: Do not make the mistake of lumping all tall women in with your negative self-view. I do not, and never have, slouched. I flirt with everyone. I'm bubbly and outgoing. My best friend in high school was 6'1" and she was even more bubbly, outgoing and flirty than I was. I love wearing heels and I get compliments like, "I wish I had your confidence." I always tell them they do! We all do!

People are going to notice you no matter what. Just accept it. Walking around slumped and hunched just draws more attention to you, only it's negative attention. People will either read you as having low self-esteem or think you have a medical condition. Personally, I'd rather people look at me and think, "Damn, rock it out, girl!" instead of, "Oh, I think she forgot her cane."

As for men not dating tall women. That's just funny to me. Yeah, that Cindy Crawford, Gisele Bündchen, Helena Christensen, Alessandra Ambrosio, Elle MacPherson, Lindsay Ellingson, and Adriana Lima really have problems getting dates, I'm sure.

5'11 1/2" Melissa wrote (November 20th 2011)

Hi, my name is Melissa and I love my height. I never got teased about my height, maybe other things, but never my height. I have no problem finding clothes, shoes etc. I have never had a problem getting a man, well, maybe the right man. LOL. I want to say to all ladies "Keep your head up, eat right, work out, take care of yourself, seek God and all else will fall in to place". Don't come outside with anything on fix yourself up.

5'10" Taylor wrote (November 17th 2011)

I love it that George Clooney's new girlfriend Stacy Keibler is 5'11"... along with a lot of other celebrities that date and marry tall women. Nicole Kidman being another example... Being tall was not exactly a liability for them.

6'0" Kate wrote (November 16th 2011)

I just want to put a vote of confidence up to everyone out there. It can be reallllly fun to be tall. Depending on how you flaunt it. I used to think that I could never be liked cause of my height. Though here recently I have had a lot of guys tell me that I am beautiful and that they like me. Though I think some of that is because I started dressing like a girl... I am a tom boy at heart and I used to wear my brothers old clothes... I now am wearing girl clothes and my hair now hangs free around my face in stead of it's normal pony tail. But it don't matter your height. Every guy that has told me I am beautiful has been shorter than me.

So power to the tall people!!!! I love you all!

6'1" Erin wrote (November 16th 2011)

I'm 17 and have been standing at 6'1" since seventh grade. I was bullied a lot when I was younger, and even as a senior in high school, people still have the audacity to make rude and disrespectful comments about my height.

To any young girls who have found themselves towering above their classmates: I'm not going to say being tall is easy. Shopping is a pain. You'd think that they'd have a long section next to the petite section, it really is a nuisance. I cannot tell you the number of times I've cried in a dressing room when I needed a dress for a dance,

or even something as simple as a pair of shorts, and I was unable to find something long enough to cover my body. Guys are a pain, too. I've actually had guys tell me that they'd date me if I was shorter. Boys will be boys. But, aside from the bumps in the road, my height has really taught me to be more individual and unique. I've learned that it's okay to stand out. You don't need to be like everyone else. If you were meant to be the same, the world would be boring and bland. Embrace who you are and don't let anyone tear you down because of your height. You're not alone, we tall women exist, and we made it through. You can as well.

5'10" Jill wrote (November 15th 2011)

I'm 15 and I love being this tall. Sometimes it's annoying seeing lil petite girls and knowing I couldn't pull that look off but I don't really care. Haha, most of the boys are my height or just a lil shorter so it's ok :) You're all hot ;) x

5'11" Sharon wrote (November 15th 2011)

Confidence and charm :)

6'2" Kiara wrote (November 15th 2011)

Question for Joerg: You're a male and well it's really hard for guys let alone a short guy - that is if you're short - to feel or see the point of view of tall women. So what possessed u to make this site :] Btw how tall are you exactly :]

Joerg says: Not sure if I'm really short. I am 5'8". The reason why I set up tallwomen.org is explained in detail here.

5'11" Jess wrote (November 8th 2011)

To Kiara... It's Jess, and you know what? I am really quite negative but thanks for the support! I'm 34 though and at 14 I really hope you can learn to make your way in the world better than I have! I was recently approached by a 16 year old girl at the movies who asked me a lot of questions about my hair (which is very fabulous), but I knew she was talking to me because she was like 6'1" and was surprised to see a woman close to her height. I talked with her honestly about how hard it is being so tall but I really wanted to give her a hug. So I'm sending one to you too! Something else has occured to me but I'm not sure about it so maybe you younger girls should contemplate it? The thought is that while yes few men prefer or date tall women some do or will. However we are really hard to read (for men) because we don't tend to flirt or react like other girls since while short girls were practicing that stuff we were busy slouching, hiding and hoping NOT to be noticed. Peace tall girls... Hope good things find you or you find good things!

5'11" Hannah wrote (November 7th 2011)

Hello, I'm 18 and 5'11ish! I have been tall all my life basically and I really dislike it. I used to get teased at school all the time and I didn't have anybody to turn to, so as the years went by I progressively lacked in self-confidence. When I look around I feel as though everyone is staring at me and I feel as though I really stand out. All my friends are small so they don't really understand how I feel and every once in a while they will slyly remark on my height. I am forever leaning on one hip to lower me by an inch or two, but it doesn't fool anyone! And boys these days seem to be getting smaller and smaller. :(

When I'm out and about I feel as though I am the only tall girl around as everyone seems so short these days, I just want to fit in so badly! It has come across to me that men don't really like tall women, I am so upset about my height! I feel as though I can't wear heels when I go to clubs or anything because I just tower over everybody!

6'2 1/2" Megan wrote (November 6th 2011)

To all the girls feeling like they are nothing in high school, Trust me, it gets better in college. Boys in college are much more mature and don't seem to care that you are just as tall as them. I may still not have a boyfriend, but there are a lot of interesting boys out there and I've gotten much more attention now. Don't give up girls, we're all beautiful :)

Megan

5'11" Vivi wrote (November 5th 2011)

Kiara, you are 14. It makes me so sad to hear your thoughts. I have struggled with my height and can't imagine being yours. BUT I will tell you A. Having a boyfriend isn't all it's cracked up to be! B. My daughter is 14 too and short and boys have hurt her too. C. Don't eat too much ice cream, that won't make you feel better. D. Please take care of yourself and don't despair, Sweetie, look your best and you have the right idea taking care of yourself! I had my oldest son at your age with a much older man to make myself feel better and I have struggled with my height but you can only change certain things and then you have to live and let go... I'll pray for you!

5'10 1/2" Ashley wrote (November 5th 2011)

Throughout my life I've been expected to do certain things like play basketball or volleyball. I bottled all the pressure up and it consumed me. I wanted to live up to the expectations and the pedestal that people placed me on but I just couldn't. I can't dribble or do an underhand serve like people think I'm supposed to but in my opinion I shouldn't have to. People shouldn't automatically think that I play sports.

6'2" Kiara wrote (November 2nd 2011)

To Jess: I completely disagree with everyone saying you're negative. I'm the same way. Keep it real, people. Call me negative as well but guess what - it's not negative, it's realistic. Take your head out the clouds come back down to reality and wake the hell up. Seriously, come on. No more pity parties, no more boo hoo we as tall women are now starting to sound like the plus size people of the world who r always complaining "Oh, I'm so fat. No one likes me." and now it's "Oh, I'm so tall no one likes me." Well, guess what - that's not the case. We are not going to start some revolution like they did saying don't call them fat, call me easier to see, plus size, overweight. I mean, no, if u take offence to fat then so be it but let's not start taking offence to tall. Let's embrace it, empower yourself and for the most part guys can go to hell if they're not willing to look over your height or in their case under your height and realize your beautiful then it's their loss and to Joerg: nice site, somewhat good comments and nice forum ladies :]

6'2" Kiara wrote (November 2nd 2011)

Ok, this is a reply to Carly: Yea, there's a lot of tall guys out there but let's do some math, shall we: All the guys in the world minus all the gay ones, minus the taken ones, minus the ones that don't have any interest in you, minus the short ones, minus the ones you're not interested in, minus all douche bags. You've got, what, 3 guys left and who's to say they'll even like you. Ok, I'm 14,6'2", probably still growing as well and you know what... I've come to the realization that, yes, I'm not ugly. I'm just tall which is worse because ugly girls at least still seem to get a boyfriend. But I'm ok with never having a boyfriend. Not a pity party just an epiphany. I now know for the rest of my life I'm focusing on me and me only me. And btw: the only guys in my life are named Ben & Jerry.

6'0" Kat wrote (October 31st 2011)

You do not need the approval of others to stand tall and too stand proud. I have been told I hold my height well (after being told I was freakishly tall) - I took it as a compliment and she was just jealous.

6'3" Carly wrote (October 29th 2011)

Hey. I'm 6'3" and potentially (still) growing. I sometimes really dislike being tall because, of course, all guys seem to be freaked out by you. But then someone told me the obvious fact that you don't need 8 guys, you only need one. And there really are a lot of tall guys out there, like REALLY tall. But I still hate it sometimes because I feel so abnormal, like not in a good way. But then I just stand up straight and flaunt it. It works.

5'11 1/2" Robin wrote (October 27th 2011)

Wow, I always wanted to know if I wallowed alone in sadness and self pity and hatred now I know I'm not alone... Loneliness is hard but I'm glad I'm alone sometimes and a clean woman but not a used, short
***bag!!!!!!!!!!!!!!

6'3" Jheri wrote (October 27th 2011)

I probably put in too much, but I my experience has been that attitude means a lot and height isn't the negative thing so many feel it is. It can even be fun and positive.

I wasn't always this way. Up until I was 20 I was extremely shy and tended to avoid people. Finally I got pissed with myself and noticed that people who knew me didn't care one way or the other, so I started to work on my attitude. I recently discovered a piece of paper I taped to my mirror to remind myself to be positive.

Tall makes people notice me and fills their mind with a question. I answer that question with the attitude I have. If I am happy and confident they sense that and maybe they have a happy thought. If I am not they see something negative.

Tall is a conversation starter that makes up for any natural shyness I might have.

Tall is a gateway that keeps disagreeable people who are uncomfortable with differences away.

Tall makes some of the man-made world not fit and gives me empathy for others who do not fit - short, heavy, handicapped or anything else that is "too" different for others to not notice. Tall helps me understand those who are different.

Tall makes it a bit easier to make my own little dent in the Universe. It helps me rise to the occasion.

5'11 ½" Pammy wrote (October 25th 2011)

Hi everyone... My height is 5'11 ½" and I love every bit of it. I am Indian and so I am even taller than 99% of the guys over here! Hey, tall girls, be proud of your height because the world is surely changing. From what I've seen (and a lot of people agree with me) the girls of today are growing at a faster rate than guys... which is why it is quite common to see so many girls taller than guys today as compared to my moms generation..So many young couples have the girl seen atleast a couple of inches taller than the boy. And I know so many guys who are intrinsically attracted more towards girls taller than them, again a sign of changing times... so girls: being tall is the norm today and it rocks!!!

5'11 ½" Maia wrote (October 25th 2011)

A warm hello and thank you to all you lovely tall ladies :)

Unfortunately, I have recently begun to struggle with how tall I am, because I feel I am so much thicker or bigger boned then everyone around me. People say I'm proportionate, but I feel like I tower over 99% of people I see and I continuously compare the size of my head, limbs and torso to every passing girl. It's so easy to feel isolated and alone in public, surrounded by a sea of people who all seem to be under 5'7", even though I have wonderful, supportive friends and an adoring boyfriend (who is 6'1").

One of my best friends is 6'1" and she always gets compliments and ROCKS 3" heels. I don't even own heels. I did play basketball for five or six years and met lots of girls who are taller then me, but when I ride the bus downtown (multiple times a day) I feel like the seat beside me is always the last to be filled, like people are scared of me or something. This is my worst fear, that I terrify people wherever I go. Surprisingly I haven't been teased about my height since middle school, but now I have this growing paranoia that it's been happening the whole time behind my back... Reading what you have all written here has helped me a lot and gives me great hope that I can overcome this in the hopefully near future. We just have to love ourselves for who we are and recognize that height isn't something that can be changed. You can either wallow in self-pity or accept it, hold your head high and live life to the fullest! I only hope I can learn to follow my own advice.

5'10 ½" Katee wrote (October 24th 2011)

I know, don't get down... you gotta pull yourself up!! Being a tall women/girl is so hard! I have found that if I just put it out there and down myself people get afraid to say mean things. So I meet people and I'm like "yeah I'm tall, what the f*** do you want to say about it *****?" They usually back off or give a fake model

compliment... Being tall can be lonely but you just have to have an attitude and rock it! I love how Rose rocks pretending to be a transvestite! I have tried that in the past but say I have crazy big breasts so I get too many questions that way (that are way more personal). Just live with it, looking like a man anywhere is hard but it is what it is. Find something to like about yourself! Who cares about others? Me? I like my boobs, my hair and eyes, I may not be beautiful but I have things that are. I bet everyone does...

5'10" Kayla wrote (October 22th 2011)

So somebody made a comment that turned my whole day from being happy to kind of depressed. They said "Ohh, you got big man feet". I just felt weird and out of place.

5'11" Rose wrote (October 18th 2011)

Hi Ici... Nooo, it's not a joke. I get it all the time too! It is hard but I just laugh and say "Yep I'm hotter than Jeffree Star". The gays and trannies know you are girl and are the best of friends. I work at MAC and we get along and we're fabulous and equally unaccepted. I know it's hard but you can laugh or cry? I choose to live!!!! I'm the most beastass make-up artist and I catch those same creeps looking at my natural 36 F boobs so I don't care! Most guys are gay, that's why like they like short girls to feel like a man. So if you have guy looking say "So are you gay, is that why your thinking about it"? Shuts them down every time!

6'0 ½" Mary wrote (October 18th 2011)

What happened to the tall woman of the month section? Anyway, I'm 6'0" and a half. Living in a small town makes it impossible to buy jeans.

Joerg says: Regarding the Tall Woman of the Month section... I've been having difficulties. But I'm still working on it. I can't force anyone to follow the deadlines. But I am trying my best. I am disappointed too, trust me.

5'11 ½" Ici wrote (October 17th 2011)

I like when there is dialogue on here about how hard it us to be a tall female... I've been called a transvestite lots of times and truth is I wish I was but sadly the transvestites know I'm a woman? I'm for nobody?

Joerg says: To be honest... I don't quite get it. Sounds more like a "joke" to me.

6'3" Jheri wrote (October 13th 2011)

I'm a big fan of do it yourself when it comes to fashion for tall. One way to get experience is with some small projects and this site has lots of them that should be good for teens on up: <http://psimadethis.com/>

Maybe you'll get to the point where you'll be making more complicated things and better than from the stores too!

6'0" Tara wrote (October 12th 2011)

Hey! :D I only just turned fifteen, and I'm not sure what sort of clothes to wear for my height. I'd love to wear dresses but they're always too short. Any ideas??? I love reading your quotes, it's great to know there are other people out there like me. :)

5'11 ½" Kate wrote (October 11th 2011)

I come from a long line of tall women (I sometimes feel a little inferior because I'm the shorty) but I have never given a damn about tall being bad. We are used to it and proud. I wanted it to be that way.

It's brilliant being tall - I am a lawyer. It has never been anything but an asset. Did it feel weird as a teenager yes, but hey, it meant getting into nightclubs and other cool places without a hitch.

Don't let people patronise you - do it right back! They started it. Most people don't want to be called short. Otherwise be charming, it makes them confused. Don't get flustered. Wear it with grace.

Cool is not for short girls. Cool is an attitude. You are not identikit. Do not pretend to be, that is cool. Get the skinny jeans, you have the legs. Get tunics that hit the curves and go for boat neck tops to show those elegant collar bones, get belts to accentuate the waist, get the hip short jacket and the boots. You can't dress minimal because you are not. Baggy jumper, skinny jeans, outrageous bed hair, cute boots. You must work the difference, do not try and hide it.

Look after those bones, plenty of milk and good exercise for strength, it pays off in later life.

Make it stylish - you will always turn heads.

6'3" Jheri wrote (October 9th 2011)

Jules - just start off trying things you that you think might look good. You have to experiment with these things and finding a style that works for a body type isn't enough. It has to reflect your personality. If you try something and it doesn't seem to work that is still good as you have learned. A really good way to do this is to find a good friend who wants to do the same and spend an afternoon experimenting with makeup and things you can do with your hair and accessories. See what range is possible before worrying about clothing.

I like going to clubs at times when I travel in Europe and the US. These are often places that decide if you can get in and I'm always asked in and usually don't have to pay because they like the looks I bring. This past year I've been dressing in a zoot suit I found and had modified by my tailor to fit well. I top it off with a felt hat with a long feather and carry my pocket watch on a long chain. It gives me a very unique look and happens to be great for dancing. There are a dozen other looks I use, but tha is currently my favorite.

A very tall friend of mine who is about your height loves to make loud statements and starts with a cheap bright orange wig using makeup to set it off. From there she can get away with almost everything.

Height doesn't matter - anyone can find a look and pull it off. I am a big fan of getting in good shape so you look your best no matter what your basic body type is. That will add to your confidence, which is a huge part of any look.

One thing that matters to me is seeing women destroying their feet and ankles with shoes that are too tall and that don't fit. The height they take you too doesn't matter to me, but tall shoes are very bad for your health. Make sure you find ones that are very comfortable and that you know how to walk in them. There are few things as un-sexy as a hobbling woman no matter what her height and no matter who made the shoes - even if they have red soles.

5'11" Bridgit wrote (October 6th 2011)

Be as cute as u can!!!!!!! Hair extensions, crazy color, eyelashes, pedi, nails, etc. You'll never be lil like Kim K. and Rihanna Those chicks are making the short chunky vibe!!!!!!! But u can b just as fake luveee!!!!!!! Really long eyelashes are the trick wear grow lash and extensions and falsies you'll rock it :)

LOL. I wanted to sat go bright red!!! Hair :) Nails and toes black with green sparkles or like Chanel vamp. Checkout ROCK STAR glitters they are beast :) Put on glitter sparkle and outshine lol, good for you for trying out men. LOL. THEY SCARE THE HELL OUT OF ME!!!!!!!!!! Haha , this is cute!!!!!!!!!!!!!! Yep, cute even if tall :)

6'7 1/2" Jules wrote (October 5th 2011)

Hey, tall all! :)

So I've made it to my senior year in high school. Whoa. I'm sure when all those newbie freshmen first saw me, tallest person (let alone WOMAN) they've probably ever seen, they must've gone home and cried to their parents that the kids at school are "too scary". LOL. That's what I kind of don't like about new people too is that wheras

the upperclassmen at my school have generally accepted my height and don't really second-glace me anymore, the lowerclassmen are ALWAYS staring up at me - ALWAYS whispering as I walk by.

I mean, I've had to deal with that my whole life but it feels like it's a lot more frequent with these kids because when i'm walking around school, high sandals and all, i'm usually towering next to my 5'6" boyfriend. I can tell he's sort of getting annoyed with it too. He isnt used to that much attention like me. But anyway, besides the point.

I've noticed recently that us tall women really can't pull off a hip or cool look. I feel like that's more of a short girl look. My boyfriend is part of a band and they okay very Coldplay-esque sounding songs and just their whole look - call it "hipster" or "indie", if you will (b/c he does wear perscription Clark Kent-looking glasses in class and ray bands outside) - is something I can't see looking good on someone as tall as me. And it sort of bumms me out, because when I go to his concerts and stuff I'd like to at least look like I belong there like the little 5'3" girls there.

Anyway, just thinking out loud. Let me know I'm not just being crazy haha :P

6'3" Jheri wrote (October 4th 2011)

There is a new line of activewear just for tall women from a new company run by fellow tall woman Liz Mayers. More options are good and these look very nice! Check ,em out: <http://www.ellemayers.com/>

5'10" Jasmine wrote (October 3rd 2011)

Hi everyone! I'm 24 and I am trying to find a website that has stylish pumps/heels but with a **reasonable** heel height (~3 inch). Does anyone know of any website that has IN STYLE heels for us lovely tall ladies? THANKS! :)

Joerg says: You didn't specify your required shoe size but most of the stores listed on the Shoes USA page have these kinds of pumps. If you're looking for budget options you should take a lot at Amazon.com. They usually have big reductions. I'm not sure what your style is but the Pleaser range is both affordable and stylish (if you ask me). Take a look at these...

6'0" Carolyn wrote (October 2nd 2011)

My husband is 5'8"... we do everything together and I never think about the 4 inch difference in our height until I look at photos. It always make me giggle and him proud... We see Mutt and Jeff and love it. We enjoy each other so much, we forget to see our differences.

I remember being born at 5'7" and then at 15 years old blossomed to 6 ft. I was too clumsy to be athletic and too awkward to be charming. I struggled through life being me.

I don't think we have to have special talents to be different, our height does that for us. But we do have to have a sense of direction and then the courage to ignore the barriers that trick us up in moving that way. Life is full of obstacles that get in the way. Don't let your height be one of them. Focus on the big picture.

Although the challenges change, the journey does not. My destiny is still to be the one who positively influences one person a day and be proud. A smile to a sarcastic, rude person goes a lot farther then a sulk. My husband has joined me in my journey and so can you.

5'11" Rebecca wrote (October 1st 2011)

Jess: just accept you can't change your height, that's the way you are so embrace it.. and of course no guy will like you for you if you don't even like the way you are yourself?! If you can't be confident the way you are then what guy is going to like you? You need to be proud and have some confidence and then maybe you will have some luck... because really you aren't putting it ,bluntly' because thats not the truth at all! I my experience people envy us tall women, because yes we aren't average, we are different than average, so embrace that. We can stand out without even trying! All guys have a certain type they like, as we have a certain type of guy we like, and

LOTS of men love tall women! There's someone out there for everyone, you are just too negative and narrow minded to realise.

5'11" Jess wrote (September 28th 2011)

Hi... Taylor and Bridgit thank you for being nice ! I don't get much kindness and I bet u don't either :) Blessings to u both! To Bridgit: there are many ways to become a mom, men are hardly necessary! Think hard about becoming a mom though because my own daughter (strangely tiny and very cruel!!!!) has been the thing I have regretted the most!!!! I thought I'd have a built in "friend, person to "understand", or at least fellow "tall *****" and instead I got an evil dwarf. LOL. Life is not fair!!!

5'10" Taylor wrote (September 27th 2011)

To Jess... first of all let me say that in some ways sometimes being taller than average does have its challenges, but many things in life do... and we can't change how others act towards us. We can change how we deal with it. I think reflecting on experiences of others, whether they be the same as ours or not, can be helpful as you can take things from their experiences to perhaps help deal with experiences that you have found difficult... and just let me say we are not just tall. That is just one part of us. If you look around, others also have things about them they don't like. Focus on what is great about you. We all have weaknesses and strengths. Maybe dealing with something like height for you is not your strength... but maybe you have other things about you that are your strengths. It's just the way we are... and sometimes its ok to say I am not good at this. I hope though that u will find, like I did, some strategies for dealing with uncomfortable questions and looks. There are some great ones on this site.

5'11" Jess wrote (September 27th 2011)

I noticed, I can't "have a forum here". It is all good! I don't know if this will be posted (probably not)... But I'm a real person who has suffered greatly due to my height. You can change anything else your, weight, hair color, or breast size but not your height. Yes, I know there is a surgery that takes inches off your legs but after extensive research and begging I've found no doctor or facility willing to do it regardless of money or insurance (BUT IF YOU HAVE FOUND OTHERWISE I'D LOVE TO KNOW!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!) I was called out on here and my responses have been too honest and bleak to be posted for the most part... I hate no one! I'm the saddest person on earth and that's what it is... Sorry for being negative! I feel I have a perspective on the agony that other women/girls have shared and I just wanted to share my life experiences? Jess

5'11" Bridgit wrote (September 27th 2011)

Wow, I think people are harsh on "Jess". Maybe she's not a "troll" or a lady in need of psychiatric help. Maybe she's a tall lady who needs some love, from the sound of it she's never had any! I've never either but I'm less bitter about it. Still it is lonely out there for us... Banding together should include the less "cheerful"!!!!!! I would love to be a mother BUT I would like a child of my own. Any advice? Don't care about dating, love, men actually but would love a baby?

5'10" Aino wrote (September 25th 2011)

Wow, I never felt short until I came across this website! I'm only 5'10" and I think I'm a pretty good height, wouldn't mind being a bit taller either. I've never had negative comments from boys growing up. The only people who made me feel bad about my height were these two girls who were average height and really into sports and I think it's safe to say that they just wanted to be a bit taller themselves. People admire my height. Finding tops with long enough sleeves is a bit awkward unless I want to pay more and go to a specialist shop. Other than that, I'm doing great.

6'3" Jheri wrote (September 23rd 2011)

Many of us are living proof that we can get along with men. I have several close male friends and some lovers. As it happens none are as tall as me. Not because I'm looking for shorter guys, but because we get along together. I don't get cat calls and nasty remarks when I walk. One of my friends is over 6'6" and grew up in New Mexico and didn't have these sort of problems. She was one of the heroes of her school and dating wasn't a

problem in high school. Many of us find people might find us a bit different, but are mostly very friendly. I'm in Italy at the moment and people are very friendly - men and women :-)

[Jheri's sword is beginning to glow blue]

More than a few tall women don't have problems, but I suspect we aren't seeing someone with a just a huge chip on her shoulder and a nasty attitude that she believes, but rather a troll. Trolls love to disrupt conversation by coming back with something very negative. They thrill in causing grief to others and starting fights. They are best ignored and dispatched.

[Jheri swing her sword at the troll and it disappears in a puff of black smoke and a few hot cinders roll to the ground]

Of course I took the bait by answering - but I just want to say this is the style of a nasty troll.

There are too many good things about life and being tall to worry about rubbish.

[Jheri sweeps up the cinders and throws them out]

5'11" Jess wrote (September 22nd 2011)

To Zandi... I really try not to down others but I think it is crazy how many tall women play the "he likes me but is too shy, intimidated..." game with themselves, trust me men are not shy! They are just thinking you're gross... men do not like tall girls... It is not a hateful statement but a fact!!!! I get so many stares from men... when I'm driving... hoooots the whole asshole thing, they love me - haha - til I stand... However in person (I make them literally ill)!!!! I am literally thinking of getting amputation of my legs... LOL, NOT REALLY. MEN ARE NOT THAT IMPORTANT!!! Girls can be ANYTHING THEY WANT WITHOUT THEM!!! No hate, ever, tall girls I just am that person who says it real. Never kid yourself!!!!!!!!!!!!!!!!!!!!

Joerg says: I don't think I have ever come across someone with an attitude as negative as yours. Have you ever considered your perception to be wrong? Fact is: You are so negative I am really worried about giving you a platform. Have you thought about seeing a therapist? I agree with you on one point though - men are not that important. And I am a man.

6'3" Jheri wrote (September 21st 2011)

Alicia has opened her TallSwag line of tees. Appropriate phrases on appropriately sized tees, tanks and oversized tees. The prices look reasonable too: <http://tallswag.bigcartel.com/>

6'1" Zandi wrote (September 20th 2011)

Truth is us tall girls are hot, as much as it may sound wrong but this is a fact... the reason why guys can't approach us is simply because we are too hoot to approach and so they see it as a threat and use that lame line of "shez not my type". Ooooooh, yeah. Even if I was you wouldn't get me young man...

5'11" Jess wrote (September 19th 2011)

Hi, I got a lot of feedback here. I am Misery Loves Company. I didn't mean to offend anyone, I was just sharing what my life has been like here in NM. It has not been fun to be tall! You can become a mother many ways besides being with a man. I have nothing against people who would date an obese partner. I just think men are generally not nice. In my experience they don't mind heavy women but do not care for tall women. If you enjoy being tall that's great. I see some other ladies/girls on here who seem to be struggling with it. I just put it very bluntly.

Peace,
Jess

6'0" Shaun wrote (September 17th 2011)

Glad to have found a place so full of beautiful, tall, positive ladies (and the men who love us). I've been this tall since I was 15 and have had no end of problems finding clothes that fit. I've heard all the "basketball" questions, and living in Oklahoma (where the average height for women seems to be about 5'4"). I've faced tonnes of rude comments and stares from both men and women. What always made me feel better, as a tall and quite thin woman/girl was knowing that all the girls who complained that "nobody really looks like that" about runway models were wrong. Not going to lie, it took awhile to get to a place where I was comfortable with my height, especially when finding clothes has never been "fun". Somewhere around age 23, though, I started really liking the idea that I could "tower" over people, especially in my favorite 4"-6" heels. I still get stared at, but now I've decided to think it's because I'm AWESOME and GORGEOUS instead of thinking of myself as a freak. Funny how a little change of perspective helps everything.

Not sure if I'm only supposed to write one quote, but here is a list of things tall girls can do that other shorter girls cannot:

- look over the heads of most people to find someone in a crowded place.
- reach objects on high shelves without needing help.
- make full use of all high cupboards and closet shelves.
- actually reach the top of the refrigerator.
- change a lightbulb without a step-ladder or chair.
- reach things that are more than a couple feet away without having to get out of our chairs.
- get away with "risky" fashion choices. Fact is, clothes just look better on us than they do on someone with a shorter frame.
- look pretty much every man ever in the eyes without tilting our heads back.
- tower over someone, when necessary, for intimidation or assertiveness purposes.
- fail to ever be referred to as "little girl" or "little lady".

I'm sure there are a bunch more, but these were the ones I had in mind. What other things have you noticed are actually easier or better because you're taller?

Joerg says: I have combined your quotes. That should work. I have several tall lady friends in Oklahoma, by the way. And if you were around me you could be sure to be referred to as "little lady". I love doing that! :-)

6'2 ½" Megan wrote (September 17th 2011)

Hey guys, just wondering if any of you guys had an easier time dating guys in college over guys during your high school years? I have been in college for about a month now and it seems like no guy is ever interested in me compared to the other girls on campus. Just let me know what's up! Thanks! Love reading that there are other girls like me who are going through the same struggles! :)

6'0" G.L. wrote (September 16th 2011)

Hello everyone. I am 6'0" tall and just turned 13. I kinda hate my height because everyone looks at me as if I don't belong, but me sitting here reading all ur "postive" messages made me feel more confident about myself. So thank you to all those who made a point blank message soo very clear. Tall is truly beautiful :D

6'2" Jennifer wrote (September 15th 2011)

I am 28 yrs old and 6'2" and just today realized I should google "women over 6 feet tall" and found your website! It is so good to hear that I am not alone. I went through high school being teased every day. I used to be called Sasquatch, Giant Purple People Eater, Jolly Green Giant, and more frequently as an adult, Amazon woman. What a killer to the self-esteem! now that I have gotten older I wish I could revisit those days and be a bit more bold and stand up for myself. People don't realize they hurt our feelings with all these comments. If anything we don't want to feel different than others. I always feel like everyone is staring at me when I walk in a room. I can't stand when people tell me I shouldn't wear heels, ask me if I play basketball, or if my parents are tall. My new ones are "You're a tall glass of milk" and "You look like you're built Ford tough". Not at all

funny and they just don't understand how many times we have heard stuff like this already. I used to hate being tall but now have started to embrace it. And I will wear heels if I want to!! ROCK ON Tall Girls!

5'10" Taylor wrote (September 12th 2011)

Not sure if I can post this... but did anyone hear the comment on the Today Show (Kathie Lee and Hoda) that Kathie Lee made to Hoda about wearing heels that were too high because it made her taller than her boyfriend? (Kathie Lee being 5'5" and Hoda being 5'9")... Oops, Kathy... Hoda graciously said he doesn't mind. I wish I could have commented directly to Kathie Lee. LOL. Hoda always looks fabulous on the show... but then she is the taller one so her clothes just hang better on her frame... and I love the heels she wears.

6'1 ½" Millie wrote (September 8th 2011)

Hello my fellow Amazonians!

I'm so glad to see a community of tall women here. I spent many of my teenage years self-conscious and slouchy wishing I was shorter. At 26, I'm finally learning how to really rock the body I was given. I, too, get tired of the basketball questions and stares. But, there's nothing we can do to change the fact that we are tall. So - we might as well own it and be proud and confident in the beautiful, strong bodies we were given. I've found that people really respond positively to confidence. Even if you don't feel it, exude it, and eventually it will be yours.

Everyone has to struggle with things about themselves they don't like or others find intimidating or unattractive. But, love yourself and be proud of who you are above all else. There are women out there who would die for our height... hence the high heels and multitudes of gorgeous models who are paid because they turn heads and make others want to be like them.

After all... who run the world? Girls.

Yeah. I went there.

6'3" Jheri wrote (September 8th 2011)

And you think you might be tall - Marina is the tallest model at Fashion Week in NY and she's a lot taller than you :-). Marina is a 25 foot tall doll who is working for Missoni and is blogging at <http://allthewayuphere.tumblr.com/> and tweeting too if you do that. She has clothing and shoes that fit and if you are in NY you can "meet" her and have your picture taken with a taller girl.

Here is an article on the event <http://racked.com/archives/2011/09/07/missoni-for-target-blogger-marinawithstyle-is-a-25foot-tall-doll.php>

So here is "someone" who is taller than any of us and she is shown as happy :-)

It bothers me a lot when I see someone who is upset with her height. For all but one there is someone who is taller and some of the really tall ones enjoy their height and carry it with grace. I know a few who are much taller than me and they wouldn't change places. All of us have problems at times and it feels that sometimes a brick wall is placed in front of you. But remember the reason for a brick wall is to show you how badly you want something. Figure out how to deal with the issues one by one and you'll find real happiness.

I had issues as a teen and didn't know any other tall girls and thought I was pretty much alone. It took me a long time to be comfortable with my height, but that happened. Now a teen can see she isn't alone and maybe she can be inspired to try things and learn who she is a bit earlier.

As tall people are not common most of my friends are much shorter than I am and we just don't notice our differences much as we are friends. There are the occasional jokes that good friends make about each other and sometimes we use my height or our differences for a good practical joke, but all of this is in fun and we are very supportive of each other. A few of them have even become expert on what clothing will look good on a tall girl like me and I've become expert on clothing that works with their body shapes too. And when a stranger doesn't know how to handle your height or is just being nasty, having your army defend you makes you feel special :-)

There are some people who enjoy bringing others down with their own problems. They begin to fall in love with the negative and it is incredibly ugly. Ignore these dark comments and blaze your own path, but at the same time help those who are having problems.

6'0" Kate wrote (September 8th 2011)

Ok, MiseryLovesCompany. You don't need to bring people down with you. I stand 6 foot and I love being tall, and FYI I am only 13! I have had a lot of guys hit on me and they don't care about my height. They care about how I act. I don't see why you think being tall is such a bad thing, and you are not all that tall. Try being 6 foot! I love being tall but I mean don't make people feel bad just because you don't like how tall you are. I don't think it is right to bring people down with you. If you want to break yourself down then by all means go ahead but don't bring other people down with you. You should build them up not break them down!

Joerg says: Good points. I didn't even want to publish the comment - especially since the person didn't use her real name. This is the last time I will publish a comment by someone using a pseudonym. Promise.

5'11" Helen wrote (September 7th 2011)

I'm nineteen, and I love being tall! Granted, I'm still a little apprehensive about wearing heels, but I'm getting there slowly. I was so inspired when I stumbled across this website, keep up the good work!

5'11" Shai wrote (September 5th 2011)

MiseryLovesCompany: I am sorry you are obviously having a difficult time, but please do not attempt to drag the rest of us down with you. Your post was so offensive. I've been around 5'11" since I was 15 years old and I turned 36 a month ago. Like another poster, I've never had any trouble getting dates and many have told me that one thing that drew them to me initially was my height. I'm married now, but I still get second looks and even approached by men interested in me.

Your line about "gross" men who date short heavy girls is just offensive on so many levels. Believe it or not (you obviously do not), there are people who prefer a plus sized partner. It doesn't make them bad, wrong, stupid or ignorant or mean that they are "settling" for someone less than ideal. That is just what they are attracted to. Just because that is what THEY like doesn't make YOU unattractive. It just makes you a bad match for that person. Not everyone is going to like tall women or short women or blondes or redheads or green eyes or long hair or only date people with tattoos or non-smokers and on and on and on.

Regarding Khloe K, I'm more surprised she can land a man because of her trashy attitude, regardless of looks (and I think she looks fine).

As for looking good "even if no one cares"- I care if I look good. Also, how you feel about yourself comes across if you are wearing sweats or a ballgown.

I hope you find peace with yourself someday.

6'3 ½" Kendal wrote (September 4th 2011)

I am 6'3 and a half. I'm only thirteen and I am so insecure about my height. I'm the tallest in my school and there are no guys that I know who like tall girls. I sometimes find myself uncomfortable around my friends because I am a foot taller than almost all of them. People always ask me if I play basketball and I do I'm just tired of being asked... Basketball season is the only time I'm not so insecure. But I'm always getting picked on and put down. I don't know what to do any more.

6'3" Kenzie wrote (August 31st 2011)

Hello all, I have been told soo many times that height is beautiful. People always come up to me and ask me how tall are you? I tell them proud. I use to HATE my height and sometimes still do. I wear a size 13 shoe - sometimes they're hard to find... Whenever I feel down about my height, I always just thank God for making me the way I am. I am the tallest person in my school, and sometimes that is hard. All the guys at our school love

short girls. I have learned that you need to embrace your beauty, because you are the way you are and all the tall women out there need to love themselves for who they are short or tall. I love my height and so do my friends... especially my basketball team. Always love yourself because beauty comes from within.

Tall women are beautiful!
Xoxo, Mackenzie

5'11" Lexi wrote (August 30th 2011)

MiseryLovesCompany: What do you mean a man has never hit on you? You said you were a mother, so obviously someone was interested at some point. I am 5'10" and I haven't had any problems finding men because of my height. In fact, every man that I have dated has pointed out my height as something they had found particularly attractive about me. Maybe people sense that you are insecure and that is why you aren't attracting men? Also, 5'11" is not that tall. I am almost your height and I see women my height and taller all of the time.

5'11" Kay wrote (August 28th 2011)

Love your height. Growing up I was a little overwhelmed by the comments but I'm 29 now and love it. My legs are my assets... something to embrace!

5'11" MiseryLovesCompany wrote (August 28th 2011)

I don't even know what to say... being tall has been hell! I wish I could give girls out there "It's going to work out, be ok" advice but truth is, it's not! At 34 I've never had a man hit on me or even look my way BUT I guess I'm ok ... I try to focus on being a good mom, person and teacher... If you are alone because of your height don't go looking... just be classy and find other things to do. NEVER let those gross **** who will date 250 lbs + 5'2" girls (but not tall girls) see you hurting! Look your best even if no one cares - you will feel better! Look at Khloe K... she looks good even if her family is mean and her man cheats on her... I'm amazed she even found a man???

6'7" Jules wrote (August 27th 2011)

Greetings, once again, my fellow heighnesses of height!

I'd like to start by sincerely thanking those of you who left such kind and encouraging words during a rare time period where I digressed back into my insecurities about being so tall. Your advice really did help and I am happy to report that things between my 5'6" boyfriend and I are back to normal - and getting better!

For those who didn't read my last post, I was basically worried about my boyfriend spending too much time with a 5'2" girl good friend of his. Well we ended up really sitting down to talk and he assured me that there was nothing going on between him and this girl and that there never would be.

His explanation for why: "Her legs just aren't long enough, babe."

It still seems like a dream I'm going to wake up from. I mean, you just don't see guys like him - who can do anything, be anybody - date girls that are 13" taller. You just don't. Sure, it was weird at first. I definitely shared my logistical questions (about kissing and dancing standing up) with you all; a true testament to how unsure I was going into this.

You just have to have a partner who embraces your height, I think, for it to really be fun. I get to wear HEELS. When we got out, I got a 16-17" advantage on him. And he loves it, always asks me to wear them, and I just can't help but share my love and luck towards that fact. Ladies, these guys are out there. You just gotta keep your eyes open - in my case, shifted DOWN :)

I do have a question in this post, and if you're thinking "yea, yea, blah blah blah" then you can stop now b/c here it is. Haha:

What do you tall, long-legged ladies normally wear when going out to look "hot"?

Picture a girl with a volleyball players body... only a big chest haha. If you were me, what would you wear to just look bombshell-sexy?

6'1" Virtous wrote (August 26th 2011)

I am 6'1" and I am 31 years old. For years I was very insecure in myself because often times I was the tallest person in the room. But as I got older and owned who I was... I began to wear my heels and when I entered a room I CAPTURED it! So needless to say, I am loving everything about me now. It did take some time but after I learned that I cannot hide who God made me I then began to be proud of who I am. I also found a website where the pants that I have ordered are actually too long, can you believe that?!

5'11" Aviva wrote (August 25th 2011)

I once read an interview with a writer who was 6'2". She said: "If you are tall, people always want to tell you." Well, that's true. I'm around 5'11" / 6'0" and I always get comments about my height. A lot are positive (you should be a model, basketball player), but some are negative too. Even if people don't mean bad, it can still be annoying, it makes you feel so different. I was very insecure about my height and sometimes I still am. But my height is growing on me (no pun intended). Especially after seeing this website. It's great to know I'm not alone. I even feel short after reading all messages on here. To all (young) tall girls out there. Please don't be insecure about your height. To quote this website "You are outstanding as you are and you don't need a pedestal to stand on." It's true. And some people don't like you for being taller than them. They'll feel intimidated and try to bring you down with words. If they do, just simply overlook them.

Joerg says: I'm pleased to hear that you like the mission statement of tallwomen.org. If someone needs a pedestal it's me!

5'10 1/2" Jasmin wrote (August 25th 2011)

School is about to start and I'm kinda nervous. I'm a 12 year old girl at 5'10 1/2" and it's hard to blend in. But the good thing about being tall you don't want to blend in I'm tall and love it after reading this site. It made feel so much confident. Another that helps me is going in front of a mirror and saying "I love who I am. I'm not stuck up and look like everyone else. I'm me. I'm not the most gorgeous, but with my personality I'm drop dead beautiful. I know who I am and I'm going to walk up to people and let them get to know who I am!

5'10" Taylor wrote (August 23rd 2011)

Dear Kayla. I think it is harder to be tall when you are young... and I agree that sometimes people like to focus on your height when there is so much more to every one of us... and I think it would annoy them if we spent time in a conversation talking about some of their physical characteristics and acting like it was odd. LOL. However I think try to focus on what u love about yourself... you dont have to be short to look great... you can look great at any height. For me I picked a movie star that was close to my height and copied her style as close as I could... and whenever I am out and I don't feel as confident as I would like I think about that person who is about the same height as me and all they have achieved and it makes me feel better about who I am. As you age you will see the benefits of being tall... but it's hard when you're 15. But work on it... work on liking yourself just the way you are. You are special and unique... and the guys will come. You will see.

6'2" Cheye wrote (August 22nd 2011)

I always been tall for as long as I can remember. I hear all the time "do u play basketball?" or "you should model!" growing up in NY there's a lot of tall guys and a lot of short guys that love tall women. LOL. I'm 22 and was in a relationship with someone who was 6'4" for 3 yrs and it was great being with someone tall made me feel "normal". LOL. But growing up was extremely hard - finding cute clothes and shoes that fit me. So here's a few tips if you have trouble... Wear skinny jeans and when you wash them DO NOT dry them! Find someone to hold on to one end while your on the opposite side and pull as hard as u can for 5 minutes stretching them out! Then let them air dry. It works with sleeves of shirts as well. Also wearing nice accessory bracelets with tank tops or sleeves that are too short makes your arms look shorter and if you have long hair wearing it down and having some hang in front of your shoulders also helps. But I've learned to embrace my height and love myself! I hope you found my tips useful I have a lot more feel free to share some with me or ask for more. xoxo :)

5'10" Kayla wrote (August 21st 2011)

I hate being tall so much it makes me feel so insecure. I am a tall black girl that's 15 and I feel all alone sometimes. People are so annoying and all they talk about is oh, "how tall u r", like I think I know that already. I have no self-confidence and when I wear heels I feel so self-conscious. I feel jealous because all dem short girls get boys all the time while I tower over them. All I want is self confidence and to feel good about myself. I even cry myself to sleep.

Joerg says: I don't want to sound negative here but what would you do if you were, say, 6'8"?

6'2" Sana wrote (August 21st 2011)

I am 18 years old and I really hate my height. I just wish I was shorter. I wish I could wear heels like every other girl. I come from this place where girls are usually short so I feel so odd and stuff :(I used to get bullied every single day in high school. People were like asking me "How tall are you?!", "Oh you are so damn tall!"... and I've heard so many ugly words that I don't even want to remember them.

6'0 ½" Helene wrote (August 20th 2011)

My height used to bother me all the time before. Especially when I was in high school. People commented, saying stuff like "Good luck finding a man". "I can't get over how tall you are!". "How tall are you!?". "Omg, I feel so short around you". And even once, I asked someone "Why don't you want to date me?" - "Because you're too tall. I found a girl that's only 5'4". Perfect height!".

And that comment took the cake. I felt like a man because of my height. All the guys were shorter than me, and I would feel very vulnerable to even the slightest taller man. I outruled every short man. I would do anything to feel like the short cute little girl. Basically why I need a tall man to be my partner. My ex was 5'10", shorter than me, but loved me more than anything. But the key is to love your height. If you love yourself, others will love you easier.

Your height ladies, is your strongest charisma, and you are most likely to be reminded of it your entire life - so turn it into something positive! For those who dislike their height. Tall women are gracious, like a cat. Their figure is curvier, and they're stronger. Able to fend for themselves, on the contrary to puny short women. Tall is revolution! It's proven that mankind evolves to being taller and taller. There was no 6'0" women 200 years ago. If there were there were FEW. And many girls feel alone and different because of their height, but in here - I suddenly feel shorter.

Jules, you must be the queen of gracious luscious tall-ness! Sure, finding clothes and shoes is a pain. My shoe size is 12-13, I'm around 6 ft tall and I'm 19. But heck, clothes looks so much better on our slender, long, gracious cat-like bodies. :D We are superior, we are the next generation, we are evolution, ladies!

6'3" Jheri wrote (August 20th 2011)

This is fun - many history of fashion entries. You could spend a lot of time looking around and I'm afraid I've spent a few hours :-) <http://www.fashion-era.com/index.htm>

Here is something I wish was still done - sewing training. It probably went away as courses became less sexist and manufactured clothing became even cheaper, but it would be very nice to have the skills - especially for those of us who are hard to fit! From the entry on http://www.fashion-era.com/1960s/1962_fashion_drawings_colouring_in.htm

"Fashion sewing was very popular during the early sixties and was a major subject in secondary modern schools in the UK. There, female pupils often had two half day sessions of dressmaking and needlecrafts a week. Most young girls with a secondary modern education in UK left school at 15 with good craft sewing skills. Many were easily able to make dresses that fitted closely to the body and had fully lined bodices or slips.

Those who went to Grammar Schools were less fortunate in acquiring textile arts mastery. They usually had to choose between Art, Domestic Science (Cookery) or perhaps Geography or Housecraft by their third year in school. So for most girls by the time they chose a selection of examination subjects these creative subjects were

effectively squeezed out by the Grammar School curriculum. The choices set against curriculum subjects were such that most academic girls felt obliged to opt for qualifications that would help them get jobs or college entry.

Even so, Local Authority night classes abounded in the 1960s. Dressmaking was a very popular subject course to follow and most women could manage to make a dress if they attended for about 10 sessions. Once they had the rudiments of using a sewing machine and cutting a pattern many continued to learn by teaching themselves. In the 1960s instructions in sewing patterns were very detailed and far superior to any patterns available today. Patterns often contained 4 or 5 instruction sheets, but the difference between them today is that those sheets would all be in just English or English and French. Now you may get several pages, but in many languages so the actual sewing construction details are cut out."

I really think this is the answer for those of us who are hard to fit, but finding the appropriate training is not easy and neither is finding the time. But it would move us from not having many choices to one where we it was in our own hands.

But if you look, you may be able to find the training. It may be worth the effort.

6'2" Brittany wrote (August 18th 2011)

Hey, Ladies. I'm 6'2" and I'm 15. Sometimes it's hard for me to accept my tallness because every girl wants to fit in well - at least I did but now I understand that it's okay to stand 6'2" tall because I stand out to other people even though I still wish I was a little shorter. And I also wonder if I will ever find a boyfriend that likes me for me. I haven't had a boyfriend ever since I started growing tall. But hopefully some boys will catch up on the height.

5'10" Taylor wrote (August 16th 2011)

Just thought I would comment on a question that some of you get asked often... the question being "how will you find a husband that tall?"... you could ask them if there is a law that he must be taller, or is it just their opinion that the man must be taller... throw the ball back into their court. LOL

5'11" Elena wrote (August 15th 2011)

I used to HATE being tall. But once I got into high school I got used to it. For one, as a freshman I was taller than my fellow classmates and I fit in "height wise" with the juniors and seniors. So no one picked on me or bullied me as a freshman. YAY!! So I'm used to my height. I actually love being tall. You have this grace, when you walk. I try to picture myself strutting it on a runway. Although I haven't gotten the courage to wear high heels yet. I feel very self-conscious. And I can't walk in them. I'm trying to work on my posture. I tend to slouch, maybe because I grew too fast for my age and wasn't used to it. But now I try to walk with my shoulders back and my back straight and my head held high. People are always going to talk and say rude things. Because they don't have what we have.

And Amanda, people say the same thing to me "How are you going to find a husband that tall" my response is always smiling and saying, If God has made me this tall then theirs obviously a guy who is tall made especially for me.

Although I do want someone who is taller than me, even when I wear heels :)

5'10" Louise wrote (August 14th 2011)

To Jules (July 30th)... It's NOT okay for your boyfriend to hang out with female friends if it makes you uncomfortable. Share your feelings with him (you don't have to go into a long explanation or justify your feelings), and pay attention to his reaction. If he is committed to you being his girl, he will put your feelings and needs first and back off on that friendship. Tell him that you would do the same for him. If, on the other hand, he gets defensive or angry about it, that's probably a red flag. We all have vulnerabilities and insecurities, and that doesn't make us flawed... it makes us human. My boyfriend has a female friend whom he used to get together with occasionally, and it didn't bother me at first. Then all of a sudden it started bothering me, and I told him. He respected me for sharing my feelings, and stopped seeing her unless the three of us got together. I think he found

it flattering that I didn't want to share him! I wish you the best of luck, Jules. Just don't settle for anything that makes you uncomfortable.

As for not being able to wear heels... I just watched a great female comedian talk about heels. She pointed out that it had to be men who invented heels. Her skit basically went something like this... Women originally wore flats and successfully went about their daily work, quickly getting around. Men saw this and said, "Hey, we've got to slow them down so we can ---- them!" So they tied bricks onto women's feet. Now, keep in mind, this was a comedy routine, but what she said was a very real commentary on one of the twisted quirks of our society. That's what high heels feel like—bricks! And what's the point of wearing them? To appear sexy and attract men... Think about it... when men see heels, what do they think of? Is that what you want to advertise?

6'0" Kate wrote (August 12th 2011)

Hey, Danielle. It's not so bad to be tall. I am 13 and stand 6'0" even. I sometimes think the same way you do. Short girls get the attention. Short girls get all the guys. I don't see a flaw in being tall. I have had a lot of guys ask me out and they are shorter than me. So if they don't care if I am tall then why should I? I love being taller than all of my friends. You don't get bullied - I mean you will get the verbal threats but no one will lay a hand on you when you are bigger than them. As long as they don't have a death wish. I love to be tall and I rock it. I love to stand taller than them. I have one brother and he stands 6'4". My mother at this time is the shortest person in my family standing at 5'9 1/2". My dad stands 6'0" even too. Being tall should not bring you down, it should build you up! I would rather be tall than be short. That is just me. You don't have to take any of the advice that I give you but I just thought that I would try to help. Hope some of this helps =]

6'0" Danielle wrote (August 11th 2011)

I'm glad I found this site, looks like I'm not the only one having height issues!!! I hate being this tall... :/ I'm 16 (just!) and I hope I've stopped growing! I know people say you should own it, and I'm hoping when I'm older I'll appreciate it, but right now I'm not! Jeans are a nightmare to find, I can't wear heels, I hate being centre of attention and why are guys so short!? It's a nightmare... I feel horrible about it, because it seems all the shorter girls get the attention, and I'm just standing there looking like a very tall lemon! -- I really hope I can own my height one day, but right now, as a teenager, I've only come up with 2 good things to being tall (you can eat more than shorter girls and you can actually see when standing at a concert) Sorry just had to rant a little bit, as my other friends are all the lovely height of 5'9" or below... Thanks!!! :)

5'10" Brooke wrote (August 9th 2011)

Hello! I just wanted to say I love being tall! I've finally figured out on my own that it's not horrible. It was hard in highschool but now when I go out I can't wait to step out of the car and I see people smile at me and I smile back. I like fashion and boots so winter is my favorite season. I've been thinking on buying some pumps for the first time. :). I wear toms though. I love love toms! :) And another good thing about being tall in my family is that no one can borrow my shoes since I wear an 11. Hahahaha. My best friend is 5'3". We are like sisters. I'm her bear and she's my little koala. LOL :)

6'1" Dr. Joanna wrote (August 6th 2011)

Hi ladies! I am so happy I found this site :-). I've been using it's resources for jeans! I wanted to tell the other tall young ladies out there... be PROUD of your height!

Walk with confidence and when you walk into a room, you'll own it!

And don't worry about men who are too scared/intimidated to date you because of their own self-esteem issues. A REAL man will look you up and down, and become mesmerized by your long legs and beauty!

Never allow anyone to make you feel less than the amazing, rare creature that you are! You were born with a gift to be a cut above the rest...

BTW, does Tallwomen.org have a Facebook group page yet? If so, I'd love to know about it!

Joerg says: Yes, it does. We have a Facebook Group as well as Facebook Page.

6'5" Amanda wrote (August 6th 2011)

Found this site today just by chance and it is great to read about other tall girls. I'm 6'5", 23 years old and I love being so tall. At school I was the tallest and strongest, and although I got some comments I was accepted for who I was. Now everyone I meet is amazed by my height, and everyone looks at me when I enter a room. It is a problem finding clothes to fit, but I found a good tailor who can make me made to measure clothes for a reasonable price. When I got to about 14 I realised my height gave me a lot of advantages and as my legs are so long instead of looking for jeans I wear shorts and sandals, and as I have big feet I can wear really high heels, showing off my height instead of trying to hide it by wearing flats. Even dating has not been a problem as men love my height and I take guys as they come, although I have yet to have a bf as tall as me. My life experience so far has been very positive and I walk tall and with confidence.

6'0" Wadzy wrote (August 4th 2011)

Wow, I just discovered this site today because I was feeling soo down because of my height. Was so happy to discover that my my fav singer Jordin Sparks is the same height as me. Wow, awesome. However I am someone who loves to look fly all the time but I haven't gathered the courage to wear heels. I also need tips on how I can dress up and look really sexy in my tall figure. Are there any shops with tall women's shoes and clothes in Southern Africa?

Joerg says: For obvious reasons I will leave the fashion advice to the other ladies. I must tell you that I don't know (of) any shoes and clothing stores in Southern Africa though. Sad, I know.

6'1" Amanda wrote (August 3rd 2011)

Hi everyone, I've written here before but I needed to vent again, so... yeah :-P. Being this tall obviously is not getting any easier. A lot of my friends know I hate it but they still insist on commenting on my hate every time they see me, which may be every day. It gets very annoying sometimes and I wish they would just stop. What's worse is when they make fun of me and say "You'll never find a husband" and things like that. Personally I don't think height should have anything to do with finding a husband but it still hurts when they say it. Another problem with being tall is the constant questions I get from random people: "How tall are you?", "How tall are your parents?". "How old are you?". "Are you sure you're 14?". "Are you still growing?". "How's the weather up there?". "What do your parents feed you?". And we can't forget the infamous "Do you play basketball?".Â I'm just like... I don't even know you. Why are you interrogating me? And we can't forget the awful nicknames: Tallness, Tall person, Tall stuff, Amazon, Giant, Gigantore, Big bird, Avatar. And those aren't the worst. I really hate being the center of attention and sometimes I just want to blend in, but my height doesn't even let me come close to doing that.

BTW: New York & Company has a tall section for jeans, pants, etc and they're all super long :)

6'3" Jheri wrote (August 2nd 2011)

Real progress!

I was out walking through a pedestrian part of the city over lunch and was approached by a couple who wondered if I had played volleyball. They were from America and he was a retired women's volleyball coach. We started talking and I ended up having lunch with them. It turns out he was a head coach at a large midwestern university at the top level of the game - division 1 - and had a lot of success.

He talked about the changing attitude of the players. When he started in the mid 70s it was common for him to have to deal with the girls being sensitive about their height even though very tall players were rare - even those who were 5'10" were upset. It was also a problem getting them into the weight room as that was considered unfeminine. That started changing by the 90s and by 2000 very tall and powerful girls began to dominate and most of them had been playing in clubs from an early age. The sport had become important enough to specialize.

He said issues of height or working out in the weight room are completely absent now. Real progress!

I never played team sports in school, but they certainly have changed attitudes about what girls can do and that those of us who are tall can be happy and proud.

6'7" Jules wrote (July 30th 2011)

Hello, my luscious long-legged ladies!

Gosh, just filling in my "Your Height" bar is a reminder for me just HOW tall I'm really becoming. It's incredible :) For those of you who haven't read my previous posts, I'm just your average small town late-teen girl... who most of you can only look eye-to-eye with by looking UP haha!

This past summer I've grown half an inch and I'm STILL growing! I can still fit my shorts, all my shirts, and shoes... I just have a little more skin showing lol ;) Well I can tell ya, my 5'6" boyfriend loves it.

Or love(d) it, it seems...

Yes, recently he's been hanging out with his friend from school. I'm not normally the jealous type, but there's something about this one that's putting me on edge. She's this 5'2" little blonde friend with that perfect face and striking blue eyes and makes him smile like nobody's business.

A little side story - when I met her, my boyfriend and I were at my house "watching a movie" while my parents were out of town. Well this girl was now on her way over because my boyfriend wanted me to spend some time with her. We hear a doorbell and I go to answer the door and, accidentally, I overlooked her. Because I was wearing heels (a little fetish of mine) I was probably 6'10" or 6'11" in them giving me a 20" advantage vertically. And my boyfriend didn't really (or maybe didn't WANT to) mention the height difference. I'm literally casting a shadow over this fairy-like girl with her gray hoodie and red Toms.

So, at first, I didn't see her as she's smiling right up at me. Classic.

But she wasn't like most of the idiot porcelain dolls at school who state the obvious "Omg, you're SO tall!". "Are you on the volleyball / basketball team???" She just smiled and introduced herself. Her extremely kind and chill attitude was surprising to me.

Anyway, they've been spending a lot more time together now. I've tagged along a few times but when I did... it's like all those insecurities I thought I got over when I was young came flooding back. I would feel like a Na'avi (Avatar blue guys) walking with Smurfs.

Joerg says: No reason to doubt yourself, Lady... If your man has decided he prefers shorter girls after all it's his fault (and his problem and his LOSS!). It's not your fault. You'll get over it in no time.

5'11 ½" Faubline wrote (July 29th 2011)

Helllooooo, beautiful young tall women. I am 15 years old, 5'11 ½" and my name is Faudline. I just want to say I loveee my height. It can be a lil frustrating when I'm trying to find clothes (jeans) but I mean it's a blessing to be tall. It doesn't mean that you're supposed to do a sport. You're tall because maybe you have family members that are tall and u got the genes from them. It's a beautiful thing: remember not everyone's tall. You're just a lucky person to be tall. When I go out people just have the feeling to stare at me and tell me "Wow, you're soo tall" and I am like "Really??? I didn't know that". LOL. But anyways... LOVEEEEE your height. Ignore ppl in school laughin at you or teasing you. They just have nothin better to do - soo remember: Keep walking straight ahead cause there's nobody that can make you stop lovin your height... TALL GIRLS ARE BEAUTIFUL, STRONG BOLD AND POWERFUL!

5'11 ½" Bre wrote (July 28th 2011)

A little advice for my lovely fellow tall ladies... If you're going to be in a huge crowd - do like I do and wear nice outfits. All eyes are gonna be on u anyways... so u might as well be lookin cute!!! => It'll make ppl say "Wow, she looks like a Model". Have a great night, Lovelys!

6'3" Amy wrote (July 25th 2011)

Tara, have you tried delias.com or alloy.com?

6'3" Rachael wrote (July 25th 2011)

I just thought I'd comment on how tall I was. LOL. I've been 6'2"+ since I was 14. It's nearly impossible for me to feel like I fit in, or to find a boyfriend who is taller than me, or find a horse who is well sized for me to ride around here. :) Just thought I'd share. LOL.

6'0" Tara wrote (July 23rd 2011)

I'm only 14 and 6ft tall and I just wondered if you had any ideas where I can find clothes for my age as well as being long enough?? I've always found it hard to find clothes suitable and long enough.

Joerg says: Have you taken a look at the Clothes USA Section?

5'10" Taylor wrote (July 22nd 2011)

To Amy... I have several... the highest I own are 4 inches. But I feel most comfortable in 3 inch heels. I prefer heels to flats as they make my feet look nicer, I think.

6'3" Amy wrote (July 22nd 2011)

I just wanted to know: Do any of you ladies own a pair of heels? And what's the highest you would wear?

6'1" Melody wrote (July 21st 2011)

I love this site!! I'm usually very proud of my height, but there are times when I get down about it; I visit this site, and I'm so encouraged to remember that I'm not alone!! All the comments also make me laugh because they are so true and relatable. I have people ask me all the time how tall I am and if I play basketball. When I tell them "no," they look confused and then a lightbulb comes on (you can see it on their faces): "Do you play volleyball?" - "No, sir, I don't..." More confusion. The questions really used to annoy me but now they just make me laugh, especially when people pull over in their cars JUST to ask me how tall I am and if I play basketball. Anyway, I'm pretty sure I didn't say anything different than what's already been posted, but I just had to add to this wonderful site! You ladies are awesome!

6'3" Maddie wrote (July 19th 2011)

I'm six foot three and I'm fifteen years old. I really can't wait for college. I'm the tallest person in my school (boys and girls) and I can't wait to find a guy that doesn't see six feet and three inches of body, but sees me for what I say, do, and feel.

6'2" Pav wrote (July 17th 2011)

Hi, I've been browsing through different topics on your website (www.tallwomen.org) and I find it so helpful and nice to know that I'm not the only tall girl out there. I just want to comment on the fact that I find it extremely hard to find clothes that suit my height. I've seen your links for other websites but they always suit more older people and don't have many young styles and I find it frustrating to get clothes and be confident in them. I find being tall strange as my sister who's older than me is just a mere 5'3" so I feel that I'm the odd one being the tallest in my family. However they are ever so supportive but I don't think they fully understand what I go through every day what with school. I wouldn't say I get bullied, I'll just say I'm the subject of many people's conversations but not in a good way. I just want to be able to embrace my height and feel confident in myself. In regards to the clothes part, I'm not sure if this is an American based website but I was wondering if there are any shops in Florida that cater for tall people. If there are I would ever so grateful if you could tell me. thank you for taking time to read this and I would just like to say thank you for creating such an amazing and helpful website. It's nice to know people care.

P.S.: I'm not sure if this was the correct place to write this. If not sorry :)

6'3" Jheri wrote (July 15th 2011)

Elise and others who are having problems finding a guy. I gave up waiting to be asked and started asking myself. Of course I made mistakes and you get turned down, but the guys have that happen to them too. The best guys I've dated have been on the shy side and they get intimidated easily.

Having said that it isn't exactly easy until you have tried it more than a few times, but it might just turn your attitude around. You can do it without being overly bold. Women tend to have higher social IQs than men, so you probably have an advantage :-)

6'4 ½" Alex wrote (July 11th 2011)

Elise I feel the same when it comes to boys. They are always intimidated by me and would date me if I was shorter or they were taller. And older men always hit on me even when I tell them I'm only 17! Just be patient. There is def someone out there for you! :)

6'6 ½" Jules wrote (July 10th 2011)

Elise, don't you even worry about your height being some kind of an impediment towards dating. Look at me - 6'6 ½", late teens, dating a 5'6" guy.

There are definitely men out there who would love nothing more than to look UP to a gorgeous beauty like you and marvel at your long limbs. You were born to be this way. Your unexpected height boost was in actuality all part of a plan to make you stand out in the world and be part of a physically dominant group of women.

Your confidence will land you a man with equal confidence, so go out there with your head held HIGH. If a man makes the effort to try and get you meet his eyes BELOW yours, give him a shot.

As for your pants problem: wear shorts! Especially during this season. Shorts and extra long legs were just meant to be ;)

6'2 ½" Elise wrote (July 10th 2011)

Hello there, my fellow lovely long-limbed ladies. I am 19 years old, I have always been tall - it has just always been a part of my identity. However, I was never meant to be this tall - early on it was predicted I would fall just short of 6'0". Alas, my genes had different plans. I currently love my body (despite its constant refusal to fit into a decent pair of jeans), but it has not always been that way. In middle school, I had a rather rough go of it - but then again, who doesn't in middle school? I was often picked on these two boys who felt the desperate need to compensate for something (most likely what they lacked in height), and therefore with my surplus of tallness, I was the obvious target. My younger brother was in fact teased by one of those boys while we were all in elementary school, but all teasing effectively ended for him when he grew to tower over everyone at a whopping 6'9" (also quite a bit above his predicted height). In high school, I would get daily comments on my height, often from the same people each day, who seemingly forgot how tall I was overnight. However, I luckily had sports as a way to utilize my height, but being tall meant that I was a late bloomer. I struggled in the early years of high school, but finally found success on the basketball court and on the track. In fact, I am still participating in both at the collegiate level.

I think another thing that helped me adjust to my height is that I never really felt tall. Like I mentioned earlier, my brother is 6'9". My parents are 5'11" and 6'2", respectively, and I have quite a few cousins that are taller than me (all male, though). Even my friends, who I have been friends with since first grade, are relatively tall, most of them being 5'9". But then this past year I went off to college. While college had its great benefits (one being that there are now quite a few women and men that are my height or taller), the change also highlighted some key experiences that I have missed out on - not only have I never had a boyfriend, I have never had my first kiss. Sure, I was a kissing queen in my preschool years, but I hardly think any of those qualify as My First Kiss. I've gotten quite a bit of attention from older men who think I'm older than I am (when one of these men asked how old I was, he answered, "But you're so tall!", as if height as is the ultimate indicator of age), but little to none from the men around my age. I honestly think they're intimidated by me (or at least that's what my mother likes to tell me). I've been referred to as "the sexy six-two girl" behind my back, and my mother once divulged to me that a friend's son had announced at the dinner table one night that he was going to ask me out - once he grew a couple of inches. It's just so frustrating - I am willing to date someone shorter than me, but I feel that men aren't really willing to date someone taller than them. What's even more infuriating is that my male friends who are in

the 6'6" range insist on dating women who are barely over 5'0". I can't help but feel that my height has a lot to do with my lack of a love life, and that is one thing that has definitely diminished the luster of being a tall female. While I love my height, it definitely has its shortcomings.

I apologize for basically writing a novel, but I was just so excited to find a site that catered especially to tall women, and I was eager to share my take on being tall with all of you. For all of you that took the time to read this, thank you!

5'10" Sally wrote (July 10th 2011)

Sally, love your quote...

6'1 ½" Sally wrote (July 9th 2011)

All my life I've tried so hard to fit in, not realising I was born to stand out.

6'3" Jheri wrote (July 2nd 2011)

A real problem with longer length jeans is length and size often isn't enough to get a good fit unless you are pretty lucky. I usually need to get my jeans tailored for proper fit. You can go for made to measure, but that can take a long time and is often expensive. I've done that a few times but haven't used one of the larger makers in the US who does this - Indi.

A friend recently used them. The time from order to getting your jeans is about a month. If the jeans aren't right, you note the problems and they'll send you a new pair. She had to go through that, but now has the only pair of jeans that is a great fit in her life. She recommends getting measured by a tailor if you can for best results or if you live near their office in Emeryville California just make a visit.

<http://www.indicustom.com/womens-custom-jeans>

You can customize as well as get the fit right and they have white denim now as an option. I've seen some people love Indis and others really dislike them, but this makes 5 people i know who have tried and like them and 0 who dislike. Two of the five had to use a second try, so this can be quite slow.

Indi has periodicgroupon offers where you can get a pair for U\$85 and one of these offers is open now - you don't have to live in that city. So if you've been wanting to try this may make sense.

<http://www.groupon.com/deals/indi-denim-little-rock-1>

If you need more than their 40" limit it turns out they can go a few inches more if you ask when you order.

Now they have free shipping on an initial overseas order so I'm going to try them. I don't know how the postage will work out if I have to go through the refit.

So if you are frustrated or adventurous you might give them a try.

5'11 ½" Etirah wrote (June 30th 2011)

Hey, everyone. My name is Etirah. I'm 17 years old and a junior in high school. I just wanna say I'm very very happy and appreciative that there's a website or page just for US tall girls/women. Middle school through high school hasn't been the best of days or times for me. But they're getting better! (=) There were many, many times when people would make me feel low and weird. Like I don't belong! Like a person of my height could never find love! THEY'RE WRONG! I have dated more than once so far I've dated 4 or 5 guys through high school but not all at one time! LOL! I JUST WANNA SAY YOU LADIES REALLY INSPIRE ME! AND I WANT TO REALLY THANK YOU LADIES (=) THERE IS NO

MORE FEELING DOWN AND CLOSED IN! IT'S TIME ROCK THEM SEXY PUMPS AND HEELS AND SHOW THOSE SHORT GREMLINS YOU'RE PRETTIER! AND SHOW THEM HOW TO REALLY ROCK! =)**6'1" Elena wrote (June 27th 2011)**For all the tall women out there, you really should embrace it. The only way to make yourself shorter is to cut your legs off at the ankles and frankly, you'd look weirder without feet than you would just being tall. There are a lot of good things about being tall anyway - like the fact that you can weigh more and no one would notice for one. (That's my personal favorite.) I weigh 175, which is 20 lbs overweight for my height, but frankly I look great anyway. I know it sounds vain, but all those short people look at you women like you're some elf from Middle Earth and THEY are the little dwarf people. Short guys who hit on you? Heck, ANY guy who hits on you. What do you think they're flirting because they think you're ugly? Come on now. We all know better than that. The only thing you're lacking is perspective, and you're only as awkward as you make it. I know there are some times where it's hard to be confident. If I do something stupid that has nothing to do with my height I somehow can't help but feel like some sort of cumbersome, retarded, ogre... and it sucks for five minutes before I get on with my life. But I get on with my life. What I remember about me is that I'm intelligent, funny, quirky, and pretty. I smile a lot and throw everything I've got into everything I do. People like me or they wouldn't be near me as much as they are- and they are all shorter than me, sometimes by feet. My boyfriend is 5'6" and guess what, he's wonderful too. I'm 19 years old and my parents started me at school a year early because my entire family is very tall. Growing up I was younger AND taller than everyone else (and still am). I was quiet on top of it. No one really got me. I know how it feels to stand out. There's just a point in your life when you realize you are the main character of your story and it's time to start writing something worth reading. Whatever you do, just DO NOT SLOUCH. Instead of making you look short it makes you look lacklustre, insecure, and more awkward than actual inches ever could. Good posture shows others that you are comfortable with yourself, and when people see that you are okay with who you are, they want to be around you. My final advice? Wear heels, stand up straight, and smile often.**5'11" June wrote (June 25th 2011)**I am a tall woman now fifty years old. I have read some of the quotes of the young women and I can totally relate to their positive and negative feelings about their height. I grew up in a family of short people and I always felt like the ugly duckling because I was obviously different in size. It was always mentioned by them and sometimes remarks were made that hurt my feelings and affected the way I mentally portrayed myself, to me. I just couldn't fit into the high of my height, mentally. So therefore it affected the way I thought and felt and reacted for many years. It always seemed that more was handed out for me to do, because I looked strong. Having to handle criticism from a young age wasn't easy but I had to learn how, therefore it made me realize I had to have strength in order to cope and deal with the difference. I had to handle it. To me the word tall means more than height about a person. It taught me to be very independent because society wasn't conformed to us tall girls. No, we have had to learn to conform to society and the way they made things to fit for the norm... Jobs I had were bending down at tables or machines that were too low. My back ached all the time but I had to work at jobs my education limited me to. We weren't all able to have modeling careers, to walk the strip. Although, I do realize that even that can be hard work. Which brings me to the fact of the matter, that if you are a tall woman you are naturally going to have long (big) feet. So, this is what I have said and thought for years while shopping for shoes. They can make rockets and send astronauts to the moon but why couldn't I ever find a ten and a half shoe at a shoe store. They have just started selling larger size shoes in most department stores in the past ten to fifteen years,.... if that. After size ten there are no half sizes. There are elevens and twelves is the largest I have seen, in the area where I now live. Okay so I was tall, had long (not big), feet, had to be tough and learn to laugh when it hurt. Being the one who sticks out isn't always easy. I never had many friends I always seem to think it was

because of my height. I forgot to mention, I wasn't conceded by no means (having to do with that self esteem problem I mentioned before) but I was attractive and had a good figure, all but for the small bust. I always said this body deserved larger breasts LoL!!! Women have always seem to resent me. it hurt my feelings for a long time until I had men tell me that they were jealous. Jealous, I thought, of me, the person who has always felt to tall and kind of masculine. Not in looks but in the mentality of always having to be strong and dealing with the issues of my loneliness. What seems to sum it up is being different makes one tend to think different. Being tall made me think tall without all the constructive compliments I needed to help me overcome and be more confident of my femininity. I am a beautiful tall women who has finally realized that my difference has made me become a very strong indepentent person. Back to the issues of sizes, now of clothing which is another huge story... problem. I have never liked to go shopping for clothes the thing that most women just love to do. It was always depressing never finding jeans long enough, or sleeves in tops. It's always been more of a job than a delight. I am single now and have been for sometime. I still have a hard time with dating although I have been with a few very handsome men in the past. I still hear it girls.... your sure a tall one but... I've also heard that they think tall women are very sexy. It has been a little difficult being single now being fifty and still tall... having to deal with the issues of finding a man in my life again. That is what led me to this quote page. I was concerned about how to dress for my age when I still have the figure to dress youthful. Tall women tend to keep their nice figures and believe me girls... at my age that is a plus. So I just want to influence all other tall girls and women reading this page by saying from experience. Be who you are, love who you are. Fit into your tall and wear it well. You are above the normal crowd show them your beauty and smile at the world. Stand tall for that is what makes you the special person you are. Love it and enhance it with all you've got because you are being noticed all the time. Take the tall remarks and toast to the tall glass of champagne you are. I salute you all. Your tall friend in spirit **GREBA JUNE6'1" Lisa wrote (June 25th 2011)**The reason I can't handle dating short men is because they are the ones who teased me the most growing up. The short guys in highschool were vicious to me, and would taunt me, make up songs and rumors about me, and laugh and remind me how ,gigantic' I was. Looking back, I think they hated me because the wanted to be tall and were insecure with being short. It wasn't until college when I started dating a 6'4" man who said "oh come on, you aren't that tall" that I started to accept my height and realize I wasn't a freak. He would compliment me on my height, my long legs, my long neck. He encouraged me to wear heels to be as tall as him. He was proud of me. After that, I just always dated tall guys. It wasn't because of society's pressure. And I don't think it's because I'm deliberately closed minded. It was just a traumatic life experience that made me feel edgy and hated by short people and more "at home" and comfortable with other tall people. It's really nice to hear there are shorter men who don't mind (or like) taller women. I wish they would have went to my highschool. **5'11 1/2" Abier wrote (June 24th 2011)**Hey, guys. My name is Abier and I'm from Michigan. I swear I thought I was the only one who didn't really like being tall. I was always short when I was younger, even in high school! I didnt hit my growth spurt until my late junior year. It wasn't normal how tall I all of a sudden became. I was looking down at guys that I used to look up to ! I'm about to be 19 in august and I've grown 2 and a half inches so far and I can't stop growing. I kind of like being tall sometimes because of the good attention I get from it. I get asked to model a lot but I just don't find it to be my thing. I play a lot of sports and my height actually helps a lot. The way I look at it sometimes is that its hard to find a guy taller than I am. The biggest turn off for me is a guy who is my height or shorter!**6'1" Anna wrote (June 23th 2011)**To [Jules](#): I love short guys too! I think for all us tall girls we should be more open to the guys we date rather than say we feel that they need to be tall... I mean we're only gonna have less chance of finding a great guy anyway if we have those silly requirements and stick to them. I blame society for messing things like this up and making us have to think like

this. But for me personally I think dating short guys is awesome, they are really cute and very sweet to me. And I don't care what other people think because they only wanna bring you down just because they have their own insecurities, it's them who have the problem not us. I'd even go as far to say it looks romantic for a short guy to have a tall model-esque girl in his arm. Also for us girls having to be looked up to all the time in itself shows how appreciative short guys are to us. It makes me feel beautiful anyway. Here's my article which fully explains why I have grown to prefer short guys like yourself :) Great to know someone else out there thinks the same as me and good luck with your new

boyfriend! <http://www.thefrisky.com/post/246-girl-talk-i-like-dating-shorter-guys/> **Joerg says:**

Well, it is wonderful to know that there are tall women with your attitudes out there, Anna and Jules! **5'10" Taylor wrote (June 20th 2011)** To **Sonia**: I just wanted to send you a hug... and say I am sorry your family did not realize what a wonderful gift you were to them. I am glad you have the insight to move on and find a positive way to enjoy your life... **5'10"**

Jennifer wrote (June 18th 2011) I came across this page and I think it's fabulous. It shows different girls' perspectives about being tall. Being tall makes me stand out which I don't like. I always try to blend in somehow by slouching or something. I've always been teased growing up because I was taller. I hate how I'm taller than most guys I like. In my high school all my friends are shorter than me. I try to avoid wearing heels because I don't wanna feel like Andrew the Giant in a crowd but they're so hard to avoid since they are so pretty. I hate when someone meets me for the first time and says "Wow, you're so tall. Do you play basketball?". It's so stereotypical. People tell me all the time to embrace my height, it's a blessing but I'm a very shy girl. I don't like being in the spotlight but every day I try to embrace it. I'm just scared I'm going to keep growing. I'm only 18. Tall girls are beautiful and we will find that Mr. Right guy. We just have to keep looking. **5'10" Sonia wrote (June 18th 2011)** I've always hated being tall. It would have been bad enough being this tall at 18, but I was 5'10" by age 12, not thin like taller females (I used to get SO SICK of hearing about "models" because all of us tall females aren't rail-thin) are expected to be, wore a DD cup, and was covered in AWFUL stretch marks from rapid growth and development. Never been able to wear a swimsuit since I was 10. As far as school bullies were concerned I was a walking target, and when I fought back teachers would tell me, "my God, you can't hit girls who are smaller than you, you could hurt them!" My own father took sides with the bullies and informed me "you can't go around hitting girls just because they're prettier than you. "On top of all that I was poor (still am), from the knuckle-dragging US south (still here), and from a messed-up family where I had little support. In fact I got more ridicule from most of my so-called "kin" than anything, and the two things I ever did right were finally breaking free of those cruel SOB "kin" folks of mine and not having kids. The one exception was my mom who endured plenty of crap of her own from our so-called "family". Buying clothes? HA! Might be easy if you can afford it but if you're not well-off, you're screwed. WalMart is the only place I can afford and not much to choose from there. After years of very few men my own age being interested in me (I was far from ugly, but I was poor, tall, southern, not a college graduate, and have black hair which isn't such a great combo. I used to get SO sick of old men in their 50s and 60s hitting on me. I met a guy my same height, same age, with many of the same interests, and for once it was like I found a soulmate and fell in love (and most of all: he actually LOVED me in return). We were together 5 years when our mixed-up racist system had him deported and now we can only keep in contact by phone/mail. I will never love anyone else. I still hate being tall as well as having a large chest because nothing fits, my back hurts like hell a lot, plus now my hormones are giving me problems, undoubtedly related to my rapid growth/development in my adolescence. No one likes to hire tall women either. So while I don't actually hate myself for being tall, I just thought it needed to be known that not all real-life stories from tall women are positive. **6'6 1/2" Jules wrote (June 17th 2011)** Hello, my fellow females of fantastic, formidable height (intended illiteration)! Well, it's

me again: the late-teens 6'6 ½" (yea, Im still growing according to my last check-up) small-town gal with the typical "tall girl" problems on her plate. In my last post, it was all about how I broke up with my 5'7" boyfriend because I thought the height difference was bothering him (and me) too much. I got a lot of helpful responses from so many intelligent, beautiful women out there about what I should do. I concluded that it was dumb to break up, so I did my best to make amends. However, as life constantly tells us, not everything works out as planned. When I approached him, he said he didn't want to get back together and thought I should have an experience dating someone UP to my standards... and I think I know exactly what he meant.

So for the past few months, I spent a lot of my times hanging out with my not-as-tall-but-normally-tall volleyball teammates because I knew they all were friends and partied with the men's basketball and volleyball team. My hopes were to land a guy A LOT closer to my height. But after dating this one boy, 6'4", for a week... I realized something very important about myself.

I have a fetish for short men.

This must have developed while dating my 5'7" ex. And idk why it is exactly I'm so attracted to them... the strangeness of how it looks in public, the feeling of power in the relationship because they look UP to me, or maybe I enjoy bending my knees or arching my back to give them a kiss and playing those height-kissing games. With a taller guy, it's just not as much fun and they seem constantly worried about appearing the bigger man - literally.

For the past few weeks, i've been seeing a 5'6" guy I met after one of my volleyball games. In between games, my school allows local garage bands to play a set. They call this "creative sponsering" or whatever. Well the one I'm with now was a solo artist who as the voice of Chris Martin and John Mayer rolled into one, no joke. I approached him after his sets to tell him how talented he was... and almost instantly we felt a spark. The next day he asked me out. So far this witty, cocky, extremely funny, cute boy has been the most fun in a relationship I've ever had.

But, yes, I do have a question for you bright broads: :)

He took me to this jazz club just the other night, and I wore heels because I 1) love them, 2) he loves them, and 3) they make me look taller. He asked me to dance, though, and I'm a pretty good dancer... but I never danced with my ex so I wasn't sure how it would work out dancing with a 12-inch+ shorter partner. In my heels, he comes up right at my chest. Now I've always been a big-chested girl and was just wondering what's the best way to dance without him staring at my chest the whole time? I'm sure he loves it, but I'm just curious.

Other than that, feel free to let me know what you think of my fetish!

Until next time :)

6'0 ½" Kiara wrote (June 12th 2011)

Ok, question... Who is this Joerg character and why can you write on everyone's comment? Just a thought :)

Joerg says: Erm, I am the guy who runs this website. You probably haven't read the "[My View](#)" section.

6'0 ½" Kiara wrote (June 12th 2011)

I luv the comment on Norway. It's now on my bucket list to visit Norway and the Dutch. I never thought I'd find a place where I could fit in for a day but I wouldn't trade being tall for anything in the World. It's like being a needle in a haystack - rare but a sight to see. Thanks!

Joerg says: A friend of mine who lives in Denmark writes: "The Dutch are the tallest by a good margin. [Norway](#) and [Sweden](#) fall a bit below [Denmark](#), which is below the [Netherlands](#). Height has been increasing in the youngest generation since WWII, but has stalled in the past decade from what I've read. Also height in the US has gone up a tiny bit for men in the past 50 years (which is why the Europeans passed them) and has gone down a small amount for women. The curious thing about Holland is the North part of the country is significantly taller than the South. Groningen is supposedly the tallest town in the world. I've never been there, but you can tell the difference between Amsterdam and København or, even more, Stockholm."

6'2" Susan wrote (June 11th 2011)

FYI, I believe the tallest demographic of people is in the Netherlands.

5'10 ½" Daniela wrote (June 10th 2011)

Hi, my name is Daniela and I'm 5'10 ½" and OMG - I have always been tall all my life ever since I've been little. I was always the tallest girl in my classroom even in kindergarden... because of me being tall I was really shy and didn't really talk to others because they would always make fun of me saying I was taller than most of the guys. I looked funny and I got nicknames like Godzilla, Jolly Green Giant and others you might imagine which just made me feel more insecure and uncomfortable about my height.... It got pretty worse when I started high school as a freshman. The school where I went was mostly full of Mexicans and as you know most Mexicans ain't tall at all and me being a tall mexican was even harder. None of the guys really hit up on me because I would always be taller than them and they would all say that I have a pretty face and nice body but I was just too big for them. But once I started my junior year I started not worrying so much what other people say especially at school or at the stores and people would come up to me and tell me "Oh, wow you're so tall!!!" LOL, like if I didn't notice before... jajaja... but they would also say but you are really beautiful so that brought my self-esteem up. Now that I am 21 I am proud of being tall and I'm going out to the clubs and dance in heels even though sometimes it's hard finding a tall Mexican guy to dance with. But hey... when I do find them they are usually the cutest ones in the club and guess what: they like tall girls too!!! So no, it's great walking around being tall and being noticed by others instead of just blending in with the crowd!

P.S.: I am happy I found this website and I could relate to others girls and know I wasn't the only one feeling awkward growing up as a tall woman.

6'1" Lisa wrote (June 9th 2011)

For all you tall girls out there in the world: If you feel like a giant you should visit Norway in Europe.

Mostly all of the women here are over 5'7" (it depends where you visit), and you'll see a lot of women around 6'1". I'm 16 years old and at my school there's so many girls at my height or around it. A lot of men are tall here too.

So if you want a holiday where you feel normal - visit Norway :) We are the tallest people in the world! I recommend Oslo, the capital, especially on the "wealthy" side of the city. We call it Vestkanten (West Side...) No one thinks considers a girl at 5'9" as tall, but they think 6'1" is

tall, but they aren't like "OMG! You're tall", they won't even comment it. Besides, I'm 6'1", and to anyone who asks how tall I am, I say 5'10 ½, and everyone is like "Wow, I thought you were smaller". :)

So visit Norway if you're tall - you won't regret it! :)

Joerg says: I thought the Dutch (Netherlands) were the tallest people on average. But then I also happen to know the tallest woman in Sweden. She is 6'8". Maybe the statistiscians needs to update their stats.

6'1" Jenny wrote (June 5th 2011)

I was reading a quote from a 19 year old who is unhappily 6 feet tall and it reminded me of exactly how I felt when I was that age and how I still sometimes feel. I'm 26 and have been happily married for over a year to a wonderful man who is my height (or maybe half an inch shorter than I am, but it doesn't matter to us). Growing up, I was skinny and average height, but between 7th and 9th grades, I grew 10 inches! I was still skinny, though, and people made fun of my height, my "high-water" pants, and the fact that I was always tripping over myself. Forget about finding a date tall enough to dance with or prying the attention of my crushes away from the cute "average" girls. Even though I feel good about my height now and have found my love (who happens to be the perfect height for me because I love looking him in his beautiful eyes), I still sometimes struggle with the fact that I stand out, that I can't buy clothes in stores, and that I can't shake those painful memories of growing WAY up. This site is fabulous - I only knew about a few of the clothing resources and it's nice to feel connected to other tall women who are beautiful inside and out.

6'0" Maricela wrote (June 5th 2011)

If your boyfriend or husband doesn't like you been taller than him, he can buy himself some insoles that are like 4" tall, nobody will know he is wearing high insoles and he will be taller also. Or you can buy it for him if you don't like your men to be shorter than you. They are great for guys and come at a really good price. Tom Cruise wears high insoles and a lot more actors. If a girl can wear heels why not the guy? My friend's husband bought some to wear for a wedding so his wife could wear high heels. And he really like it so he wears the insoles all the time now.

5'10 ½" Beth wrote (June 4th 2011)

The comments from the teenagers make me so sad! Ladies, know that just as you feel self-conscious about being tall, other teens feel self-conscious about their nose or their ears or their feet or their lack of height, etc. It's universal to feel awkward as a teen.

When someone shows up who bucks the system and isn't afraid to embrace themselves, it can upset the herd and that's when the nasty comments from others come out. It's like that cliché about the crabs in a bucket- they could all easily escape, but instead they pull down any one who gets too close to the top to keep him stuck like the others. The nastier the comments, the worse the commenter feels about themselves.

Wear your heels. Date who you want regardless of their height. Above all else, love and respect yourself the way you would want someone else to love and respect you.

And don't worry so much about guys. They will eventually come! There are many, MANY guys who LOVE tall ladies! Any guy who would not date you because of your height and would ignore your other awesome qualities is not someone you would want to spend much time with anyway. :-)

5'11" Bekki wrote (June 4th 2011)

I used to hate being tall as it made me stand out and act awkward, slouch down, hide away. But now as I've grown up I've discovered how lucky and rare it is and how we should embrace it! We get noticed in a crowd, we get the gorgeous tall men, we could do modelling... And don't stress about wearing heels, if you're into that wear them. I do all the time. And as my confidence grows so do the size of my heels.. :) LOVE BEING TALL!! Xxx

6'0" Elly wrote (June 3rd 2011)

I am 15 and keep wondering... "Why I'm attracted to short guys but they're not attracted to me?"

6'0 ½" Kiara wrote (May 31st 2011)

Hi, I like the site. It's very empowering. I have a few more words to say: One of my shortest friends is 4'1" and this site helped me realize that tall is great and she must feel really short around me. Shorter than usual in fact :) Thanks, all you gals.

Joerg says: Well, that's funny! Good for you though.

6'0 ½" Kiara wrote (May 31st 2011)

Thanks for all the quotes. I'm 13 and in 8th grade and tired of my height. This made me feel a tad better but honestly it hurts. I know when I'm older I'll luv for now I'll continue hating cuz there's only one good thing about it. You get to be told u should be a model :)

6'0" Jasmine wrote (May 30th 2011)

Hey, I'm Jasmine... I'm 19, and I think I'm like 6ft. I've been tall my whole life. Everyone always used to tell me when I'm older I'll grow into it and love it... I'll be 20 in like 7 months and I really don't like it that much... It's not that I'm ugly because a lot of guys hit on me, and tell me I should model and I'm so gorgeous... but when I'm around shorter girls or guys I feel like a giant and it's driving me crazyyyy!!! I can't wear heels when I go out because I'll stand out even more, and will probably be taller than everyone / all of the guys at the club. I don't like wearing sneakers because they make my feet look bigger. I used to wear smaller shoes to make my feet look smaller and they hurt and ***** my feet up... I don't know. And I hate how people just meet me and it's like everyday they say... "OMG, YOU'RE TALL..." Like - thanks, I didn't notice. God, people are soo annoying. I'm tired of short guys trying to get with me. like I want someone who I can look up to and make me feel sexy instead of like me looking down on them. It's just not cute! I hate guys where I'm from. I feel like I'll never find real love that I never had. I don't know what to do... I feel like the only place I will fit in or belong to is like a Victoria's Secret catalogue. Life sucks. I can be around people who are close to my height but when I'm with short girls or guys I feel like a fricken' giant. I don't know what to do. It could always be worse - I just know I'll never be short and there's nothing I can do to be shorter so I guess I should just embrace it and get used to it cause I'm going to be like this for the rest of my life.

P.S.: Great site! Love itttttt =)

5'11" Renata wrote (May 29th 2011)

Hi. I'm from Hungary and just found this site. I was so depressed, that I'm 19 and haven't had a boyfriend for 7 years. It's not because there are no men, who doesn't want me, it's just most

of them are shorter than me, and it is so annoying. I have read most of the posts, but I agree with [Shelby](#). I just want my boyfriend to be taller than me. I don't want to lean down. I want to feel that he can protect me and not vice versa. I'm sad and so lonely sometimes. I know it takes time, but it's just awful. :(

6'0" Amanda wrote (May 28th 2011)

Hey, my name is Amanda and I am 6'0". I do not get any of those questions. I think it is most because I come from a small Christian community and so people tend to keep their thoughts to themselves. However I do get a lot of stares and the guys here tend to mess with me a lot. Not only am I tall but I am heavy set as well so that adds onto their comments and such. When I catch someone staring at me I tend to say "What are you staring at? Do I have something on my butt?" or if it is a guy and he is staring at my chest "Are my breasts nice because you seem to be enjoying the view." You should really see some of their reactions. It is hilarious. Also I would like to say that I completely love this site. :)

~Amanda

A few Quotes from <http://thinkexist.com/quotes/with/keyword/tall/>: "Remember in elementary school you were told that in case of fire you have to line up quietly in a single file from smallest to tallest? What is the logic in that? What, do tall people burn slower?" (Warren Hutcherson Quotes) and "You've got to do your own growing, no matter how tall your grandfather was." (Irish Sayings Quotes)

5'10" Annie wrote (May 23rd 2011)

Hi! I'm 16 years old and I'm 5'10" I've always been insecure about my height. I always wanted to wear those high heels and when I finally one day took some really high ones one - and a boy said "Tall girls are so not sexy". My self-esteem totally fell lower than the ground. I've never felt so bad about my self than I did that day, it was a struggle to get through that day. I would sit and not even get up before everyone was out of the classroom. It was just awful.

My friend and I were buying shoes the other day, and I saw these high heels and I just had to buy them. My bestfriend told me my legs looked great, and she always makes me feel better about my self, even though she's one head lower than me.

I love buying heels, because I feel so good when I wear them - but, it just totally ruins me when people say those ugly things. It's made me depressed and I didn't wear high heels for a long time.. until today.

I used a whole day searching for tall celebrities to get my confidence up, and one role model for me is Khloe Kardashian, she always seems so confident with her height. So, I just took my high heels on and went to school. Nobody said anything bad, someone said to me "You are one of those people that just looks great tall".

I guess now in my age, being taller than all the boys is a struggle. But as I get older I hope that this won't be an issue anymore. I love my height, and I hope I will embrace it more when I get older - and so will everyone else.

6'3" Jheri wrote (May 23rd 2011)

[Megan](#) - high school is a time when most people are insecure. Life can change dramatically for you if you let it. I was very insecure then and it took me until I was twenty to even go on a date. But now I am secure with who I am and life is so much richer.

There are a couple of things I've learned about dating. I have come to the conclusion that I don't need the guy to be taller than me. There are too many other factors that are important to

me and chances are I won't find someone I like if I throw out most of the male population first. My best luck has been finding guys who are doing things that I like to do and I'm not afraid to be the one who asks. Being the one who asks was difficult at first, but it really works.

Feeling good about yourself is key and it sounds like you're doing well there. Dress and groom to make yourself proud about how you look and remember to have great posture to show self confidence. All of us have areas where we would like to be better, so pick one and work on it. Your self confidence will improve as you make progress.

There will be some rejection, but that is true for everyone. Getting rejected just for height shows the person is shallow and that is a good thing - you'll sorted out someone who isn't worth your time without having to spend a few dates coming to that conclusion.

6'2" Susan wrote (May 21st 2011)

Hello [Megan](#), as I can only speak for myself, however, I am sure other women can vouch that there are many, many, many men that are attracted to tall women. However, there are people that for whatever reasons insecurities, etc. that will attempt to make you feel less that who you are. Hold your head high and enjoy life.

Take care - Susan

6'0" Mae wrote (May 21st 2011)

I struggled with my height the most when I was young. I was teased a bit, but I was the hardest on myself. I have school pictures where I'm slouched down so far in the back row that I look ridiculous. I just felt like such a freak! When you are a kid, you just want to fit in, and you detest anything that makes you stand out. But if we weren't "tall", then there would be something else that would make us feel insecure - weight, glasses, acne, ears, nose, breast size, etc. Being teased and feeling insecure are almost a part of growing up; it makes you a stronger and more compassionate person. And being tall, as it turns out, isn't all that bad.

I came to accept my height by the time I went to college. It stopped being an issue, and I stopped blaming my problems on it. I dated and even used dating websites to find more tall men. Now, I'm 30 years old and I actually like my height, but I'm still not going to pretend to be super excited about being tall.

I've never dated anyone shorter than me. I've never had an interest in athletics and definitely never had an interest in modeling; albeit the offers for both. I still prefer flat shoes and choose boots with a low sole. I struggle to find pants that fit. I wish my kitchen counters were higher. I struggle with my weight because I think there is more pressure for tall people to be thin than for short people. I also think there is more pressure to look good, since my height always gathers so much attention when I walk into a room (let's face it, when we aren't feeling our best, we must still be the center of attention!). And I also still haven't figured out why it's socially acceptable for strangers to comment on my height.

But the older I get, the more I realize there there are much more important worries and fears to deal with than "being tall". Be healthy and happy and confident, and surround yourself with people who love you.

6'2 1/2" Megan wrote (May 21st 2011)

Hey everyone! I have loved reading this site everyday for the past years now knowing their are other girls like me who have grown up taller than usual. Now, I love my height no matter what, and I don't let anyone put me down about it, but it seems like I'm never going to be able

to find Mr. Right. Going off to college at the end of the summer, I'm scared that it's going to be the same as high school, as no one wanted to date a pretty but tall girl. Any advice?

Joerg says: You insist on the extra half inch, Megan. That is a good sign!

6'3" Jheri wrote (May 20th 2011)

I keep seeing an interest in strutting heels. I prefer comfortable shoes that I can run in or be on my feet all day, but they have their place and my walk is pretty good.

If you are new to them please learn how to select ones that won't injure you and learn how to strut them properly. It doesn't matter how pretty the shoe is, if you can't rock it you'll look terrible.

Start out with shoes that are low and have wide heels and move up slowly. Heel first and then toe. Models can slap down both at once or walk on their toes, but that is much more difficult and takes practice.

Your steps are shortened - more so with taller heels - and you need to adjust your stride. The bend in your legs is also important. A good test is to stand with your knees straight and see if you can go on your toes and raise yourself at least 4 cm. If you can't the shoes are wrong for you. I think it is very important to try shoes on first. If you buy by mail, make sure there is a good return policy.

Remember to apply padding where necessary. These shoes aren't comfortable.

There is a big range in comfort, but I've never found anything taller than 7cm that was really comfortable and that shoe had maybe 3 cm of platform.

Stiletto heels are the most difficult and any over about 10 cm produce an ugly walk even on the experts. If that is your taste spend a lot of time learning to walk with easier shoes first and have friends critique your walk so you don't develop bad habits. That is probably true for any of the shoes. You might have them shoot videos so you can see yourself.

I think you have a knack of it if you have a smooth walk that looks good to others and can run up and down stairs in them without using the railing - not that I recommend doing it :-)

My most comfortable shoes are not flats. My best running shoes are actually a shallow wedge that is almost 3 cm and my comfortable working clogs are 4 to 5 cm. They are at a slight angle with a bit of a platform and a lot of support.

Here is a good guide to get you going: <http://www.wikihow.com/Walk-in-High-Heels>. Practice, practice, practice and remember if you can't rock them, you'll look a lot better without them.

5'10" Taylor wrote (May 20th 2011)

To [Vicky](#): I think at first some might stare but so what... after a few times they will get used to seeing you in heels and it won't be an issue. They are just looking I think because we are not the norm. I say wear them... tall women look fabulous in heels... don't limit yourself by your height. Enjoy all there is about being female and that includes dressing up and wearing heels when you want to.

5'10" Megan wrote (May 20th 2011)

I'm 21 and really thin for my height so I look taller than I am. In high school I was insecure about my height too, my high school boyfriend was a couple inches shorter than me and that made me insecure as well. But I quickly grew out of my insecurities when I finished high

school. Now I get lots of attention, and when I walk into clubs I stand out. Its a good feeling, and I feel being tall is a part of my identity.

6'1" Vicky wrote (May 19th 2011)

Hi, tall girls. I am a 16 year old girl from Greece and I'm really insecure about my height. I'm the second tallest girl in my school and it just sucks most of the time because my friends at school are way shorter so I think I just look ridiculous if we are standing and talking together. The good thing is that I play volleyball and it's the only way I can really use and enjoy my height because it's really important to be tall there and I've also made friends who are tall, but no as tall as I am. My other problem is that I can't wear high heels cause I really like them. I live in a small city and it would be really weird to walk down the centre having people I know staring at me. I think it wouldn't bother so much if I lived in a bigger city. And then, my problem is not only about the high heels, it's generally about shoes and clothes! The sizes are always very small so I end up not going shopping and having only a pair of All Stars Converse and a pair of boots! I hate it!

On the other hand, though, I like being tall because there are many times that I feel really beautiful because of it but then I'm thinking about the clothes and the shoes and the boys! Did I mentioned that? Can't they be a bit taller? xD

Anyway, I think we just have to deal with it and believe that we have something that most people don't have. Our height! Think about models ;) They are beautiful, tall and happy about it!

P.S.: Just tell me if it would be too weird to see a girl who's already tall walking in heels!

5'11" Jessica wrote (May 18th 2011)

I'm 5'11" and 17 years old. I've been this tall since grade 8. I'm so glad I found this site! I've been called a giant all my life, and it makes you feel self conscious about yourself. I learnt how to slouch and jut out my hip just to make myself seem slightly shorter, until last year I never wore heels because I felt people would make fun of how tall I was in them. Lately though, I've learnt to embrace my height! No one looks nice slouching, I say, stand tall and proud. Prom is coming up, and I've bought 4 inch heels :) My date will be a full 2 inches shorter than me, but I've decided I don't care. I love heels and who says the girl has to be shorter than the guy? Shouldn't society have come past that by now? I'm going to stand tall and proud!

6'0" Yvonne wrote (May 15th 2011)

Hello all tall girls. Don't be put off going out with a man who is shorter than you. I'm 6'0" tall and I married a man 5'4". It was love at first sight and some people did laugh when they saw us together, but we were so in love we didn't care. We had 4 children and they have produced 11 grandchildren and there are now 6 great grandchildren. My husband died two years ago a month after celebrating our fiftieth wedding anniversary. As you will have worked out I am very old now but still young in spirit. It's what the person is like inside that matters not their height.

5'10" Maidah wrote (May 14th 2011)

Hi you guyz! I RELATE WITH YOU GUYZ SOOOO MUCH. I am am 17 year old Muslim girl from Pakistan and the tallest girl at my school. I mean I don't hate my height or anything but... you know, it's harder when people close to you discourage you. My grandma for

example won't let me wear heels... she just blatantly says "you don't look good" and of course everyone keeps worrying they won't find a husband tall enough for me and (marriage is kinda mandatory here). I find it hilarious though - but other than all these minor issues... I'm pretty happy. I play basketball and volleyball (shocker!) and am always recognized. I have embraced my height... plus I love my long legs. Woohoo! LOL My only dream is to buy 5 inch stilletoes and go out... I'm working on it.

5'10" Abby wrote (May 11th 2011)

This is a short "This I Believe" essay about being the tall one, enjoy... BTW I would love to talk more about this with girls who are struggling.

I believe a curse can be a blessing. At 20 weeks the nurse told my mother "that baby has long legs". My mother describes me at birth as the most beautiful rubber chicken she's ever seen. At five I was wearing clothes for seven year olds. In middle school the guys would compete to see who could beat my growing height of 5'10". All of my boyfriends have been shorter than me. And I have consistently been recruited for middle school and high school basket ball and volley ball teams. The average height of woman in the US is approximately 5'3" being 8 inches over that has not been easy. Because of how my body is built I have fought hard to look shorter, been through multiple surgeries, and have been constantly told what I should do and how my future should be. However through the trial and error that all good experiences should be I have come to believe that a curse can be a true blessing and how you look at things can change how they affect you. I have learned how to make your way regardless of people trying to drag you back.

Since that confusing time when my appearance suddenly mattered, when boys lost their cuddies, and when my goal was to fit in, I have been through various means of making myself appear a few inches shorter. It started when I realize that seeing over all the boys heads was not correct in late elementary soon to be middle school society I started sticking out my hips to one side and slouching. I only wore shoes with no support and a sole that consisted of a thin piece of plastic. My height was a curse and I wouldn't see it any other way.

Being so tall also affected me when it came to doing what I loved. Skiing is a passion of mine, something that creates joy. However, because of my fast rate of growth, skiing became painful. After attempts of physical therapy and acupuncture hip surgery finally became the only and best option. Surgery is a depressing affair if you make it that way, being unable to walk yet trying anyway, taking drugs that make you sick, and being shut up inside. For a while I let it get to me, slipping into a state of despair. I was looking down the dark hole I was in rather than looking out towards the light and hope ready to greet me at the other side. My height was curse and I wouldn't see it any other way.

People have walked up to me on the street and stated that I should be a model. Basket ball and volley ball coaches have come up to me offering me a spot on their team. I guess that if you're tall it's implied that coordination will follow. Yet this is not the case. The gift of height was not accompanied by athletic skill. I was so sick and tired of people telling me who I was supposed to be based on one characteristic that I was unmotivated to spend time looking for who I actually was. My height was a curse and I wouldn't see it any other way.

For me being tall was a curse but over time I have learned to embrace and even love it. I plan to try volleyball or basketball once my hips are working again. I am noticed in a crowd so finding people to talk to should never be a problem. Plus watching my weight will never show as an issue. Because I embraced my height I can go far with the help of it. I have also learned that people cannot determine who I am just by physical appearance. I have learned to over

look judgments and what people think I should have in store for my future and replace those thoughts with my own. I've learned how to stick up for myself and give my opinion with confidence. At first glance being tall would seem to be a curse, a lot of things that make you different feel that way. But things like being really tall or really short often help make you who you are today, without them we wouldn't be the same. Being 5'10" has turned into a blessing.

6'2" Samantha wrote (May 8th 2011)

I don't know if this will help in regards to your question [Kate](#), but I was always called names and I'm sure the same ones as everyone on this site because people aren't that creative. So first try using that... a simple "haven't heard that one a hundred times already" with a huge smile on your face. Also calling yourself it in a joking manner I found helps and doesn't give anyone else a chance to say it in a hurtful or negative way. I comment on my height all the time and people take it as confidence and don't find it so easy to pick at my insecurities. Another thing is hold your head high with your back straight and shoulders back, when others can see you embrace your height they do also. Honestly it's the old saying sticks and stones may break my bones but words will never hurt me. When you hear the names just think of how sorry you feel for that loser who has nothing better to do but point out the way you were born. Just remember - they only hurt you if you let them, stay strong ladies. MY BEST FRIEND calls me her amazon barbie for my height and long blond hair. She is my [pygmy](#) coming in at 5'1". Take the names how you want and someday they might even be an affectionate nick name ;-)

5'10 ½" Rebecca wrote (May 8th 2011)

I'm in high school at the moment, and I've been quite self-conscious about my height. I've always wanted to be the petite and cute girl with a tall guy on my arm that can swing you around and you can wear high heels all the time! Sometimes I can feel awkward or just big, like a giant or manly. And I hate the comments "OMG, wow, you're so tall!" or "you're like a giant!" It's like, really?!? No shit, I have never realised I'm tall! Haha! But I came across this site - I'm not sure how... But it has actually lifted my confidence! Seeing other people's comments to embrace your height and feel beautiful the way you are makes me realise that I can't change myself. And I shouldn't want to. But I've also realised that I've just taken in the negative comments and don't really notice the positive ones I have gotten like "You are so lucky! I wish I was as tall as you!" or "You will really appreciate being tall when you're older!". Is that true? :) Seeing that other people on this site are tall and have the same issues and that celebrities are as well has really helped feel more confident about my height! Tall girls can look nicer in clothes, look more elegant, and hello, we have long sexy legs haha :) THANK you soooooo much for this site! It has really helped me feel proud the way I am! I really needed something to help boost my confidence! It's helped me actually tons! Great idea!

5'11 ½" Kate wrote (May 7th 2011)

I just have one question. How do y'all get over some of the names that you have been called regarding your height?

Right now it seems I am at a low. I can't shake the names that people are calling me. If anyone has any advice as to what I can do to get through my slump I would be truly grateful.

Sometimes it's not all ways easy to be tall... I just wish that people didn't have to bring other people down to feel good about their self.

God bless.
Kate.

Joerg says: Take a look at the [Comebacks](#) section, Kate.

5'10" Taylor wrote (May 7th 2011)

I agree, this site has been invaluable to me. When I was in school I went through some of the things others on this site experienced but to a lesser degree... for some reason my school had a great many tall women so there I didn't even know I was that unusual. Later in life I have actually experienced some negative comments about my height but I think if that's what you see when you look at me poor you. Such a undeveloped mind. LOL. I have noticed something though... if I know someone really well and my height has never been an issue; but all of a sudden they bring it up in a negative form. It gives me a warning that I am saying or doing something they have an issue with... and very soon I will find out what that is. Has anyone else had this happen? It has been several times now that this has happened.

5'11 ½" Kaila wrote (May 6th 2011)

I searched up "high heels for tall girls" and I came across this site. What a great place! I always feel discouraged because of my height (and I've been this height since I was in middle school!), even though I should be so proud. We tall women are the most beautiful women in the world!

5'11 ½ " Kate wrote (May 4th 2011)

This is for [Jules](#): My name is Kate. I myself have always been tall. I used to hate it I would get call many of names and I still don't like to think about them, but in my olderish years I have come to find that God made you the way you are and you should flaunt it, not matter what height. I am only 13 but with shoes on I stand 6 feet tall.

You might think that I don't know what I am talking about since I am 4 years younger than you and maybe I don't, but I think that you should take him back. If you have found someone that loves you for you and everything about you, you should not even think about letting him go.

There is a lot of things that are gonna happen in your life and you need someone sturdy to be able to lean on and for someone to help you when ever you need it.

Maybe people will look at you because of your height difference, but people are mean. I have grown up home schooled up until this year of 7th grade. I got called more names once I got into public school. I found my friends and the people who tried to hurt me and make fun of me because of my height. I ignored. It is not worth your time and effort to worry about what people say about you. It is your life if you want to date someone who is 12 inches shorter, than by all means go ahead. Don't care what people think, because after high school you probably won't see many of them again and you don't want to waste your life caring what other people think of you.

Well, I hope that this helps.

5'10" Layla wrote (May 4th 2011)

Being a tall woman is just a blessing :). Sometimes I wish I was taller. I'm 34 years old and all my life I've been center of attention. LOL. I wear high heels every day just to be even taller. I was lucky to marry a 6'4" tall man :) We have two daughters who are 14 years old and 20

months old. The 14 year old is already 5'8" tall and the 20 month old is 3 foot tall :) How awesome is that? Ladies embrace your height and your beautiful bodies :)!

6'2" Susan wrote (April 29th 2011)

Hello All - Very cool, on Kate Middleton. I knew William was tall but, wasn't sure on her if wearing high heels, etc. Yay... I wanted to let everyone know that if you wear a size 14M, 14W or 14WW, there are some cute leather mocs on onestopplus.com for \$2.99. Have some great deals... Have a great weekend.

Take care -
Susan

5'10" Sarah wrote (April 29th 2011)

Hi, I am Sarah. I've just come across this website. I think I've have been ashamed about being tall all my life because my mum and dad are both soo short (around 5ft). Then I was watching the Royal Wedding (I live in the UK) and I was looking at how glamorous Kate Middleton looked and throught I could never look like that because I am soo tall. Then I found out that Kate Middleton stands at 5'10" and I was gobsmacked. Then I also found out that Princess Diana was also that height. Then I thought if Kate Middleton can bag a prince and be that tall and glamorous then why do I keep putting myself down about my height. I found my height doesn't give me disadvantages, it gives me advantages. Kate Middleton and others have inspired me to become more confident and love me for me. So glad I found this website xx

5'10" Taylor wrote (April 29th 2011)

I think it's great that Prince William who is 6'3" married Kate who is 5'10"... Yeah, for tall women... We are the cream of the crop. LOL

5'10" Kazza wrote (April 28th 2011)

During school day and high school, I was surprisingly really short. Then I started college and shot up. I was so convinced I was 6'2" or something felt so tall!! But I got measured at the doctor's and they told me I was 5'10". I remembered that Tyra Banks is tall and wore heels and she really inspired me. So I went out and bought me a pair of heels. 4 inches they were... if you'r gonna wear heels you might as well go all out, so I went out in central in my heels. Very nervous as you can imagine, and the guys I met gave me so much compliments. That really gave me lots of confidence. Soo, tall girls!!! Tall is beautiful!! You get to wear so many clothes that those who are short can't wear, and they looks so nice on you. We have beautiful long legs!! :D xx

6'2" Samantha wrote (April 27th 2011)

[Amanda](#), school is the toughest time for tall girls I truly believe this, I have never had a friend that is over 5'6" and I always felt like a fish out of water, but I hear all the time now from people I went to school with that I haven't seen in a while, Wow I knew you were tall cuz people would say it but I never really noticed. People get shocked I think at first but then it becomes about who you are as a person, so if you don't make it your main focus others really don't either. Your still very young and all people whether for their height, their weight, or things like their nose or color of their skin or hair all have trouble accepting it, LOVE yourself in every way possible, and I know this might sound weird but tall girls are rarely a size 2. I was a 8-10 most of high school too and always thought i was heavy for it but I will never be

any smaller because of my build. My sister who is 5'11" is SUPER slim and I still think she is like a size 7 or so just because fames of tall girls have to be bigger. So try and take that into consideration and the same with your weight you will always be heavier but its not because of the fat on your body its because you have more body in general. It is always going to be tough but think of how amazing you are as a person and others will too. Time will help (not make it all the way better) so hold in there.

6'1" Amanda wrote (April 26th 2011)

Hi, I'm 6'1" and I honestly don't like it. I am the tallest girl in my school but there are a few guys who are a bit taller than me. I'm extremely self-conscious when it comes to my height, especially since I hang out with some people who are like 5ft tall. It also doesn't help that I'm the youngest in my high school at 13 years old. I LOVE high shoes but I never buy them because I think I'll look silly since I'm already so tall. I think I'd feel better if I was slimmer and more model-y but I'm a size 8-10. It's a pain buying jeans because there are very few stores that make jeans for tall people. And being a size 11 in shoes doesn't make it any easier. From what I've seen in my school there aren't many guys who like tall girls sadly. I do want to thank all the people who have posted here because they've made me a bit more confident and I'm trying to love my height more.

6'2" Samantha wrote (April 24th 2011)

This comment is for [Jules](#): I know that it's hard. I was the tallest girl in a small town and even guys that were shorter than me that were just friend made me feel like I was being judged. The most important thing in life to remember is you are living it for you. If this guy is secure enough to love you no amount of comments will get to him so don't worry about that. He obviously cares for you and if you broke up with him STRICTLY on the height factor then I say screw those other people and do what makes you happy cuz good guys are hard to find. I am 21 years old and it has gotten much easier to be the height I am. I walked into the bar to celebrate my 21st birthday this weekend and I had guys drooling over my height, not cowering away. People will always make their comments but if u know inside the person you are and the person he is there is no reason to listen to the fools who know nothing about your relationship. Keep your head up, girl and do what makes you happy. LET NO ONE BRING YOU DOWN... they are just idiots :)

6'2" Susan wrote (April 23rd 2011)

Hello All, I have to respond to the most recent comment by [Jules](#). First, I realize you are young, but, what do you care what the "friend" or whatever she is and her whatever/boyfriend think? Your relationship is between you and your boyfriend. Girl, you are giving TOO much weight to some silly insecurities that other people have in regard to a relationship that they have nothing to do with. Second, in response to your question "does it get easier?" - it will get easier to some degree, but, there are always going to be ignorant people in this world, but, you/we have to learn to rise above it. Also, if he is a quality person, how could you not have someone like that in your life? If anything, one can never have too many good friends...

Take care
Susan

6'6 1/2" Jules wrote (April 23rd 2011)

Hello again, my fellow amazons of amazement!

I'm here once again because [my last post](#) where I narrated how me and my 5'6" boyfriend got together, I guess, inspired a lot of people. But not all good things last, and I've come to you all for advice during this very conflicting time for me.

For those who didn't read the last one, I'm a 17-year old senior in high school on the volleyball team (surprise, surprise). Being 6'6 ½", big chested, with abnormally long legs... I never thought that having a boyfriend in high school would be within the realm of possibilities because I thought none of them could... erm... each up to my standards. When I met this 5'6" boy who looks like Henry Cavill... minus a couple inches (for those who care about that sort of thing) and became good friends with him and developing attraction for him in the course of a month he finally asked me out. He loved my height and I loved his. I thought I was the luckiest girl in the world.

During last few months of being in a relationship with him, our emotional connection just became deeper. I always thought he just saw me for my looks... but he saw me as a person too. But I couldn't get past the height difference. I knew what people were saying about us at school, and at first I didn't really care. Often when we went out after school, i'd wear heels or high sandals because I love them so much. But after a girl on my volleyball team and her equally-tall boyfriend whispered and laughed at us when we went on a double date together... I couldn't handle it. I saw a look in his eye when my boyfriend sat across from the other guy and it was one of those "I wish..." looks. I had it too.

So I broke up with him.

It's been two weeks. He wants me back, and I miss him more than anything right now but how can I get past an over 12 inch differences in height? He doesn't care, and has told me numerous times to forget about it all because he loves me. How could I have gone from not caring about it to caring about it, though? I'm tired of getting made fun of and i'm tired of putting him in an awkward position whenever we're together. We've had SO much fun these past few months expirementing with kissing upright and doing funny things in public on dates and stuff like that... but should I take him back and tough out these last months of high school? Will the teasing really stop in college?

6'3" Jheri wrote (April 19th 2011)

Ok, all you tall women. It turns out giving strangers high fives is an amazing way to feel good about yourself. Rather than dealing with a dumb question or comment you can turn the situation around and bring a real smile. Little kids and older people seem to really love it.

My buddy Colleen got me started on this about a year and a half ago and I've met a lot of people doing this. Sometimes it is contagious, which is especially nice. I just read that it is high five day soon, so go out and try it.

She made a little YouTube video a while back: http://www.6footsix.com/my_weblog/2010/01/high-fives-for-happiness.html

I find the trick is to make eye contact and say something like "you look like you could use a high five" or "want to high five?". When you start doing it watch their elbow rather than their hand for a good success rate.

6'3" Jheri wrote (April 19th 2011)

Nintra, I lived in Manhattan and Brooklyn for a few years and you have nothing to worry about with what people think. Models are pretty common there and you are just average height for a runway model. No one complains when they wear heels.

Heels don't do a lot for me mostly because they are usually painful - the height doesn't bother me. If you wear them make sure you know how to walk them. What **does** look awful and what will attract a lot of negative attention is someone with a poor walk. I see a lot of women who go for a particular shoe and can't walk.

Comfort is what is important to me so I love my Danskos and even my cherry red colored Doc Martens Darcies. The Doc Martens have a real heel, but area very comfortable on my feet.

So find something that is going to be comfortable and learn to walk it and then don't worry. If it helps there are a lot of women here who are taller than you'll be in heels in our bare feet and we manage ok.

It also makes sense to think beyond shoes. Clothing fits a bit differently and you have to learn what looks good with your shape and work towards that. That part can be a lot of fun. The fact that it is difficult for me to find clothing has taught me to really think about what works or not and why. It has made me a much better dresser than if I was average.

5'10" Nintra wrote (April 19th 2011)

It feels SO good to come across a site like this.

I'm a tall girl. Been tall all my life. And sometimes I feel taller than what the doctor says. BUT... I am starting to embrace it after all this time. The summer is coming up and I am anxious to strut my long frame in beautiful wedge sandals and pumps! Why should I miss out on all the great fashions because God made me tall? It's not something I can change.

I wore heels occasionally in the past (even though I LOVE them like most women do). I felt like I couldn't do it that often because people would talk about me.

I was called names like giraffe. People would say "WOW you got taller!" and I would say in an apologetic voice, "it's the shoes". I would go against my desire to wear the cutest shoes because they all came with 4" heels on them.

I won't deny myself any longer. I'm a 21 year old, soon-to-be college graduate. I live in New York City. I need to make the most of my life and not let something like my height and shoes wear me down.

Pray for me ladies that I don't fall back into insecurity. I do NOT want to wear flip flops all summer. Thanks for reading :)

6'1" Demi wrote (April 12th 2011)

I'm a tall black girl that's 6'1" and I remember when I was younger, I thought all I was good for was basketball and volleyball because of my height. But I've always known deep down I wasn't an athlete even though I was good at sports. But I'm proud that I broke out of my shell and became me! I found it funny that kids and even adults were intimidated by me because of my height. In high school, I used to be best friends with a group of girls that were my height and taller. People joked around and called us the Skyscrapers! Growing up, I didn't date much. When guys used to laugh me off as a date, I used to laugh at them because I knew they wished they were my height. I love being tall! Tall women are rare and we should love how special we are. I have some big feet, too. (size 12)... But the icing on the cake for me is that my fiancee is 6'6"! I can actually look up at him and wear heels when I'm with him so I have best of both worlds. If I had the power to adjust my height, I wouldn't change a thing!

6'5" Jaq wrote (April 11th 2011)

I am a 36 year old woman from Canada and have been taller than average since being in high school. Being taller than most never really bothered me as I have always had to live with it and that is exactly what I did. I married a man ten inches shorter than me. He never went on about my height, it never came into the equation. We do our best to ignore any reaction to our height difference. My advice - rise above it all!!

6'1" Sarah wrote (April 6th 2011)

Hi, I am 42 and still struggle with my height: I started to get a lot of male attention as soon as I left school (short men and tall men) but I ended up marrying a guy who is 5'7". We have 3 kids. 2 boys both over 6' and a daughter who's not really that tall. I still get the stupid comments about my height and it is hurtful but I also get some really nice comments. I do wear high heels but do feel uncomfortable as you know you're going to get somebody saying something but life is short and there are a lot worse things than being tall. We need to just develop a thick skin and get on enjoying life. You can go out there and eat that extra mars bar because you know it's not going to show up on us tall girls. It is only people that don't know you that pass rude comments so I'm coming to believe that does it really matter what they say or think it's taken me a long time to think like this and it's great to hear so many positive views from younger girls. After all being tall is not an illness and who made the rule that your partner has to be taller. It's better to be loved by someone than nobody!

6'0" Nevana wrote (April 5th 2011)

I've felt like an alien for my whole life... now I am almost 19 and I am planning to become a model. I am tired of being depressed because of comments from average idiots. I don't care anymore about boys and their comments either. They feel inferior, it is a fact. I am happy for who I am and we all should be proud of being above average. Average people are mostly trying to be more noticeable and they are jealous because we are noticeable by nature. The most important relationship is the one that you have with yourself, don't forget that! Giant kiss for all you beautiful giant girls, and let's be proud of ourselves together... thanks for support, love you ;)

6'2" Susan wrote (March 19th 2011)

Hello, youz Guys :-)

In response to [Deborah's](#) comment, there are always going to be insecure idiots out there. My approach would be to confront the idiot, and make a comment about his looks. I realize sometimes it may not be worth the effort. Bottom line: don't let some dufus get to you.

Take care
Susan

6'1 1/2" Deborah wrote (March 19th 2011)

Thanks [Taylor](#), so I am not alone then X

This site is a must for tall women, it's inspirational and already I am learning to embrace my height. Didn't even know this site existed until two days ago, we need to spread the word.

Deborah X

Joerg says: Thanks, Deborah!

6'2" Noelia wrote (March 18th 2011)

I am a Hispanic woman who had a great great grandfather that was German. I am 6 foot 2 and have been this tall since I was 14. I absolutely love my height as an older woman. I had problems as a young woman because of constant criticism, and I believe that this was caused by jealous individuals that couldn't grow... I am proud to be me and I would not ever change anything... Any women that want to be my friend - give me a hollar on Facebook... maybe we can start a Tall Woman's profile.

Joerg says: There is a [Tallwomen.org Facebook Group](#), Noelia. I have sent you an invitation.

5'10" Taylor wrote (March 18th 2011)

Hi, [Deborah](#)! Yes, that happened to me once too... it was very discouraging... so I hear u.

6'2" April wrote (March 18th 2011)

Hey Ladies, rest assured! At 32 years old I stand 6'2". I've been married for almost 10 years now to a wonderful man that is only 5'6". He's loving every moment of me. LOL! It's the legs girls! We've got it so flaunt it.

Joerg says: I am happy to hear it! 🤗

6'1 ½" Deborah wrote (March 17th 2011)

Hi, everyone!

Thank heavens I've just come accross this site as I am in urgent need of confidence.

I'm 46 and for some reason have started to feel insecure about my height again for the first time in years and it's getting me down a little.

I know I look good in my clothes and I have long hair and I always make so much effort to look good and be feminine, because I feel you're noticed more and you can't hide even on an off day!

I was out shopping today and I lip read a young lad saying that he thought I was a ,bloke' to his girlfriend, probably because I am tall, but there's no way I could pass for a bloke and this has really knocked my confidence.

All my hard work trying to give myself confidence has gone out the window and I feel like curling up and hibernating.

Has anyone else ever had this? I would appreciate any comments.

5'10" Alisha wrote (March 14th 2011)

Hey, dis is Alisha from India where the average height for a girl is 5'3"... and I am 5'10" and I just lovvvvve itttt. Trust me... I get mannnnyyyy compliments for being tall and for having a petite model like frame too... so it's juz amazing how wearing shorts at beaches makes heads turn... long legs are definitely a turn on... and I feel ddddamn superior wen I walk in crowd towering over them. People r sooooo jealous and I'm frequently asked for tips for increasing height ;) Long arms, lond mid riff... long legs... amazingly graceful n beautiful... soo hats off to all the tall gals sitting out there... enjoy ur height n feeel superior.. ;))))

6'3" Ana wrote (March 10th 2011)

I'm Ana, I'm from Romania and I'm the tallest girl in my university. I love to be tall and I couldn't imagine me being smaller. Only one problem... I can't find clothes and shoes... I don't

have tall girl friends... and my best friend is only 5'2" but I love her... I'd love to find other "tall friends". Lots of kisses girls :* :* :* :* :

Best regards,
Ana

5'11" Elianne wrote (March 10th 2011)

Embrace your height ladies, were a rare breed. Flaunt it, wear heels, Don't let anyone get you down. If only they knew the advantages of being tall! ;)

5'11" Claire wrote (March 5th 2011)

Hi, everyone! I've just found this site and I love the positive messages it sends to us tall women.

I've always felt awkward with my height as I have no tall friends and as such spend most of my time in pumps!

I too have trouble dating guys who are shorter than me or even my height. I can't help but feel so much more confident with a guy of 6ft3 on my arm (but as I've found 6ft or 6ft6 - they all have the ability to be a total idiot. LOL)

Newly single and having had enough of guys for now I just went out and got myself some 4" heels to rock out in for my birthday next week. I love the shoes and I love how I feel in them and how lovely they are so what the hell! I'm going to step out as a fresh 26 year old with a positive outlook on my height. I had to smile when I was trying the shoes on as a random lady said "I'd love to be as tall as you". Haha!

If a guy cant see my height as a positive I wouldn't want to be with him anyway, it's not like its phase that im going to grow out of!!!

6'2" Arizona wrote (March 3rd 2011)

I think this site is awesome. I'm 18 and I've been 6'2" since I was about 15, I think. I have struggled to find affordable clothes that don't make me look like I accidentally shrunk my clothes in the dryer and it's nice to find a website with so many links! I'm a poor college kid now and it's great to be able to find clothes I can afford that fit. I love that so many tall women have found this and post such great things to each other, it's hard to find tall women even at a school with 16,000 students! I love being tall even if I'm taller than all of my friends (including my boyfriend of 3 years) and most of family (except my dad and uncle). Thanks for being tall and beautiful!

6'3" Jheri wrote (March 3rd 2011)

When I was a teen I started to cut off the bottoms of old tshirts in bands and wear them around my hips falling just under where a too short tshirt ended. Some of them worked out well and I got compliments about how good the layering was. I still do it and see that you can buy hip-tees these days. I haven't tried them, but those of you who want to wear some cute tops or tees that are too short may find they work. If you don't want to make your own, try this place: <http://www.shohip-t.com>.

6'2" Tess wrote (February 28th 2011)

Let me just say, I LOVE THIS WEBSITE! I'm Tess and I'm 15 years old and 6 foot 2! Haha. I absolutely LOVE being tall but sometimes the stares, finger-pointing and quiet whispers get

to me, like "WOW she's so tall..." and sometimes people come right up to me and let me know their thoughts on my height. An example conversation: "Wow! You're so tall!" Me: "Really!? I had no idea!" Haha! And another thing is my relatives! I never hear the end of it with them! Haha. I'm taller than all my uncles, my 18 year old brother, and my grandpa. But some advice? Rock the height, love yourself, and don't listen to what people say, they're just jealous.

6'1" Becky wrote (February 22nd 2011)

I have loved looking through this website, seeing women my height and taller... my confidence has always been low all the time growing up from being tall and skinny, shapeless and having to wear mens clothes and shoes... But now I'm 22 I found a man just as tall as me, and starting to get shape (better late than never) and I'm starting to love my height, even going the extra step to look for my first pair of high heels. WOOOP :OD... I now get my shorter friends telling me that they would love to be 6'1" and have a size 8/10 figure, the look of a model :D So my confidence is now improving... be tall and proud ladies :D

5'11" Shai wrote (February 21st 2011)

I totally agree with [Kara](#)! Don't discount a man just because he is a little shorter than you. My DH is also 5'6". He LOVES that I am tall and encourages me to wear heels. He's so proud of me. If people stare, he just says it's because they are jealous and wish they had a gorgeous tall woman on their arm, too. We wouldn't want someone discounting us just because we are tall. :-)

5'11" Rosemary wrote (February 20th 2011)

I love being tall. Though I don't wear heels cos I don't wanna be taller than my hubby.

6'2" Sam wrote (February 19th 2011)

I always had a very hard time dealing with my height but I went to a small school and grew up with everyone that went there so they knew me for me not my height. Toward the end of my high school experience I came to terms with my height and started rockin my heals, wearing what I wanted and I started getting more attention from guys. I even had two boyfriends during my senior year and that was saying something for a girl who had never had an official boyfriend before. The second boyfriend and I ended up staying together for almost 3 years but ended up breaking up recently. During the past four months all of my insecurities are creeping up again especially about my height! I am now 20 years old and work a lot but thats about it, I own my own home and I feel like I have more to do than go out to the clubs like most of my friends but when I bring myself to go out once in a while I get extremely nervous about what every one will think about how tall I am next to my 5foot 3 friends and all those comments like "you're super cool but I would never date u because you're just too tall" come rushing back. It upsets me because I feel like I have got past this before so why can't I now!? Reading many of the other comments helps and I'm very excited to have found this site. Any advice is appreciated.

Joerg says: It takes a real man, a confident man to appreciate a real woman. These guys are out there... but they're just more difficult to find. Taking it easy when it comes to dating is never a bad idea if you ask me.

6'4" Alexandria wrote (February 19th 2011)

Hi everyone! I was on here a few weeks ago but I can't help but comment again. I'm now 6'4" and 16. I think I'm the tallest girl in my entire State!!! This site has given me the confidence I need in life. Before I was very self-conscious about my height but not so much. I hated it when people came up to me to talk about my height but lately I've gotten nothing but nice comments. I think it's due to my newly found confidence! To whoever made this site your helping out tall girls across the country. Thanks again!!! :)

Joerg says: Well, I am very happy to hear it. That's the best compliment I could ask for. The person who made this site is a 5'8" male who has loads of tall lady friends from all over the World. And I feel blessed because they keep me on my toes. It's an honour to look out for you Ladies. Feel free to read the "[My View](#)" and "[About / Contact](#)" sections.

5'10" Amy wrote (February 19th 2011)

Joerg, I love your website, and its general message, but I don't agree with your advice that being 5'10" is ,perfect'. By making that statement, you seem to be implying that being over 5'10" is somehow problematic, or less desirable than being 5'10". Also, I think it sends the wrong message to tell girls that they can wear heels and nevertheless find men that are taller than they. People need to understand that that very assumption is precisely what's problematic. Women and girls need to reject the societal assumption that they should seek out men who are taller (not to mention wealthier, more intelligent and more successful). So, Allyna needs to be encouraged to stop premising her self-esteem upon her ability to find taller guys.

Joerg says: I didn't mean it like that, Amy. 5'10" is perfect as is 6'10"... It's what you make of it. All of your ladies are perfect in your own way.

5'10" Allyna wrote (February 19th 2011)

Hey, I'm 5'10" and I hate being tall. I'm in 9th grade and I love the look of heels but I'm scared that guys won't like the fact that I'm tall. There's a lot of tall guys at my school but what if they don't like girls the same height as them??? And I'm on the phone with my dad right now and I just asked "Do u think I'm to tall for heels?" and he said "Yeah, u would tower over the boys and you're already tall enough" So I don't know what to do. I love heels but I feel uncomfortable towering over people. Please help me - I really need it... What should I do? XOXO Allyna :]

Joerg says: Well, you have probably read most of the quotes on here. I don't think you're particularly tall. Strangely enough girls who are "just about tall" always seem to have the biggest problems with their height. 5'10" is perfect. There are a lot of taller men out there and even if you wear heels they would be taller than you. Go for it. And keep in mind that the new Wonder Woman Adrienne Palicki is 5'11" and almost always wears heels.

5'11" Alandra wrote (February 18th 2011)

I have always been roaming the internet trying to look for some website or blog that would tell me "it's okay to be tall" or "wear those heels" and I feel like I've found it here. Just by reading your posts I feel so much better about myself. Thanks for that.

5'11" Colleen wrote (February 18th 2011)

All you tall ladies out there, I have one word for you, posture! Please, please, please, own your height and love it! There is nothing that makes me sadder than to see a beautiful, tall girl shrinking down into herself... it's not healthy honnies! Last time I checked there was no height

reduction surgery, so you might as well get used to being tall. When I was in high school I would have given anything to be that petite little girl with the tall boyfriend who could pick her up like a doll... but let me tell you, once you get out there in the world you'll find who and what you need in life, and if that's a tall guy with lumberjack muscles to swing you over his shoulder with, then hey, you'll get him girl! And he'll love how confident you are. I'm 19, and in a phase of my life where guys are the last thing from my mind, I'm developing myself and my individuality, which includes my height. So when I walk down the street, people just see me, heels clacking and shoulders held back, confidence in my own independence and femininity... no fears (or guys) attached.

P.S.: I always wanted size 6 feet too, but imagine trying to balance on those things. LOL! I'm a Reflexologist, and have learned to love feet of all shapes and sizes... they represent our story, our past, and hold us up through the worst of times, in peep-toes no doubt!

Love always, Colleen

6'1" Amy wrote (February 17th 2011)

I am so happy to see these recent enthusiastic comments! This is wonderful. We have to love ourselves, support one another, and develop a healthy outlook towards the world... and I am really happy to see so many fellow tall women doing this :-). Also, I just ordered jeans as a result of one of the tips I found on this website; and they're terrific!

6'2" Jennifer wrote (February 17th 2011)

Joerg, thanks for your feedback and this website. This whole thing has really changed me and you are a lifesaver. I come to this website every day and I believe that I can do better with how I treat myself. I look at all the tall women here and realize that we can all love our height, no matter what. So thank you a lot and keep up the good work with this website. xoxo.

Joerg says: You are welcome. That's exactly why I and the website are here, Jennifer.

6'2" Megan wrote (February 17th 2011)

Hello everyone! It seems to me that there have been negative feelings towards being tall. Face it ladies, you aren't getting any shorter! So it's best to just accept who YOU are and forget the comments others say. They are probably just jealous. As an 18 year old I have realized many things. If a boy is secure enough in himself, he will want to date you. I'm currently dating a guy who is 5'8" and the height difference doesn't affect me whatsoever. When people say they are jealous of your height, they mean it. I have had countless people come up to me and say you are so lucky, and you know what? I am lucky. I'm thin, young, beautiful, and tall. I wouldn't change anything, it's made me who I am today. Besides, I just received an offer to model :) I'm going off to college next year, and honestly I can not wait to meet all of the tall, beautiful men waiting at college. Comment if you wish :)

6'3" Brittany wrote (February 16th 2011)

Hello everyone. I'm Brittany and I am 6'3". I'm 19 years old and I am happy that I found this page. I recently went to the doctor's office for a check up and before the nurse told me my height I told her that I was uncomfortable with my height. She took my height and told me I was 5'11" but wrote 6'3" on the paper. I thought she was mistaken and thought nothing of it. Then when I got home I checked my height and she was right. I was 6'3". She lied to spare my feelings. I finally came to realize that "duh"... LOL. Most girls want to be tall or they want to be something that height is required to do. LOL. Models are worshipped and are very tall. How can we not like to be in the same range as models? LOVE YOUR HEIGHT LADIES!!!!

6'3" Jheri wrote (February 16th 2011)

The recent comments point to people getting over some of the really silly cultural notions that suggest men must be taller than women and other things that are superior. I bought those myths when I was young and started to realize I could and should be proud of who I am when I was about 20. Most teens are naturally insecure, I know I was, and maybe going through that is normal for most of us. If we get through it and come out stronger it may even be a good thing.

At some point you learn that there are differences in people that are much more important than little things like height. Caring, curiosity, humor and so many other things that we tend to lump into personality. It is fine to have physical preferences in someone else you are romantic about, but in my mind the deeper traits of who as person is, rather than what they look like, trumps everything.

You begin to realize that while you get attention from strangers, your friends just don't care about your height. When it comes to dating some may not be comfortable with dating someone who is shorter, but for me that would exclude well over 99% of the male population and that would make it much harder to find someone with the traits I feel are very important. If a guy is uncomfortable with my height I am relieved - I have quickly eliminated another guy who is too shallow. There is no reason for me to waste my time on them.

I've become very proud of my height and that helps me work to stay in shape so I am looking my best to make myself even more proud. Little kids really love it and that frequently makes my day.

A huge bonus is people will remember you and take you more seriously. This is often very difficult for women in a male dominated society and it has come in very handy for me in my work. The down side is if you do a bad job they will also remember that, but it is great if you are up to whatever you are doing.

6'2" Jennifer wrote (February 15th 2011)

Jessica: thanks you for your comment, you really made me feel a whole lot better about my height. You see I'm homeschooled because I got bullied about my height. And about the Enrique Iglesias thing: I got front row concert tickets and V.I.P. passes to meet him in L.A. and I will meet him this month but I'm second guessing myself because I think he will run away from me and ask me how tall I am so I'm scared! I'm actually thinking of giving my tickets and my V.I.P. passes away for someone else to keep and use them but yet again I really do want to meet him and this is probably going to be my only chance. So **Jessica** thanks a lot because whenever I read your comment it makes me feel a lot better so maybe I should print it out and take it with me everywhere I go so I will be happy. LOL. And **Amy** thank you too for what you said. I hope what you said is true and I give you great luck with your life as well as for **Jessica**. And thank God for this website because I would have been dead by now without it!

Joerg says: Well, just go for it and see what happens. This is a great chance for you to meet a person you admire. Nothing wrong with being a little starstruck. And I am pretty sure he will not make your height a topic. At least not in a negative way. And, please... don't ever consider hurting yourself in any way or form. No matter how badly you're feeling things will improve at some stage. Just stay positive!

6'1" Amy wrote (February 15th 2011)

I keep posting (apologies) because I really want to make sure that the right message is getting out to teenage girls; again, I remember what it was like to be young and struggling to accept myself!

The really important thing to remember is that the negative feedback you are (or feel you are) receiving with regard to your height is stemming from a lot of societal nonsense, like (1) oppressive, sexist gender roles that state that a woman must be smaller than a man (not to mention less intelligent and successful); (2) a generally lazy, conformist society in which people don't allow themselves to really think through what it means to be beautiful.

In order to **really** be able to accept yourself, you have to get your head round both of these issues. First, you need to learn to reject the suggestion that women should be dominated by men (physically, mentally and emotionally). This is stupid and offensive - start reading some feminist literature so you can learn to reject such attitudes and appreciate yourself.

Secondly, you need to realize that negative attitudes towards female height is just a small part of ridiculous social attitudes towards anyone who is mildly 'different'. This includes people of different races, sexual orientations, lifestyles, disabilities, etc. What I mean to say is: it's not enough to just say "I'm tall and I'm beautiful." You need to learn to love and appreciate all of those individuals who are different from what's "normal". In so doing, you'll open up your mind and learn to see the world in a much more rewarding way.

I had to go through this process as a teenager to come to love and respect my height. And in so doing, I developed an entirely different outlook on the world. I grew spiritually as a result of this process, and encourage you to get started today. You will be a better, healthier, happier person in so many ways!

5'10" Nanci wrote (February 14th 2011)

Hi everyone. I'm Nanci, 18 years old from the Philippines. My height is 5'10" though there are those 6'+ tall girls in here. I am from a place where 90% of people are shorter than me. My heart always breaks when I walk alone on streets hearing those comments against my height. When I walk alone in malls, schools, public places, I always have my earphones plugged + heavy music so that I can ignore those hurtful comments. I've been struggling to accept my height since I was 13 and until now I still wish I am of normal height. I was like crying when I stumbled on this page where it feels like home. I am glad that those who are married are proud of their height.

Joerg says: Well, you're the first woman from the Philippines I've heard from, Nanci. I'm glad you've found us and I hope you can take something positive from this website. I believe you probably can.

6'0" Sandra wrote (February 14th 2011)

I am 29 years old, and to all of you younger girls who hate being tall, trust me, you will love your height when you are older! Even my husband really likes tall girls. It gives you an advantage your whole life. If you are athletic, height is ALWAYS an advantage! Be strong and confident and don't worry what others think! If you have no problem with your height, no one else will. If you hate it, and slouch like crazy "trying" to be shorter, everyone will read that vibe from you and treat you as an awkward person. I am also the mother of 4 beautiful little girls, and with each pregnancy I gained a little weight, and then lost it. Well, with each weight gain, hardly anyone knew because I am so tall the weight had more room to "hide"! Also, all of the pregnancies and deliveries were so much easier on me than my shorter friends because again, my torso is so long and so there was more room for the baby. It is great to have long lines and a long torso. My husband is 6'2" but I am either taller or the same height as

most men. Before I got married, I dated guys who were shorter than I, but you know what, they didn't care, because I didn't care! I know it can be awkward when you are younger and you don't realize there are other tall people out there, but don't worry, there are and you will discover this as you experience life. SO hold your head up high and be happy being tall, and love yourself and have some confidence!

6'1" Amy wrote (February 14th 2011)

This is Amy again, giving a response to both [Jessica](#) and [Jennifer](#).

[Jessica](#), I think you have given [Jennifer](#) some great advice. You're really wise for your years! It took me until I was about 16 to realize that I should be celebrating my height, rather than feeling saddened and ashamed by it.

I'm 28 years old now, and I can report to you [Jennifer](#) that things get way, way better after high school! If you can match your height with a positive, confident attitude, you'll wow people throughout your professional and social lives.

Since I developed an attitude like [Jessica](#)'s, people constantly tell me lovely things about how they admire my height and sense of strength. Plus, on a sillier note, I've found that my height works wonders when used to show off short skirts and elegant dresses!

Seriously, seriously, it gets way better after high school. And you **don't** have to wait around for a man who is taller than you. I am engaged to a wonderful man who is shorter than me and loves my height. (And there are tons of great guys out there that will adore your height as well! Don't be afraid to seek them out in the future.) Great things await you, so don't be discouraged (and don't spend too much time fretting over reports from women who hate their height; seek out positive, healthy messages from people like [Jessica](#) and me!).

6'2 ½" Jessica wrote (February 14th 2011)

This is directed at [Jennifer](#) :) Hey, high-five! I'm 14 and taller than even YOU!!! XD I can't believe you're homeschooled JUST because of you being embarrassed of your height - there MUST be another reason... Because you really shouldn't be embarrassed. I am taller than everyone at my school (including teachers) by at least a head, and you know what? I doesn't bother me. You can't change yourself - so why be embarrassed about it? Try and be happier with yourself as you are, and accept your height. Worrying about it is such a waste of time ;) And you have a friend. All teen girls our age, who are lucky enough to be tall. Think about - you could be a dwarf or morbidly obese - so you're not that unlucky really. :) (About Enrique Iglesias - without being harsh, lets face it, you'll never meet him! You'll get married to some gorgeous 6'5" guy, I bet. I stop bothering with celebrity crushes when I look up their height!). Be proud of yourself!!!!

Oh, and here is a good 'tall come-back' that I've used on several occasions and which I thought I'd share... Comment: Do you play netball / basketball / volleyball? Reply: Do you play miniature golf?

6'1" Amy wrote (February 14th 2011)

Dear all, I am delighted to learn that a space like this exists, in which tall women are able to talk about their height-related experiences and get some community support.

I was also thrilled to see that many women and girls shared some very proud, positive feedback about their experiences - and I understand completely that others wanted to vent some of their frustrations.

That said, I'm afraid I found some of these more negative comments a bit dismaying. To those of you who have strong negative feelings about your height... you should focus on putting things into their appropriate perspective. Your "problem", you say, is that you're an exceptionally tall woman. Other people in this world are coping with far more significant problems: like poverty, war, and devastating social discrimination due to issues like disability or sexual orientation.

With this in mind, it's hard for me to understand why so many women are harboring such negative feelings about their height. Yes, I struggled with my height as a teenager, but then I **grew up** and realized that it's not a problem.

It's part of the amazing, beautiful diversity of the human experience, and I'm delighted to be tall for this very reason. No, you cannot change your height - but you can change your attitude!! Do this not only for yourself, but for tall teenage girls who look at this site, seeking the inspiration that they need and deserve.

6'2" Jennifer wrote (February 13th 2011)

Hi, my name is Jennifer and I am exactly 6 foot 2 inches tall in height and guess what!? I'm only 15! And guess what else!? I'm only 15! I don't even know why I am tall. I am a full blooded Mexican. I mean I thought Mexicans were supposed to be like 4 feet tall. What the freak is wrong with me? I am also the tallest in my whole family. They are all short so I think I'm adopted or something. My mom is like 5'3" and my dad is around 5'7". I have an older sister who is 5'6". I feel like a huge giant next to them plus everyone else like my aunts or cousins are like under 5 feet! So what gives??? Why am I so tall!! And yes, I am embarrassed about my height so I am homeschooled. Plus my celebrity crush Enrique Iglesias is shorter than me (he is 6'1 1/2"). I just get bad luck don't I? So if I meet him I'm definitely going to dwarf and scare him with my height! So any advice??? Help me please. I need a friend!

5'10 1/2" Sherry wrote (February 13th 2011)

I always hated my height but now I just except it I am a very feminine woman and I want to wear those very high high heels but I am just to self-conscious when I look at talk show host Wendy Williams wearing heels and the many comments that people think she is a man really makes me not want to wear them, When I was 12 years old I wore this one piece green snowsuit to school and one of my classmates made a comment "Well look who's coming its the jolly green giant". I can laugh now but at the time I never wore that snowsuit again. I can't do nothing about my height but I always wanted to be between 5'4" - 5'6" just to wear those sexy high heels.

6'2" Tawni wrote (February 12th 2011)

I just stumbled upon this site and it made me feel so much better. I have a hard time coping with my height since I'm still in high school. I absolutely love high heels too and have so many of them, but I NEVER wear them.

5'11" Kate wrote (February 10th 2011)

Hi everyone! I am a Junior High student. I have always been put down because of my height. When I was 10 you could put me in a room with 6th graders and I would not look any different from them. The older I have got has showed me how fun it can be to be tall. When my friends can't reach anything I can get it for them. For all the girls who think it is bad to date some one who is shorter than you it really don't matter. Just because you are taller than the guy don't mean that you can't date him. Look, just be you and don't worry about not fittin'

in because you will one day and you will be happy. When I am in school I don't try to fit in - I stand out. Now I am no goth kid but it's just the way I act. I sing going down the hall. I will say random stuff at the oddest times and I love who I am so I am not afraid to have people look at me and call me weird. I am used to it now. I am not afraid to have someone look up at me... I do it for fun. I will stand right next to someone to show them how tall I am. And if you want to wear your heels go ahead. I don't wear them but if they make you feel good... Who cares if you are taller than most people. I am the tallest kind in my grade so flaunt your height and love who are!!!! TALL GIRLS ROCK!!!!!!!

5'11" Jackie wrote (February 9th 2011)

Hello tall beautiful ladies,

I am writing to say that you are not alone in your thoughts and feelings, and its so nice to know there are tall women everywhere! For the younger girls, take my advice and start to enjoy life. Instead of focusing on your height try things to accentuate the positives about yourself - we all have them... just dig deep.

I am a 40 year old, 5'11" latin woman with curves and for years I struggled with my height and now I have come to terms with it. I'm tall and I need to enjoy my life and flaunt what I have! More importantly, I have a beautiful daughter who is very tall for her age and I'm her role model.

Embrace your beauty, you are unique, love yourself more than anyone else can love you, and stand tall, be proud and have maintain posture. Life is too short to waste on something we honestly can't change. ROCK THOSE HEELS!

5'10" Kara wrote (February 9th 2011)

I love reading everyone's comments on this site! I have to say that I have been the same height since I was a freshman in high school, but I was always one of the tallest in class. I modeled at a young age and really embraced my height... but I would NEVER consider a shorter man. That was a ,rule'. Fast forward to my early 30s when I ran into a guy I knew from junior high - he's 5'6". I made it clear right up front that we could just be friends because he was simply too short. He had other ideas and there was serious chemistry. I fell madly in love with him (even though I fought it tooth and nail). He however, had no problem with the height difference. It was me who was uncomfortable with the attention it draws and I struggled with it but, I'll have to say that as many people who notice it, there are more who pay no attention to it whatsoever. I realized it's ME who is ridiculously sensitive to it and if the fact that he is 4 inches shorter than me is the ONLY thing I can find wrong with this man, I'm a lucky girl. It makes me look back to my twenties and I think of ALL the great men I ruled out because they were an inch or two shorter and now look where I'm at. God has a sense of humor, people. Don't disregard a man who's shorter than you and secure enough to be proud to be with a taller woman. I'm so thankful he came into my life and made me realize not to be so vain about outward appearance... and that good things can come in small packages ;-)

Joerg says: Can't disagree with that! 🍷

5'11 ½" Crystal wrote (February 8th 2011)

My grandmother was six feet tall when she passed away at the age of 92. To this day I remember that when anyone asked her how tall she was she would say "I am five foot twelve" just to trip them up. Maybe she was embarrassed by her height, maybe she had learned with age to accept it as I have come to. I have just turned 34 and other than the typical complaints

of finding cute clothes and shoes, I can finally say I love being tall. And, yes, I wear heels all the time. For the teenage girls on here, please know that the jokes and teasing will soon turn into friends constantly saying "I wish I were tall like you". I get it all the time but oddly enough no longer reply "No you don't, it's awful!" Please don't waste this precious time in your life worrying about what others think or hiding behind sneakers and sweats! You are in the best time of your life to enjoy being girly and that is all you need. High school boys are immature and will be kicking themselves for not being your date when you show up to the prom looking tall and gorgeous in a sleek dress and a great pair of heels!

5'11" Kate wrote (February 6th 2011)

I am a Junior student and I have always been tall. I have had a thousand people make fun of me because oh my height but I like to be tall. I am the tallest girl in 7th and 8th grade but the worst thing is that I am the tallest kid in 7th. Taller than the guys and the girls. People think I am really weird because I don't want to date which makes them think I am that much weirder. I mean really, I am only in the 7th grade and I don't want to date. For the people who try to break you down - don't let them. You are who you are so don't change and just be you.

But I sometimes think it will be fun to be in high school so I won't be the tallest girl anymore.

5'10" Jenny wrote (February 6th 2011)

Tall women rock! I used to never wear heels and now I wear them all the time. I'm getting to the point where I don't care if they're more than 3 inches. It helps that my bf is 6'4", but you should never be ashamed of who you are. Every woman should be able to wear high heels, feel empowered, and sexy no matter your height! Even if you're lacking the confidence give yourself that confidence. Tell yourself "I'm beautiful and it doesn't matter what others think". Soon you'll begin to feel that way too!

6'2" Rachael wrote (February 3rd 2011)

I am not a girlie girl. I have a rep at school that I'm a jock, which is true, I beat people up, or I'll kick someone's ass if they say something to me. I have never beat someone up nor do I plan to. Just because I hate the color pink and I wear sweats to school does not make me a dork or manish as my lovely class mates like to put it. I would like to have a boyfriend but I know that will never happen in high school. They think of me as one of the guys. What do I need to do to change that? I'm confused. I have my softball coach to go to. She, in my opinion, is the only person that truly gets me. She is a lot like me and has my back. She told me that I have to do me and not care what other people think of me. I love her for that but I can't stand the constant opinionative BS that people talk about. I wear a dress to school for basketball and everyone informed me that I was wearing a dress. It is just very annoying.

6'3 1/2" Alexandria wrote (January 28th 2011)

I'm a very tall girl and I'm still in high school. Yea, it sucks big time when all your short friends have boyfriends and guys all over them. I'm just the opposite. I'm the awkward tall ugly duckling. Though some days are rough I know it will get better when I go off to college and all the guys are TALL!!! Haha... however it's very hard to find jeans that fit my waist and my long legs nicely. This site gives me confidence and let's me know I'm not the only one. Btw, I can't wait til college when I can wear heels and still be shorter than the guys ;)

5'11 1/2" Leah wrote (January 27th 2011)

Hi, I love being tall, and my husband loves me being tall too :) I'm taller than he is (by about an inch) and it doesn't worry him at all. I even wear heels when we go out - no problem. I think he likes the fact that people are looking at me. It's a compliment to him.

The only problem I still have is finding jeans to fit and shirts and jackets with long enough sleeves. Sizes just seem to get fatter, not taller, when you go up, and I'm just TALL, not chubby. The internet and postal order makes things easier, but it is still hard. I shop around - a LOT, and often find the more expensive shops are the only ones selling options that fit properly. Which sucks, but there it is.

To younger women (I'm 40) I's just like to say: love your height. Other, shorter women secretly wish they could be taller (but they'll never admit it), so they could stand out from the crowd and wow the guys. You already do! Stand tall, and be proud of the beautiful person you are. And trust me: there are heaps of guys of all heights, shapes and sizes who love the fact you're tall too!

5'10" Linda wrote (January 27th 2011)

FOR ALL YOU GIRLS WHO DON'T LIKE YOUR HEIGHT: If a friend or family member came to you and was complaining about their height, what would you say to them???? I guarantee you would say that they are beautiful just the way they are and to stop feeling sorry for themselves! So take your own advice! You will NEVER be able to change your height so you better come to grips with it or you will be miserable! This would be such a boring world if there were no differences right? Make the best of what you have. You only have ONE shot at this life!

5'10" Kelsie wrote (January 27th 2011)

I had always struggled with my height when I was younger and I still do to this day. I always had been called names just as "Godzilla" and "Sasquatch". I still get called those names, but I try to let it roll off of me like water on a duck's back. I have accepted my height. I have heels that are four or five inches high. I just stand tall and strut my nearly six foot figure. My boyfriend loves my height, especially considering he's 6'4".

Rae-Rae: You can always order longer pants off the internet and a size 12 is not that big, Marliyn Monroe was a size 12. Also, tall guys love tall girls - how are they going to kiss a girl who is 5'4" of they're 5'5"? Plus, a lot of models are your height as well.

I really love this website and have added it to my favorites!

5'10 1/2" Lana wrote (January 26th 2011)

Being tall myself, I know all about the insecurities that come with the height. I'm the tallest girl in the family (I got my height from my Dad), and always wanted to be a bit shorter, even just a few inches shorter. I really only started growing around my mid-teens, so I've been tall for a few years. Throughout, I was so insecure about being taller then guys, people commenting about my height (gosh - no need to state the obvious, right?), standing out in the crowd, not wearing heels and so forth. But, being tall is being beautiful. Tomorrow, for my job interview I'm going to rock my hot black pumps ,cause I can ! Walk tall ladies !

6'1 1/2" Bridget wrote (January 21st 2011)

I just stumbled upon this site and I am absolutely amazed! I am the tallest woman I know. My brother is 6'6", so I don't always feel so tall. But my mom is 5'6", so standing next to her I feel like a giant. I love my height. And while I haven't found the right guy yet (I have yet to meet a

guy my age who's my height or taller), I don't mind. I'm embracing it & loving it! Except when I'm shopping for jeans! :) If you're tall: flaunt it! Wear heels, wear skirts/dresses - show off those long beautiful legs! Tall = beautiful!

5'10" Elle wrote (January 20th 2011)

I'm from the UK and to be honest hate my height. I do model for an agency, but I would definitely give that up for the chance to be 5'7", as I know others my height would. Harsh words but true, and I know some ladies on here are 6foot and over, but you have to understand is that no way do I have the confidence to pull this height off. I'm dreading at the moment a prom fayre that has been arranged at school, which I'm taking part to model in, JUST because I have to wear heels. The other girls are all smaller than me, and the thought of towering over them and everyone seeing me like that makes me want to cry. Reading these gives me so much inspiration so thank you for that. I can only hope one day I can wear heels and not be so self conscious :)

6'0" Stefanie wrote (January 20th 2011)

Hi, my name is Stefanie! I am 6'0" and I am learning to love my height everyday. I occasionally wear heels, when the situation calls for it. I may start wearing them everyday so I can work on my confidence. Sometimes I don't feel as confident in them because people like to stare, and that bothers me sometimes. I get all the usual rude comments (how tall are you/are your parents tall/do you play basketball) + my co-workers like to try to use me for their personal ladder. o_O I am so glad I stumbled upon this site, I have to memorize/use many of the great comebacks listed here for those people who feel the need to comment on my height.

6'2" Rosemond wrote (January 19th 2011)

Being tall used to be my biggest problem cos the short guyz look at you and laugh when u bypass dem.... But then thnx 2 my senior brothers I ain't bothered about that anymore... Plus, hey, I started wearing heels since my mum says it makes you look good... everyone looks at me on heels though... BE PROUD TO BE TALLLL

5'11" Camille wrote (January 16th 2011)

I really enjoy my height. No ifs, ands or buts about it. For some reason I have the hardest time finding shoes that are comfy and still look sexy. I want a heel but I don't want to overdo it. Just a small heel with style. Any suggestions?

5'10" Rada wrote (January 15th 2011)

Over the years I learned to LOVE my height. Height is sexy. Yes, I too was always the tallest girl in class and was made fun of, but honestly I never cared. I laughed along with them. Guys are very attracted to tall girls and it's inevitable that we stand out! in a good way.. Although i would ever date a guy that's shorter than 6'0", it still doesn't make me upset that I'm tall and can't find a decent tall man because a lot of them are short. Height in a man attracts me as well and I want my man to love my height and love me. He also shouldn't mind if I wear 4 inch heels (because I don't own a pair less than that). Be proud and stand tall :))

6'0" Ashley wrote (January 14th 2011)

Girls, I too was like most of you going through school. I was always the tallest girl and not to mention a bit chunky. I used to cry in grade school when the boys would point and laugh because I was too tall and my legs were too long. It just got to be a self esteem popper growing up through the years. I was born in ,83 so while growing up I basically was forced to be a tomboy because you couldn't find girl's jeans that were long enough. When I got into highschool I finally got my first boyfriend who was 6'3". What a relief. We broke up my Senior year, needless to say I was not asked to the prom because most of the boys called me "amazon, sasquatch, etc" That didn't bother me so much anymore, I just laughed with them. At that time you would not catch me in a pair of high heels because I did not want to stand out.

One of my very best friends is 6'1" and I was thankful that she was one inch taller because that took the focus off of me FOR A MINUTE. We were called "Twin Towers". Nice, eh? LOL. Anyways, once you get out of highschool you will realize that all the boys that picked on you have now grown to realize that long legs are the best thing on the world and would do anything to take you out, NOW. This was the redemption of my self esteem balloon. It seems that tall girls are always popular with the 5'9" and under men... what the heck is up with that? LOL. To make my novel short, my 6'1" friend and I loveeee being tall. We wear 4-5" high heels when we go out places and people stop and stare when we enter a room... this sort of attention is not the typical "omg she is soo freakishly tall" this is more less, look at those legs, WOW. So girls give it some time, you too will be shopping in the high heel department in no time. Tall girls rock!! :) Ashley

5'10 ½" Taylor wrote (January 14th 2011)

You should embrace your height. I have wasted so much time crying about how tall I am and im sick of it. Tall women are beautiful and if anyone makes fun of you it's because they're jealous.

6'2" Susan wrote (January 13th 2011)

In reference to [Mary](#) and [Julie](#)'s comment. I think everyone has good days and bad days. However, if someone asked me if I want to change my height? Definately, no, my height is part of what made me who I am. Just like my hair being red makes me different. I went through a lot of teasing, but, I think most children do for one thing or another. Take good care - Susan

6'1 ½" Mary wrote (January 13th 2011)

I have always been tall and big even when I was a baby. Like [Julie](#) said it is a love hate relationship when it comes to height. I am one of those girls who dislike the attention, but I like to talk about my height socially, as well as having a 5'1" friend which makes giving her a hug akwardly funny. I love this site - it has really made my day to know that you are not alone. :P thanks

6'1 ½" Julie wrote (January 11th 2011)

I'm tall. It's a love hate thing. I just hate how all the tall guys have the shortest girlfriends! But hey! Tall people = less likely to die in floods.

6'0 ¼" Alanna wrote (January 11th 2011)

EVERYONE says "Wow you are tall!!!" so I decided to start saying.... "Really??? I never knew. I just thought everyone else was super short... thanks for clearing that up!!!" Everyone gets a good laugh out of it :) But being really tall AND a plus sized teen age girl... you get teased A LOT but don't let their words hurt you... if you are like me... you are big and beautiful... embrace it :)

5'11" Jennifer wrote (January 7th 2011)

I love my height. I am thirty two and am really starting to enjoy being as tall as I am. Although sometimes I feel on the spot, I just think this is the way I am. Nothing I can do about it and it's all good. I've really been enjoying the fact that some of the clothing lines really are givin us tall girls a break. I actually find pants on occasion that go all the way down. That is like the coolest thing in the world. And shoes are starting to look more like shoes and not boats. I still have problems with sleeves but hey, pants and shoes are half the battle. It does help us weed out potential bad dates, less men to go through. And accessing things in high spots is pretty convenient. Still not liking cars, the truck factor is way easier on the in and out of things. But all in all yeah, it's cool. And standing tall has made me feel healthier not like I'm rubbing it in or anything. It has taken me this long, and I hope this helps others to do it faster. Just think, girls are getting taller all the time, soon we'll be the average :)

6'1" Michelle wrote (January 6th 2011)

I've always been the tallest girl in my grade, and in my school. I never bothered with heels, thinking that they'd make me even taller and stick out more. I need to gain confidence! It's hard. But I know we can do it. Go tall women!

6'0 ½" Amanda wrote (January 5th 2011)

I absolutely hate not wearing heels because most of them are really cute. I don't like feeling taller than all the boys in my school and getting teased if I do date someone shorter.

6'2 ½" Kylie wrote (January 4th 2011)

You just have to have confidence and work the long legs! :) ... the hardest part for me is finding pants, but I have found a few places... oh, and once you get to college there are tall men:) no worries!... don't feel self-conscious about your height. Men like a girl who is confident.

5'11" Eli wrote (January 3rd 2011)

[Jasmin](#), you are absolutely right! Modeling offers does help. LOL. I get it all the time. I get people asking if I already am a model.

5'10" Jasmin wrote (January 3rd 2011)

I have trouble because I live in Korea and I'm American. The guys here aren't necessarily the tallest... luckily, my brother is 6'5" though, and he's given me hope that not everyone can be as short as the guys here. Don't worry girls, it's hard to have low self-esteem with all the modeling offers :)

5'11" Eli wrote (January 3rd 2011)

Same as [Shelby](#): I don't go a day without hearing "Wow! Are you really that tall? Do you play basketball?" I personally have tried and failed, so I stuck with what I'm best at and that is softball. I'm meant to use my strength and long legs to run those bases and score a home run. Been tall my whole life and I've finally learned to embrace it as a gift. I hated being the tallest in relationships, around my friends, and that I wasn't able to wear heels. I've grown up and realized that it is something beautiful and that no matter how tall I am I am still a human being. Ladies, learn to love your height, flaunt it and keep your head up. :)

5'10" Shelby wrote (January 2nd 2011)

Hey, so I hate the stereotype of tall girls. When meeting someone new they automatically look at me and say "wow, you're really tall, do you play basketball?" ... I have heard it forever and I don't have anything against basketball but I just can't play! I'm not a huge fan of constant running up and down a stuffy court. I play softball and love every bit of it. Another thing is that I hate how friggin short guys are in my school. Yeah, I know they still have a lot of growing to do but geez, I can't even get a date w/o being 3-4 inches taller than him. It really bugs me. I want to be the short one in the relationship - that's all I ask! I'd rather not have to lean down to kiss my boyfriend. Goodnight. Thank you very much... :/ And people always say I'm lucky to be tall, no one bothers me. Well, that's such a lie. People don't see that it's not just the short girl that get jokes thrown around about them. I've had every demeaning name thrown towards my height and it really hurts. Not everyone likes to be called "Godzilla", you know, it's just not right.

5'10" Taylor wrote (January 2nd 2011)

I was shopping the other day and I noticed something about the mannequins they had dressed up in the windows of the clothing stores. I did not see one mannequin that was short. They were all tall and some they put high high heels on to make them look even taller.

[Rae-Rae](#): Lots of men like tall women, you just have to be patient and wait for them to grow up, at your age the boys are still feeling very insecure about themselves, but many men once they grow up love tall women, but just like any women you have to present yourself well with other attributes, like kindness, self confidence, I also think that when you're tall it's really good to do something that is physical like swimming, gymnastics or dance, something that will help you become comfortable with your body type. Then spend some time in the next few years developing your own personal style. Never wear pants that are too short if possible. There are many sites on here that sell pants with longer legs. I have also found that western stores also sometimes have the longer leg. Another thing you can do is wear boots with jeans if the leg is tight and no one will know they are too short (covering the bottom with those loose knitted leggings also works and they are not very expensive).

6'1" Rae-Rae wrote (January 1st 2011)

Hi im 6'1" and don't really like it! I'm almost the tallest person in my entire school!!!! (With the exception of a guy who's 6'2"). Air travel is a pain in the butt!!!! But I took a trip to Amsterdam and guess what??? I didn't feel tall for once!!!! It was great!!!! I'm 13 and have a hard time coping with it but I get by. I feel fat at a humongous size 12!!!! And I wish they made pants long enough!!! Dang midgets!!! Anyway... shoes too!!!! Size 12! THANK YOU PAYLESS!!!! Haha! This site helps my struggling self-esteem a lot. Another thing - guys apparently do not like tall girls!!!! I'm trying to learn to like being tall. The posts on here help!! Thank you all for the inspirational stories!!!

Tall Quotes 2010

5'10" Amy wrote (December 30th 2010)

I'm 5'10" and I have a hard time finding a boyfriend because I like them taller than me but here where I live there are only short Mexicans I know. I'm not as tall as some of you but here in the valley it's super hard.

5'10 ½" Jessica wrote (December 21st 2010)

I'm 13 years old, 5'10" and I'm about 140 lbs wearing anywhere from a size 3 to a size 6. I feel so fat. I'm taller than everyone else and I just feel really big. Although I do like being tall since I play volleyball.

Joerg says: You can trust me on that, Jessica... You're neither extremely tall nor big. You've found your niche (volleyball) so go for it.

6'2" Marcie wrote (December 17th 2010)

Wow! What a wonderful site!!! I never realized I was "outstanding" until I entered the working world. I'm a principal now and people truly do look up to me for leadership. I never understood why... because I never realized how "big" I really was!!! (I can't stand that word... like midgets like to be called "little people"). The world wasn't made for tall women... but girls... you gotta make it your world!!! It's a blessing what instant respect you get for being tall!! And wear them heels!!! More power to you!!

Joerg says: Well put, Marcie. Thank you, "lil Lady"!

5'10 ½" Ashley wrote (December 17th 2010)

To all of the girls who are complaining about your weight - tall girls carry weight better than short or average height girls. Even though you might weigh a bit more or wear a bigger size, people probably think you are thinner than you really are. Trust me, I am a size 8 and weigh about 150 lbs, my own parents gasped in shock when I told them how much I weighed. Being tall makes you look thinner than you are, no matter how much you weigh. Just be as healthy and as toned as possible, and you will look great, even if you are naturally heavy.

Also, slouching makes you look bigger. It draws attention to your height, making you look taller, and it makes you look fat and awkward. I have a few candid pics of myself slouching around and I look horrible.

Finally, be glad you're tall. Short people aren't very happy about being short, but other people think that its cute. Same for tall people. We all want what we can't have, and if you are unhappy now, you would probably still be just as unhappy if you were shorter.

5'11 ½" Molly wrote (December 15th 2010)

I LOVE this site..it is helping me so much with my emotions / security. I am a 20 year old girl, standing at 5'11 ½" and weighing over 200 lbs. I am very very insecure about my height and weight... but more so my height. All through school I was the tall giant girl.

"How tall are you?", "You're huge!", "Hey, Giant!", "Play basketball please?", "Are your parents tall?", "I wish i was that tall!".

It is SOOOOOOOOOO annoying. People do not understand how much it affects us tall women. It hits me deep to the heart where I just want to sit down and cry some days. Other people staring at me makes me feel in-human, like a alien.. and completley insecure. I'll slouch or when im standing I'll stand on the sides of my feet. I'll look at girls and say "oh, if I just had your height everything would be perfect". I'm TIRED of feeling this way. I'm so tired of it. I want to be confident like all the 6ft and above girls. I want that confidence.

I'm afraid I'm going to be alone the rest of my life. Everyone says I'm so beautiful... but why haven't I been in a relationship YET!? I don't chase guys, I let them come to me. The ones that have are worthless... I feel like every

guy out there is scared of me or something? Even guys that are 6'3" and above want to be with the tiny girls, the cliché girls. What is wrong with a tall girl?! Am I too plump for you?

All of this just gets me upset. I WANT and NEED that confidence... someone help me reach that, please.

Joerg says: That's what we are here for, little Molly :-). I'm not saying "chase guys" but be prepared to make the first step. That way you can decide who you want to approach and don't have to wait until you are approached.

5'11 ½" Molly wrote (December 15th 2010)

To Shay: that is not "FAT". A size 13? Are you kidding me? That's thick honey! I would kill to be a size 13. I am 5'11 ½" and a size 16. We are all made different. Do NOT let anyone call you fat. I am also small on top as well... you are YOU.

6'1" Meghan wrote (December 14th 2010)

Hello to all you beautiful tall women out there! Rock it! People always look up to us (literally)! I have always felt smarter and more able than short girls. Never for one second should any tall girl feel bad about their height. People may make really stupid comments sometimes but they are just ignorant. Besides the hottest men out there are the most confident ones who love tall women! Keep your chin up, stand up straight and wear the highest heels you can find! Much love to all of you!

6'5 ½" Natisha wrote (December 13th 2010)

The best thing about being tall: I would stand out from all the rest and knowing that you will always be remembered because of it... some people have to do too much to be remembered. Really tall people just have to be themselves. People will always remember the pretty tall girl!

6'2" Christine wrote (December 10th 2010)

Hi Gals, sorry this is a bit late, but I want to thank those ladies that gave me some ideas on where to shop (mind you, I don't think all those places are in Canada). Remember taller "thicker" gals, even though we are bigger than thin tall girls, we STILL carry our weight better, than a thick gal who is 5 foot 4... it's TRUE... so that is something to remember, and hey, being busty is cool too :D. Remember that we come in all shapes, sizes and colours, and also that you are not alone. Joerg is cool, and he cares :) Christine xo

6'1 ½" Rebekah wrote (December 10th 2010)

I'm 15 and have felt insecure about my height since I was 9. I am the tallest girl in my school. I always feel as if people are staring at me so therefore feel as if I am in the wrong. I hated being tall but I am now growing in confidence. Apart from a few things like boys, I now feel better about my height than ever before.

Joerg says: Good on you, young Lady. As I write on the homepage... "Tall women are gorgeous and are great role-models for tall girls. A lot of women go to great lengths in order to stand out. You don't have to. You are outstanding as you are and you don't need a pedestal to stand on."

5'10" Mary wrote (December 10th 2010)

I love heels but I don't wear them because then I'll be huger than everyone but I'm tired of trying to blend in. I'M TALL AND BEAUTIFUL AND THAT'S THAT! Yes, we're tall, but we're different. Yes, people say things but it's only cause they find something to make themselves feel better (proven fact), so confidence is the key. They see insecurity they feed on it - show no one that you are uncomfortable with your height. You act confident, they believe you are confident and soon you will too. Besides, models are beautiful and we can be that! My favourite quote is: "Love me for me, not what you want to see."

6'2" Angela wrote (December 8th 2010)

This is for all of you teens. Reading your comments brought back so many memories. I wish I could give you each a BIG HUG because I clearly remember the high school struggles of being a gangly 6'2" tall girl. I want you to know, above all else, that it gets better. Much, much, much better. I am now a 35 years old, very successful professional in a wonderful relationship. I don't think about my height very often anymore. Except when I'm curled like a pretzel in an airplane seat. Or peering over the top of a bathroom stall. Or surrounded by short people, worried I might trip over one of them. For the most part, I forget I'm tall. I used to feel and act self conscious about my height, which constantly brought it to everyone's attention. Now that I'm comfortable with it (which happened gradually over time), the people in my life seem to have forgotten about it, too. Its okay to feel frustrated about being a tall teenager. It takes awhile to get used to being a tall girl. We, the tall women, all had those exact same feelings - and I'm telling you, it gets so much better.

The rude comments start to taper off after high school and more significantly after college. The older you get, the more people see you for who are rather than for your height because they are also older and more mature.

The greatest benefits of being tall don't really show up until you step into the working world where people will naturally look to you for leadership. Strangely, bosses will assume you're more intelligent, capable and trustworthy than the short people. In the working world, height inspires confidence from people and you will rarely go unnoticed. You will also be promoted more quickly and easily than the average person. I wasn't prepared for any of this. I wish I would have taken Math, English and Speech more seriously. Do your future self a favor and (even if you're shy and not the least bit aggressive) acquire organizational, communication and leadership skills. You will need them. Even if its only in a crisis. People look to tall people in a crisis. I have no idea why.

I didn't date until college. Since then, I've dated fairly regularly. One of the nice things about dating, as a tall woman, is that it weeds out the insecure guys. I never ask a guy out; they ask me. I don't want someone who is intimidated by my height. I want a courageous man. Which means the ones who are confident enough to ask are always secure with themselves and therefore considerate, more fun and not emotionally needy. Older guys are MUCH more secure with themselves. When I say older, I'm talking about mid-twenties and up. There's something that happens to guys somewhere in their twenties (or thirties, for some). They start realizing their own preferences and unique attractions instead of brainlessly flocking to the tiny little bubbly cheerleader all of the time. I got so used to not being wanted that it took me by surprise when, in my mid-twenties, guys began asking me out. Really impressive ones! The older I get, the more often it happens. So, try not to worry that you're going to die a dateless old maid. You won't.

It gets better. I promise.

Joerg says: Thank you, Angela, for making a few wonderful points.

5'11" Ariel wrote (December 7th 2010)

I don't get why all the 5'9" - 6'0" ladies are all suicidal and mourning over their height. We're really not that tall. I mean, come on. It's nothing to get all self-piteous and depressed about. It's something to be celebrated in my opinion.

6'1" Bec wrote (December 7th 2010)

Hi, I'm 22 and I'm 6'1". I have always been tall and I haven't liked it hugely but it's just me. I've been struggling with my height recently and it's really affecting me and I really feel like I'm not coping. I walk home from work in the afternoons and go running as well and it's feels like every single person I pass comments on my height all I hear repeatedly is TALL or if it's not that they stare and say that girl is really tall, I would hate to be that tall or comment on what a hard childhood I must have had which is a total f***ing joke because my childhood was fine. I'm sick of people judging me constantly - it's wearing me down and I don't know how much I can take or what to do. It makes me really upset and I end up in tears sometimes. My friends and family tell me I'm not that tall and I shouldn't let it get to me but it's just so bad some days.

6'5" Ula wrote (December 5th 2010)

Jules... kind of late but I still wanted to comment. I am 6'5" and my boyfriend is 5'8". He loves to kiss me when we are standing up somehow. LOL... but usually he just goes on his tippy toes or I just bend a little... but after a while you will find the best way of doing it :)

5'10" Shierly wrote (December 4th 2010)

To Shay (6'4" - November 24th 2010): I may not be as tall as you (I'm 5'10") but considering that I live in Asia where girls standing at 5'3" are considered tall and weighing 60 kg is considered fat, I'm considered really tall and fat here(as a girl that is). I'm far from being skinny (I'm 90 kg) and yea,my hips stick out too :(So basically I'm big. People, especially boys, see me as a giant. Once, when we were waiting for the elevator on the 6th floor, my ex-classmate (a boy of course), said that I should just jump, so that the building would crash and we'd get down faster.

Although I'm 22 now, those memories still linger. It still hurts sometimes when I look back. I still get rude comments and looks/stares from strangers now.

I can't give you advise on guys, cuz I've never had a boyfriend or mutual crush all my 22 years of life :(I've had numerous heartbreaks and a major one 5 years ago because guys dont see me as girl.I'm still holding myself back from liking guys cuz the probability of them reciprocating is almost nil. But that's Asia. Lucky you, there are plenty of tall boys over there (Asia is really lacking of tall boyss!!!! Seriously)

Despite all these, I'm still a confident woman, and I walk with my chin high up. It's easier to look for internships and jobs and to establish networks since people take notice of me. People tend to remember me well, in a positive light (I hope) because of the positive energy I display to my best ability. Although sometimes my self-esteem gets kinda low, I still love being tall and confident. I'm kinda good at doing the diva walk and brush people's comments and stares off my shoulders.

And about the hips,you can soften them by wearing clothes that suit pear-shaped bodies that soften those hips (and you're not fat! it's curvy yaw! :D) such as boot-cut jeans instead of straight-cut / skinny, long shirts (but not baggy yea) with sexy pencil skirt (girls with hips look hot in pencil skirt yaw) or even an A-cut dress. Big, long checkered shirts with straight-cut jeans also look real hot on tall girls ^0^

Dont let your body stop you from living your life. I heard this from a TV program. I'm still learning to apply this to my own life myself.

You're young. And you're not alone. :)

6'3" Jheri wrote (December 2nd 2010)

About a year ago a special cutting board table was put on the market for taller cooks who get back pain. I have one and it is fantastic, but a lot of tall people don't spend much time cooking and some don't see a need. A few other ideas are being looked into, but moving forward means we need a better idea of the market for the cutting board. We really want to know if it seems like a good idea and if the blog and video that show it off are clear and useful. Even if this doesn't seem like a good idea or if you don't cook or it is something you would get for another tall cook the answers are all important.

Go to <http://www.6footsix.com/colleenify/> and then take the quick survey: <http://www.surveymonkey.com/s/9B8GTCH>. Thanks!

5'11" Kim wrote (December 1st 2010)

This is for Tara: Being tall is the least of your worries. You obviously have a huge heart and are a caring person. Being who you are is the most beautiful thing there is. I was always the tallest girl in school and all my girl friends were shorter than me. As I got older I realized that height gets you much attention, but in a good way. People notice you, I can't imagine going through life and not being noticed. How sad would that be? You take every comment from here on out as a compliment and with a huge smile say thank you for noticing! Your attitude will not only affect them but mostly it will affect you. You'll begin to appreciate the compliments like I do and that my dear is very contagious. Your new attitude alone not your height will win over more people than you realize. Don't focus on your height focus on what you present to the world.

6'0" Tanya wrote (November 30th 2010)

Hi all. I'm Tanya. A lot of people compare me to a model even though I would never ever model. I'm standing 6 feet tall and I'm of slim build. I used to be teased because of my height and weight which was to be expected since I was always the tallest girl in my class - hint - not school but class. There were other taller girls so I imagined how they felt. And they looked so cool and confident.

As I wrote earlier I'm small so I do have a model figure, and my feet are huge - size 11. I was called flipper feet, giraffe, dinosaur - the works. Kids can be cruel. LOL. I HATED how tall I was because no matter how hard I tried, I could never fit in. All my friends were short. I was tired of hurting my neck looking down on them. I felt more comfortable around men because they were tall. Random people would ask me how I got my height or ask me how tall I was or the infamous "do you play basketball"? I used to hate the basketball questions. LOL. But now that I'm older I love me. I love my tallness, my model figure and my full lips. I strut like a model and I keep it classy. I truly find tall women to be exotic and unique. I can see everything and I can reach like no one's business. LOL. It's a blessing.

God designed everyone in his eyes. So if someone can not accept you for your height, then forget them and strut the haters off. For you tall gals that love heels as I do I have 3 words... "you better wurk!!" :=) I wear 4 inches 5 inches - whatever inches. A woman needs to feel sexy... heels do make a woman feel sexy and confident no matter who she is or how tall or short she is. Btw.: my boyfriend is tall. He's 6'6" and I dated shorter men and they never complained. Plus, there is a lot of good things about tall women that short women will never acquire. (Do your research!) :) We are queens in our own way! I love being tall. Every short woman I know says "Wow, I wish I was your height." LOL. I just laugh and think to myself - only if they knew. So if you think you're too tall - don't sweat it. You're beautiful and it's about time you acknowledged that. PS: I really hope I lifted someone's spirit:) I love this site! Tanya

5'10" Tara wrote (November 29th 2010)

Hi. I absolutely love this site! I'm 15 so I'm very tall for my age, and I absolutely detest my height. I hate it so much! I can't understand how everyone here loves being tall. I HATE BEING TALL!!!! I'm so jealous of all the petite girls in my class, the guys flock to them and don't even look at me. It's so frustrating. Guys just see me as a giant, they would never think about going out with me. It doesn't help that I'm shy and not that pretty. I basically just hate everything about myself. When I go out people just stare at me, and not in a good way. When I meet people they always comment, ""Wow, you're so tall!" I KNOW! What makes people think they can just say that?! I'm aware that I'm tall thank you very much I don't need to be reminded! I wish I was like all the confident people on here who love being tall. I just want to be normal.

Joerg says: One of these days you will be happy that you're an outstanding person and not an "average shortie", Tara. Men chase shorter girls / women because a lot of them lack the confidence to chat up a tall girl. Would you like to be around a guy who lacks confidence? There's nothing abnormal about being 5'10", by the way.

6'3" Nicole wrote (November 28th 2010)

Hey girls. how y'all doing?? All of your posts are full of many positives and negatives. I'm 18 years of age and stand at an almighty 6'3", which in my eyes is amazingly tall for a girl at my age. I'm a girl that loves fashion but finds it highly frustrating that I can't walk into a shop like any other girl and purchase whatever I like. To me, it's not that simple finding clothes that fit perfectly for your legs and arms. Don't get me wrong - I sort of like being tall because I stand out from the rest but some but most make a big deal out of it and I don't know see why though. Surely it's alright for me to be tall but why can't women be??? Personally speaking I find it incredibly hard finding shoes as well as I have big feet. Haha.

In my eyes, I don't think the fashion industry are aware of how many tall girls are out there. The fashion is limited for us unlike average sized girls.

5'10" Elena wrote (November 27th 2010)

Hey y'all :p I'm a 16 year old African American girl, a Junior in High School, 5'10" (AND STILL GROWING). Let me just start off and say from the start that I've struggled for years with my height and beauty. In elementary school, I was the tallest girl in the whole school and I didn't take very good care of myself beauty wise. I was a

tomboy who didn't like to admit it with split ends and too-short pants. My face was covered in embarrassing acne and it just made me feel like a monster that no one liked. Between my 3rd and 5th grade year, I weighed around 150-ish (a daggum size 14 in women's!!!!) and I had this very noticeable mustache that no one, not even my family members told me I had. On kids under the age of 10 would tell me and it make me so embarrassed that i'd wished they'd choke on it. But back to my story. I was very, very, very shy so i had like, two real friends and I never went anywhere with the people I knew or anything :(

Then, to make matters worse, I had to move to another city to go to middle and high school after elementary school to make new friends. First of all, I don't even have friend friends NOW! Dang! So I go thinking to myself, I'm gonna be having a lot of boyfriends and talking to girls like me and there's gonna be all kinds of people there. Well, turns out, it was the same, except you had a lot more freedom and there's not little kids at the school. That was it. I tried so hard to fit in. I was a teacher's pet who always did my work and always bought people food and stuff to stay on their good side. Most of the friends I had were the guys that were the nerds and nobodys and stuff. And people constantly picked on me saying that I went out with some of them or liked them just because I hung out with them? Come on?! Then, in seventh grade, I was the biggest, most selfish, smarty-ass, badass. I cursed like a sailor, got in trouble, didn't study, cheated on everything, talked back - you name it! But I acted pretty good when I went home or when I was with my family. Anyways, I changed my ways and just enjoyed being on top of everybody in eight grade. And hey, I even made a a few friends.

I know I may sound like a big mouth, but I don't care. I have a lot to say. Especially after reading all your guys' motivational quotes which encouraged me to put my story out there and find someone who may be just like me.

So here I've been, comparing every girl around me at school, on TV, in the city, in my hometown, at the store, the fast food joint, everywhere, ALL THE TIME! That girls' hair looks better than mine and we come from the same culture, I wish I had long hair like her, my chest is soo small - along with my upper body and my lower body which is kinda thick (even though I wear a size 9/10 sometimes 10/11 now), if only I was naturally pretty and all the boys would be all over me. Look at all these girls that I go to school with who have someone special to share things with while they go to school and in between classes. The list just goes ON AND ON AND ON!

Another thing is, I had one boyfriend in my entire life and that alone lasted about a week, maybe a week and a half at the most. But for some reason, I think that the guys at my school or the guys that I like are only interested in just "talking" to me and THEY DON'T EVEN KNOW ME SO WHY DO THEY JUDGE ME BECAUSE OF MY GLAMAZON HEIGHT?! Anyways, I can't figure out if it's being I'm not petite and girly or naturally pretty or something. Like, do I have to dress up to the max just to get some guy to whistle at me or give me a "what's ya name?" or something!!!

So far in High School, there's only been three guys that have said they liked me. The first one was kind of a pervert and an over grown kid who continuously acted like he wanted to be treated like he's a five-year-old girl. The second one was very friendly and a close friend who moved last year but was not all that cute, and the third one who's like EVERY WHERE I GO NOW is effin psycho. The other guys at school don't "see me that way" or only flirt or just wanna "be friends" vous moquez de moi? Uhh!!!

Overall, I don't see why people don't think of me as at least kinda girly or anything. I mean I have the same fashion taste as Kourtney Kardashian, you know, cute rompers, men's dress shirts with high waisted shorts and sophisticated dresses with platform sandals, pumps, and bags to match every outfit. (even though I don't have the money to actually dress like that) Aren't I just as good as these girls under 5'7" who dress like either bums, preps or sluts? Excusez-moi la langue.

School has gotten so frustrated for me because I have no one that I'm close to that I can relate to. I mean, related to school, I'm pretty much focused. I have less than three classes to take before I graduate in 2012 so I'm basically going to graduate early. Straight As or As and Bs are usually what I make lately and I plan on enrolling in the Airforce straight out of HS. (I'm willing to do anything! to get away from these judging and sorry has-beens.

Is there anybody out there like me and/or someone who could give me advice on how to make it through a tall girl's life? I'm in need of a huge confident boost and am lacking major points in that area. Plus, I have no female friends that are tall like me. They're all at least 5'8" or shorter :(

I love this site and you all have helped me gain some strength back n:) :) :)

P.S.: What is UP with all those stupid tall boys who talk to you like they kinda like you and your personality when all they'd rather date is, like, a girl who's under 5'3"???

6'1" Kelsey wrote (November 27th 2010)

To Christa... I just wanted to say how much I relate to your story. I'm 16 years old as well, but a little bit shorter at 6'1"!

I'm also the tallest girl at my school, although it's much smaller, with around 500 students. There was another girl who was probably 5'11" or 6'0" but she graduated last year. Even though I never talked to her I kind of felt this kind of tall person bond. Sometimes at my school we have formal dinners, and she sometimes would wear very high heels, which I really admired her for.

One thing I really dislike is that being tall seems to be my defining trait at my school. There are a decent amount of tall guys at my school, but of course tall guys and tall girls are viewed completely differently. I know for a fact that I have been described to other people as being "the really tall girl". I guess it's practical - it does let people know who they're talking about - but it gets annoying.

When I was in middle school, one of my best friends was really tall. Now we're about the same height. We're good friends, but I don't see her very much because I go to high school in a different state. For some reason a lot of the people at my middle school were pretty tall, a lot over 5'9". But now all of my friends in high school are about 5'4". I don't know how that worked out! I am friends with a bunch of guys who are taller, but even still I'm the tallest one of my group of friends.

I don't necessarily think about how I'm tall 24 hours of the day. However it's rare if I go a day without someone mentioning something about my height. Really, people... you're not the first to notice. I'm not even really that tall... I guess by most people's standards, but certainly not on here.

I love when I see another tall person out and about. Even if I'm just passing them in a hallway or something, I feel like we have a kind of bond, even if I only see them for a split second and I'll never see them again.

Boys can be really annoying. I've never had a boyfriend, or even a mutual crush, as far as I'm aware. While this does get kind of annoying, I've kind of come to terms with it. I'm not opposed to dating a guy who's shorter than me, but as far as I know, my height intimidates people. Hopefully once I leave high school there will be more mature guys around!

Thankfully I have a pretty good self image. Sometimes if I'm having a bad day or feel like having a pity party for myself, though, I'll wish that I was a little bit shorter, maybe 5'10". Sometimes I would love to blend into a crowd a little more easily.

Just one more thing - I just wanted to share that on Thanksgiving I wore my first pair of heels! They were really cute wedges that were probably about 2 or 3 inches tall. Wearing them made me the tallest person at my family gathering that had 21 people, but I was proud of myself for wearing them and feeling relatively comfortable towering over everyone.

Wow, this was a lot more than I planned on writing. I just wanted to say that I really enjoy looking around on this site, which I just discovered today. I don't know too many tall women in my real life, but it's really nice to know that there are others out there who have gone through the same things. I hope to one day write a book about being a tall teenager or something, because I haven't found any like that. I've had many people tell me that once I get older I'll learn to love my height. I'm kind of looking forward to that, not gonna lie. I like being tall - most of the time. But it's really nice to have a community like this of tall women. Thanks so much! (:

6'1" Louise wrote (November 26th 2010)

Hi Joerg, I have been told that you are the fan of the tall woman. From your website, I can see that this is the case.

I was referred to several sites from your website, including Long Tall Sally. I did see on Yelp, that they gouge their prices on the shoes. I didn't want to take someone else's word, so I went on to look for shoes as well as some clothing.

I saw a few things I would want to buy in the clothing section, and since it is all Long Tall Sally brand for the most part, I have no way of knowing if the prices are fair. But then I went to the shoes, and frankly, I was just fuming. This site is charging almost \$100 more on several of their brands than other sites that carry the brands... often in the larger sizes. This just feels like they are taking advantage of us, and if they do it on the shoes, God knows what they are doing on their clothing.

You list them. DO you know how to get in touch. Because the people who I have talked to who have complained about this say they have already sent in emails to the customer service. I feel like they would value your opinion. You can make your own assessment but here is an example: Sam Edelman "James" boot on Endless, my friend bought it for \$180 with free shipping, free returns

On Long Tall Sally, it's \$275. And its local US shipping. I just can't tell you how mad it makes me that a site that pretends to be all about us (long TALL Sally for god's sake) would do this. There are about ten more examples. My friend said that when she complained in the past, they just changed the one shoe.

Here is another atrocity: Sorel Boots... Joan of Arctic on Long Tall Sally... \$175 plus shipping - Amazon (same sizes) \$109.90

Joerg... on behalf of all the Tall Women everywhere, don't let them keep ripping us off. If you say something to them, and note it on your Facebook page, maybe they will be shamed into doing the right thing. If you have any suggestions of how I can get it out there, I will do that as well. It's just beyond an insult. I expect other people to take advantage of us because we are underserved but not a site that pretends to represent us.

Many many thanks Joerg!
Louise (6'1")

Joerg says: So, Ladies... you have read Louise's complaint. What is your experience? I'd love to hear your views. What would you like me to do about it?

5'10" Taylor wrote (November 25th 2010)

Jules... do whatever it takes to get to his lips... watch what tall men do with short women when they kiss. I think when you're tall and he is shorter you look best as a couple standing when you are very close together... even when you slow dance. You will look great that way together. I would not bend my knees but would relax them... so hug, kiss. You will find what works best for the two of you... and with a lot of practice it will become very natural. Have fun!!!

6'6 1/2" Jules wrote (November 24th 2010)

Hey, all! I have a question for all my fellow amazons! =)

Being a 17-year-old 6'6 1/2" girl, I knew that I'd have some trouble finding "the right guy". I love my height, but they mostly don't. Recently, however, I've entered a relationship with a boy who fits almost all my criteria. He's smart, extraordinarily hilarious, talented, cute, sweet, sensitive... and 5'6". =P

I'm on the volleyball team (surprise, surprise) and he's in the school band so when I first towered over this cute 18-year-old boy gazing up at me during half time at a game, I didn't think there was any future simply because I was staring DOWN at him. But he made quite a first impression. So, giving him my number, I figured we could just be friends. As we texted and hung out outside of school at our secluded neighborhood park more often, though, I soon fell in love with him. Yes, "Love". Not just like. Initially, I never saw his height as anything more than cute. He loves my height though so I always wear heels or elevator sandals for him. And I didn't mind any of it at all... until our first kiss.

He was walking me home and I was saying how much I enjoyed spending time with him and how he makes me laugh... basically everything I like about him. He stopped me on the sidewalk and clutched my hands. Guiding

me off the sidewalk, he gazed up at me while standing on the curb. Even on the street, I'm still taller than him. He told me he would really like to kiss me. In a panic, I began wondering the best way to go about doing this. "Should I arch my back?", "Bend my knees?", "Crane my neck?", "Sit down?" As these thoughts raced through my mind, his lips met mine. He was standing on his tippy-toes =)

Now whenever we kiss we do it while we're both sitting on a bench or laying in the grass. I want to kiss standing up, though, and was wondering to the tall women out there with shorter partners how the best way to go about doing it is?

Mind you, I mostly wear heels and tall footwear around him. Even if I took them off, I'm still a good 12 and a half inches taller.

Help? =)

Joerg says: To be honest I don't think you need any help. I find this story both inspiring and cute. As I keep saying "It's good to keep an open mind". And you're proof for that. I'm really happy for you guys.

6'4" Shay wrote (November 24th 2010)

I am 17 yrs old and I have been over 6' since I was 13. I love being tall. I really really do. The one thing I don't like is that I am a size 13 in juniors. I mean it's one thing to be tall and really skinny, but to be tall and huge is hard. I mean it's not like I don't workout. I swim competitively on a team and I love it!!! I just am surrounded by all my teammates who are like size 0-10 at most and it's just not easy. I really don't want to sound whiney but am I the only one here that is huge in every way???? Oh wait I forgot... I am exceptionally smaller on top which makes me look just plain weird. So I guess I really again just want to ask is any one out there my height and not stick thin or am I the only one? Encouragement would be awesome!!!! And I have to add that guy advice would be really helpful too because this summer I had a tall - 6'7" - guy come up to me and start talking and asking about height. Long story short he had a record for assault and battery so it was a no go:(Which I was bummed about because he came up to me!!! Which was just the biggest first in the world. So again please help I really am just kind of overwhelmed. Plus one more thing: When I go shopping with my grandma, in many clothes my hips stick out in a very unflattering way and she calls me fat, or she will imply that I am. That totally blows all self confidence down the drain. Please help !!! Thanks :)

5'11" Kari wrote (November 23rd 2010)

Honestly, I wish I were as tall as some of you! I'm 18, and I continually hope that I'm not done growing. Being only 5'11", I often wear heels to increase my height. Everyone calls me crazy that I want to be heels, but I don't care. I don't do modeling or sports or any of the like - I'm just a perfectly normal girl.

Anyways, I just wanted to encourage all you tall(er) girls that you guys always look amazing and to embrace your height! I rarely hear people putting down tall people, but rather commenting on how they wish they were taller. Enjoy your height!

5'11" Meagan wrote (November 22nd 2010)

I'm 19 and 5'11". This site always helps to pick me up when I'm feeling down about my height. This past weekend I bought my first pair of heels (only 3 inches, but still) and I totally rocked them! Now, I'm obsessed and want to buy more! I felt so powerful walking in them and I loved the attention and compliments! The only disadvantage I would say to being tall, is finding a tall guy. I know I'm young, but it's still hard. I admire the taller girls, because it's not easy but we're different and beautiful!

6'2" Susan wrote (November 19th 2010)

Hey there, all... For what it is worth, Christine. I am 42 yrs old, 6'2" and a size 16/18. So in response to your comment, believe me you are not the only tall woman that is not skinny. I am a tall, healthy, happy, attractive woman. I agree with the stereotype that tall females over a size 12 do not exist. I don't get it, if the buyers would open their eyes there is a lot of revenue that they could generate in catering to "us". However, Lane Bryant and Roaman's do have tall not really my idea of tall, but, some of their pants go to a 35" inseam. Shirts I have more or less accepted that I usually roll up the arms, but, when I find tall sizes I buy them. J.C. Penney, Eddie Bauer,

are some of the companies that have mail order and carry tall in everything from shirts-dresses. Also, as far as mail order for shoes I wear a 12W, I buy shoes from Payless, Masseys, Coward, Roamans, Lane Bryant are some of the other companies. Hope this helps. Take care - Susan

6'3" Jheri wrote (November 17th 2010)

To Christine: I grew up in Alberta and lived in Toronto for about a year and remember the Tall Girl shops. The problem an apparel company has with sizes is that you must balance the sizes you offer with what you are likely to sell if you want to remain in business. Women's sizing is very strange and has a problem. The smaller sizes (say 6 and under in American sizing) tend to fit the women who wear them pretty well. It turns out the way their bodies are shaped vary, but the difference between women who are size 4 isn't that great and many of them can find something that fits well. As you move up in sizes the way shapes change means there are many more possibilities. So most size 14s will find a random size 14 from the rack has some problems fitting them and they have to shop around. The size, as you get into the plus sizes, no longer describes the variation in body shapes. This is doubly bad in tall sizes as there are so few tall women that it is possible that many of the plus sizes you put on the rack will never be sold.

I'm really thin and below the sizes that LTS has. I can find a few things that will fit and can modify, but usually I take a different route. I am very happy that they are around as it means some tall women are getting a bit more choice.

A friend of mine who is much taller than me learned that one of her neighbors is very good at making dresses. Her neighbor is very happy for the business. We are forced to be creative, but maybe that isn't a bad thing. I tend to focus on accessories, cheap jewelry, scarves and even hats when I go clothes shopping with girl friends.

6'3" Jheri wrote (November 17th 2010)

I can be of some help, Christa. It turns out there are companies that make extra long single beds for dorm rooms - ever heard of basketball players? :-) I don't know the specific companies and I'm not in the US, but I've seen them, bed frames, mattresses and sheets at Paul's Tall Mall <http://tallpaulstallmall.com/extra-long-single-beds.html>.

For the shower you can do what I did. Get a shower head on a hose. I'm so used to the one my family got when I was a teen that I still use the same type. You can also get a shower head extension if you don't like holding a shower head. Paul's Tall Mall carries them too <http://tallpaulstallmall.com/shower-arms.html>. There are a lot of things you can fix with something simple and inexpensive. If you like to cook and don't like bending scroll down to my last post where I show what a friend and I do.

I'm about 10 years older than you and when I was your age I hated being tall. I did get very positive on it and wouldn't want to be otherwise. I'm a bit shy by nature and it has been a good way to meet strangers. My theory is people aren't used to a woman that tall and there aren't many things that come to mind in a few seconds. Most people don't say anything, but the ones who do say the same things over and over. There are a lot of ways to disarm that and to change the conversation, so make that your game.

6'2" Christine wrote (November 15th 2010)

Hi all, I have written before :D and am one of the "ahem" mature women who sometimes write on this wall. To the 6 foot 3 girl Christa: I think that's awesome that you have female friends that are 6 feet! Right on!

The "Tall Girl" shop in Toronto, is being replaced with "Long Tall Sally", yes it's a more imaginative name, BUT sadly, they don't carry larger sizes. So, unless that improves, they have lost me as a customer. So of course, I think (and I was never skinny, but was slim "back in the day") wth were these stores then? Anyway, moot point I guess eh? I don't like the stereotyping thinking that if a woman is very tall (6 feet +) that she is very thin.

Ok, a lot of the time is DOES seem to be true, but maybe that's just the tall women I've met, I have met some bigger gals too) so, "Long Tall Sally" is just perpetuating the stereotype that very tall women are very thin. NOT always the case! They better look to add some more larger sizes... I love how some of the young tall girls are proud, that's awesome, and you should be! I guess The States and maybe parts of Europe has clothes for taller, bigger gals. As I said to Joerg, I really must check out Barefoot Tess.

Love from another "tallie"
Christine xo :D

5'11" Ida wrote (November 15th 2010)

Yes, it's hard being tall... I enjoyed being tall - these long leggs and so on... shopping can be challenge, dating sometimes also. I just posted a pic of myself on FB and one of my friends had nothing better to comment than "You are still tall". WTH? I am not getting shorter... So I replied to him "And you are not". LOL. I guess he got mad at me - especially men don't want to hear that... So this smart ass reply made me feel good for a change rather than not saying anything. I hope this helps. :)

6'3" Christa wrote (November 15th 2010)

Hi! I'm 16 years old, in grade 12 (December baby :3), and the tallest girl in my school out of 2000 people. I do have three girl friends 6'+, which is so great. Unfortunately, they don't seem to like complaining about height, so I resort to the Internet to do that. :P

For starters, I hate the "You're soo tall - You should model!" comment. Like, gee, thanks, I'm tall so I should model - but you don't think I should do it because I'm pretty? :(Anyway, I'm almost certain that 6'2" is the tallest a woman can be to model. Great, eh?

Boys. Oh, boys. Maybe I shouldn't even get started on that. I just wish that I wasn't able to easily count the amount of men I've met in my life who are taller than me in under 10 seconds, literally. I think I don't realize how tall I really am. I had a short discussion with my best friend (who is 6'0") about this. We are aware we are tall, but only because it is shoved in our faces all the time by people, clothing industries, and the like.

I have NO idea how I'm seen by other people, and I can't get it in my head that I'm the tallest girl that most people I've met have seen. But then I think about it and realize I've never seen a woman as tall as myself or taller. I am very aware that you're out there, ladies. But it would be a lot more encouraging if you were more common. :) Whenever I see a fellow tall woman, I make a note to stand up tall, like silently saying, "I AM ONE OF YOU. WE ARE NOT ALONE." xD

Finding clothes doesn't bother me all that much. I've never known what it's like to just be able to buy jeans spontaneously while with friends, only going on planned trips to the city with my parents to the Tall Girl shop. :P So I'm used to it and can't imagine it any differently, and am not bothered. Shirts, I can buy almost anywhere, and I've never really been a shoe person, so that's fine too.

But what really does bother me is BEDS. A few years ago, I had to ask my mom to buy me a new bed because my feet came way off the edge of mine. Turns out, beds don't come in different lengths. I had to get a double bed so I could lay on it diagonally, and it barely fits in my room. I'm still too big for it. I hate it.

And last, bit not least, the shower! We have two: one in "the kid's bathroom," and one in my parents'. My brother is three years older than me and 6'7ish. He used the "kid" shower every day. I am amazed, and have no idea how he did it. The shower head comes up to my collar bone. We can't install a new shower head because we'd have to take out the wall and renovate the entire bathroom. Because of this, I can't have showers in the morning. Only at night, because I have to have them in my parents' bathroom. Otherwise, I have to do the limbo for twenty minutes. Sooo uncomfortable on the back, and thighs. I mean, it's a good thigh work out. ;) I just don't want to have nice legs because I suffer through my showers.

6'3" Jheri wrote (November 15th 2010)

It is getting towards the holiday season and maybe this is time to start doing some things that make you feel better about yourself along with others. When I was a teenager I had to deal with clothing that mostly didn't fit and the pieces I could buy were often too old for me or just ugly. Since then I've learned about finding my own style and what it takes to put together outfits that make me proud to wear them. Some of you are doing that too and the rest of you can learn if you want.

Finding a good tailor who can do alterations is important for those of us who are a more than a bit off from what you can buy in the stores. You can do great things with simple and cheap accessories and just learn what you

like. Don't pay a huge amount of attention to what you see in the ads and the stores. Fashion should not be about what someone else says, but is a statement by you about how you are feeling and thinking now. I'm still working on figuring it out. What looks good on my body probably only looks good on me, so I try to stretch my imagination and visualize.

Find some friends, they don't have to be tall, and try and figure out what looks good on each other. Check out some of the street fashion sites for ideas of what is happening around the world. There are hundreds of them and they aren't as product oriented as magazines. The Sartorialist <http://thesartorialist.blogspot.com/> is one of my favorites.

You can start out with pieces scarves and costume jewelry to spice outfits up that you mix and match from your closet. When you get it right you'll get compliments from people who normally would be asking your height.

You can start with almost anything and play with it. Some women start with shoes and since some of us have large feet, that means finding a good supplier. Barefoot Tess is now offering free shipping, so that gives a good excuse to check them out. If you are a special size and there is a firm that makes pretty things that fit, give them business and spread the word. Many of these companies don't make a lot of money and a lot of them need our support as a community. The situation now is a lot better than it was ten years ago, but it may have peaked as many clothing lines are decreasing the number of sizes they support.

If you can sew well or can learn, there are many more options. I'm not good at it - at least not to the level that I would need - but I know people who can. A friend was commenting on her neighbor's beautiful dress and found out she made it herself. She asked if she would make her one if she paid her and if now getting something made that will probably fit perfectly for very little money and her neighbor is really happy to have a bit of extra money coming in.

There are other ways to get confidence too. I'm not a good cook, but am trying. Cooking is a great way to bring people together. This is another area where being tall can be a bit of a problem. I have mentioned raised cutting boards, but if you are over about 5'10" and have a normal kitchen counter, you probably need one. Mine has made a huge difference in the time I'm willing to put into cooking and I've learned more in the year I've had mine than all of my life before then. A friend has a blog that talks about hers and where you can get a custom version as well as how to measure yourself if you want to build one yourself: <http://www.6footsix.com/colleenify/>

There are many other ways to get self confidence and feel good about yourself and it is a great way to move into the holiday season.

6'0" Donna wrote (November 15th 2010)

My strength and courage comes from within, something more than the tall skin I'm in. Man should not judge the length of this latter, cause its whats inside that really matters I love who I am, what I feel from within, I have so much to give, so much livin to live... If you have an issue with my height, don't look the other way, do not fright, Instead, get to know me, get the know the person inside me, You will see, there is so much more than the skin that surrounds me.

5'11" Lauren wrote (November 14th 2010)

OK, LEGIT... I AM 13 YEARS OLD and 5'11" which I think is absolutely amazing (: I can't find one thing wrong with being tall too be completely honest. I got me some SUPER long legs that have gotten me a couple glances if you know what I mean ;) Anyway there is one thing I hate and it's finding a guy especially my age who is taller then me... At my school there are 3 guys taller then me and all 3 like me because I am tall like for real sooo it's not all bad. Tallest girl is me though soo beat that and for all the fellow tall girls out there - just stay positive and always know if something doesn't work out your super sexy long legs can make u a super model... I am currently thinking about it (:

6'3" Jheri wrote (November 12th 2010)

I find interesting t-shirts good for being around other people who aren't used to you. My absolute favorite shop is Threadless as they are much more clever than the standard shirts with sayings. They are in the US, but their shipping to Europe is not too bad and they sometimes have good sales. They are much higher quality artistically than most t-shirts as artists submit designs and a community votes on what will be printed. Each is a limited run too...

A friend pointed this one out - they are reprinting the **perfect** shirt for tall women :-) I am ordering today :-)
http://www.threadless.com/product/1601/I_m_Like_a_Bird/tab,girls?from=scrandall

Joerg says: Now that is neat!

5'10" Taylor wrote (November 11th 2010)

Dear Noor... I think that is a very good question... why do people laugh at people that are different than themselves? But it's more, I think, about them than about us... and I agree: it can be unsettling sometimes. I think they are usually people who are that uncomfortable with themselves. Sometimes I will give them a hard stare and I don't stop staring until they look away. Just to let them know I noticed... and when I am out and people do things like that I think of other famous people who are tall. People I admire to keep my confidence up... someone like Brooke Shields or Nicole Kidman. Beautiful women who are tall like us... and for me that works.

6'2" Noor wrote (November 10th 2010)

I love being tall. I am 17 years old and my height is 6'2" - but when people start looking at me in a strange way, or in a funny way and then they start laughing about it just make me so sad and sometimes I start crying about it. I wanna know how to avoid people who start making fun of me, and to feel good about it??

6'0 ½" Xavia wrote (November 8th 2010)

First off, I'd like to say that I might be 6'0 ¾" or 6'1" by now... It's been like, what, a month or two or more since I last got measured. (IDK if that is correct grammar, it sounds weird).

I am a 14 year old who when I was about 4, moved to Taiwan. Being around those Taiwanese people (who are stereotypically short) I was constantly being told I was tall. I didn't really get ridiculed for being tall, they were fascinated by my height (I was about one or two heads taller than my peers). I was mainly ridiculed for something else, but that's completely off topic.

Anyway, during those times (when I was 4 to 7) I figured that when I came back to America, I wouldn't be considered tall, so I didn't really worry that much about my height. I figured, "at home" (America) I could be around people my height without having to stand with adults!"

When I was about to turn 8, our family moved back. I didn't really meet many people my age until I started school. That's when I realized that I was wrong in my assumption. Even my American peers are shorter than me. Not by as much as the Taiwanese people, but not by just a few inches, either. There were some ridiculing, and some harmless jokes (my friend always used to ask me, "why are you so tall?" instead of saying, "hi". It got at me at first, but then I figured, "what the hey!" :)).

And I used to think, "well, I'll stop growing sooner or later and then everyone will even out." But, I was wrong about that, too. By 6th grade, I was taller than most, if not all, of the 6th and 7th graders at my school-half of the 8th graders, too. And the ridiculing didn't stop. I met one, ONE, student that was as tall as me. He liked me (heavens knows why) everyone knew, and people (to this day) say we would make a cute couple, just because of our height (he's about a foot taller than me now).

Anyway, I made friends who didn't really care that much about my height, but would still make me feel bad by saying things such as: "You're so tall, squat down when you walk with me.", "Ugh, why can't you just shrink?", "how's the weather up there?", "Gosh, you're so tall, you make me have to look up to see you.", "I can't see, Xavia's head is in the way", "Evaporate, tall person (thanks to High School Musical - __-)", "Sit your tall butt down", "Giraffe.", "Avatar" and, yes, "Jolly Green Giant".

When they say these things, which they rarely do, I feel like either a freak of nature, a burden to society a pain to be around, or all of the above. Don't get me wrong, though, I love my friends. Sometimes, though, I feel as if I'm a mega social outcast (which, I would be even if I weren't tall) and that I don't really fit in with them. And then, there's the issue of clothes. Ever since I can remember, I've grown out of clothes faster than you can say "Macy's clearance sale", LOL. And guys...*sigh*... You see, I made sort of a deal with myself that when I date/marry someone, they have to be my height or taller. One reason is that I don't wanna intimidate him. I also don't want him to have to break his neck to look me in the eye. I want him to be able to hug me without his face going straight into my breasts. I want to be able to have his scent on me from his shirt/sweatshirt/jacket that i can fit comfortably in...

I've had no relationships, even though almost every single one of my girlfriends have had at least two or three boyfriends in 2 years time (half of them waaayyy more). But I seem to get hardly any appreciative or interested looks from guys. Unless it's one of my guy friends. And it's hard, especially when you like someone(like I do now, [he's actually my height!!) And you don't even know what his "type" is. Or even if he did like your type, there is still that awkwardness about dating that any human, tall or short, skinny or chubby, black or white, red or yellow, has to go through... I guess, what I'm really trying to say/ask, if I'm saying/asking anything, is...

1. Being a tall girl with insecurities is not a good look on any tall girl.
2. Were y'all's originally tall, or was it a growth spurt? (I have been taller all of my life, apparently)
3. What guys do you guy's like, and have now for that matter?
4. What should my maximum height be? concidering I've never REALLY had a growth spurt?

Wow, this is long... sorry guys!

5'10" Vivienne wrote (November 6th 2010)

I love everything about being tall. I get all the attention from guys. It was quite hard to accept being tall but now I LOVE ME BEING TALL. It's the greatest asset I have so you all should love being tall. Most people ask me if I am a model but now I am working towards that. Remember TALL IS BEAUTIFUL. I am from Kenya.

5'10 1/2" Stephanie wrote (November 4th 2010)

I hate being tall. I seriously can't get used to it. I have an unfortunate build and a manly looking face, so there is nothing good about being tall in my case. I can see how it could work for some people, but for me it just makes my hideous looks 1,000 times more noticeable. I can't stand this tall bullshit anymore. I would really like to talk to someone who is my age who also finds it excessively hard to be tall. I think it might make me feel better.

Joerg says: You don't say how old you are. So it's hard to tell you get you in touch with other ladies your age. You could join the Tallwomen.org Facebook group, by the way.

6'0" Priti wrote (November 1st 2010)

To Tilly ... It is good to be tall! Let the guys and girls around u remind u of that... but don't u care a damn about it, they are just reminding you about something that they are not. Be proud to be tall... Yes, there are restrictions, but complaining about them is not gonna help. I can tell you that more than 60% of the people on this planet want to be taller than what they are. So, girl, be proud of the fact that ur the selected few, and just ignore those who make fun of or tease u... I was my height from age 13, I have had a lot of people making fun of me and teasing me. I had no other choice but to stay silent, I thank them for that, because now I have learnt to be patient and it helps me with my work, I can tolerate stuffs where my colleagues overreact. I am happy now, life's great... Enjoy it.

6'3" Jheri wrote (October 30th 2010)

You have to build some self confidence and learn how to appreciate who you are. If you don't respect yourself, others will see that and will figure you're not worth their effort. Try to make friends even if it means you taking the initiative and if your height bothers you, don't focus on it. Most of my friends are much shorter than me, but I don't think anyone notices the height thing any more - that may have been a novelty at first.

Figure out what you like to do and find people with similar tastes. It may not happen overnight, but you'll be a lot happier - I went though that as a teen and I think a lot do. For me it was important to feel good about how I looked even though a lot of people called me a freak. I'm not exactly curvy, but I try to make the best of what I have and modify clothing as I figure out what my own style is. It can be horse riding, sports, school, charity work or anything. Just find something you love and do it. People like to be around others who are happy rather than those who bring themselves down.

Lots of teens have issues with dating, so don't sweat it. Find some male and female friends to do things with and have fun. You'll learn a lot about how people get along. There will be some good ones and some bad ones.

I gave up on height as a criteria for guys a long time ago. There are so many other things that are important to me and I have no problem getting dates when I'm looking for one.

In dating you may have to be the one who does the asking - no big deal as the guys are worried about rejection too.

Looking a bit different isn't necessarily a bad thing. I happen to be proud of my height. There are some comedians and actors who aren't exactly classically beautiful, but their personalities are so strong that people want to be around them. Learn to respect yourself and become the kind of person that people want to be around.

So there are challenges, but you can be stronger because of them. I have a writer friend who is a very short guy. He says dealing with that makes him a much stronger and deeper person and I would agree.

6'2" Tilly wrote (October 29th 2010)

I am 16 and 6'2" and I hate being tall!!! I get reminded everyday, nasty comments from other girls and guys all the time at my school, jolly green giant, you know the rest. I am constantly slouching and feeling soo awkward - I try and sit down as much as possible, and no one ever wants to make friends with me. I am just a freak. The ironic thing is when I was 11ish I got soo much attention from men, just walking down the street in trackies they would whistle and honk at me. I used to feel so horrible, ashamed and dirty. Guys would do this even when I was with my mum. I used to try my best not to be appealing to them but nothing worked because at that age I was about 5'6" and looked about 17. People who met me for the first time thought I was at least 18+ when really I was just 11 and wanted to be a child still :(Now I am way oversized and fat guys won't even talk to me unless it's "I dont want to stand next to you, you make me feel short" or something like that. Don't get me started on finding clothes that fit, let alone nice clothes that fit. Recently I have started horse riding and I dream of riding the stunning fine boned small horses and ponies and the like but there is only one horse I can ride who is huge like me and really stocky. I have to use "special stirrups". I don't go out on the weekends or holidays cause I have no friends and I feel so huge compared to everyone, and the only shoes I wear have virtually no sole to them to avoid adding extra height. And I can only dream of wearing beautiful, dainty high heels...

5'10" Stephanie wrote (October 29th 2010)

To Victoria: Sometimes men are just intimidated by tall women. Although height is a part of your looks, it certainly is not everything. To a guys whose 6'5", you are petite. I was in a major with all girls 4'10" - 5'4" and I felt like a GIANT next to them. One of the girls even guessed my height at 6'2"- wtf? Anyways, my point is, people are getting taller these days. I see tons of girls my height and taller while I'm shopping or walking to class. I don't think it is that uncommon to be "very tall" these days. And although tall can be awkward sometimes, you also have the potential to look more beautiful and striking than most short girls - that's probably why guys are intimidated. Cute is easy to flirt with, beautiful is a whole different battlefield. I feel your pain though. I'm 21, and I just want a tall boyfriend. Sooo hard to find one that's not an asshole...

6'0" Victoria wrote (October 28th 2010)

I think the main issue we girls face with being tall is dating. I hear people say "men love tall women" all the time but honestly, that is not the case. When you hear that phrase, it usually means tall women in the 5'6"-5'9" category. Yes, there are men who love extremely tall women but in reality they are hard to find. Most men prefer a petite woman whom I suppose makes them feel more masculine and secure. I'm not angry at those men who act like that because I know it is natural for a man to want to feel masculine and woman to want to feel feminine. I personally prefer a man who can make me feel small, protected and feminine. I know you all want to know why it has to be like that but that's the way it is and we cannot change that. My only advice to you girls is to lose weight, dress up, wear make-up and walk with your head held high. Unfortunately we have to work a little harder than the shorter girls to get male attention.

I have always been tall and skinny. Instead of letting the rude comments from family members like "you need to stop growing or you'll never get married" get to me, I went and got myself a makeover and luckily in that time of the year I switched schools. I started to wear a lot more make-up, dress super cute and be outgoing. Everywhere I went people will tell me I was gorgeous and I even won most likely to win Americas next top model in my yearbook. Even guys told me I was pretty all the time. However, many guys told me I was pretty but it didn't seem like they wanted to date me. In fact, my cousin once told me that his friend had said "man, your cousin is so hot but if she weren't so tall I would date her". This is a 6ft 3 inches tall man talking. I have seen my "not so cute" petite girlfriends get many boyfriends. I love to party and go to clubs but it's the worst feeling seeing my average-looking/ugly short friend get the guys and only a couple of guys approach me because they are intimidated or think transsexual? Not to sound conceited but I know I'm good-looking and it hurts when a guy automatically dismisses me because of my height. Don't get me wrong I still get guys but not as much as the short chick to the side. I could always order some jeans or shoes online which is not a burden to me but really, the only problem I have with my height is men. I sucks that it has to be like that but there are some things you can't change.

Personally I LOVE being tall, I just wish dating was easier. If dating is such a big issue for you GET HEALTHY AND GET A MAKEOVER, trust me, it works. For all you teens, it gets better in college but you still need to look as cute and feminine as possible if you want to get the men.

6'1" Kanna wrote (October 27th 2010)

At one time in my life I hated the fact that I was taller than everyone in my world. But as I grew and realized how beautiful my height was the more I loved myself. We always allow others to control our self worth. Well, from this day forward let's take it back. Stand tall, complain to these companies about their biased clothes... and I want shoes that fit too.

6'2" Susan wrote (October 23rd 2010)

Hi Varsha, you need to realize that people are going to react to what they don't know. In other words, if there are very few tall women in India some people may have insecurities in which maybe they don't know how to handle "it" (not that people have to handle "it" in a certain way). You need to realize that you are special and unique. Basically, need to rise above any "looks" that you get and become an expert in ignoring and keep working on your self confident. Also, every once in awhile sometimes you have to confront jerks, at least that is my approach. Be the best physically and mentally that you can be. It is a process, I am still working on the process. I have my good days and I have my bad days, but, like my daughter told me believe in yourself. Take care - P.S. This is not my website, although sometimes I feel like it is. Thank you again, Joerg for this website :)

5'11 ½" Varsha wrote (October 22nd 2010)

Hey Susan, nice Website... I really loved it. I'm 29 years old and my height is 5'11.5. I'm from India. Mostly Indian girls are not tall as I'm. Sometimes I feel good to be tall but I really feel bad when guys give strange looks and laugh at me. Please give me some advice, so that I can feel confident. Waiting for your reply. Thanks.

5'10" Taylor wrote (October 20th 2010)

Hey Megan: At 17 I think most boys will date only girls shorter than them. But as they get into college they don't all feel this way. Many men say they like a woman who is confident about herself and interesting, fun to be with... height is not as big an issue as it is in high school. So I think that will change... and to Dylan: I feel as you do. I am so thankful I came upon this site. I love to read about others that are tall and their experiences... finding common ground is very uplifting!

5'11" Dylan wrote (October 19th 2010)

I always felt judged and unaccepted because of my height, I'm only 14 and still have room to grow! When I saw this website I was so happy. And after spending a few minutes on it I cried. I'm so thankful for all of this :)

6'2" Megan wrote (October 18th 2010)

So being 17, I've realized that dating is super difficult. I watch my other friends find boyfriends while I'm just by myself and I feel so lonely sometimes. I just wish sometimes something could change about that.

5'10" Jenny wrote (October 16th 2010)

Wow, I feel so much better after coming here. I know I'm not as tall as a lot of you ladies, but I'm only 14, so who knows? I'm the tallest girl in my freshman class, and I get reminded of it daily. My friends always tell me I need to date the really tall guys, but honestly, I love when guys are shorter than me. Too bad the feeling isn't mutual. Because of that, I used to cut myself, and feel terrible all the time, but after finding websites like these, I've felt so much better about myself. Thank you. :)

Joerg says: I'm happy to hear you're feeling better, Jenny. Keep your chin up and don't listen to negative people (aka haters)!

6'0 ½" Ariana wrote (October 15th 2010)

This site is awesome! Reading all these quotes has, instead of making me feel a part of something, actually made me feel more unique and in turn more special. Ye we all get those days where we wish we can be the same height as the other girls or our crush but in the end, it ain't gonna happen :D. I got more of the tough love approach from my family. Each time I would complain to my mum about hating the way people stare at me and the people who get all up in my face to make obvious comments like ,You're so tall!' (DUH!) she always used to tell me to ,stop talking about myself all the time and being so selfish' and to not waste her time because comments like that weren't going to get anyone anywhere. Also whenever I would slouch my parents would literally hit my back lol (don't worry no abuse happening here) and get me to stand up straight. I guess I have them to thank for my non-existent hunchback people tend to stereotype tall people with. Also my older brother, who is just shorter than me at 6ft and hates it ;), used to tell me we just make ourselves look more awkward when we slouch... so STAND TALL!!!

5'10" Carolina wrote (October 14th 2010)

I'm a 17 year old brazilian girl and sometimes I feel so big and weird. People always say I should be a model, but I'm 70kg, so I would have to lose about 15 kg to model! I wear heels when I go to parties, but not so high heels. It's hard to find boys that are taller than me, the shorter ones sure feel intimidated by my height, but they should because I don't like shorter boys. I hope one day I'll be completely comfortable with my 1.78cm. Even though I think being tall is beautiful it still is uncomfortable.

6'1" Nikki wrote (October 14th 2010)

I'm 23 years old, and all my life I've been told that I was too tall for any guy to want to date me, especially where I'm from, WV. But now I have a guy that loves the fact that I am taller than him and he's always encouraging me to wear heels. But I am already one of the tallest people in my hometown and I feel uncomfortable. But he loves me and I'm thinking about trying it out, just to see how I'd feel then.

6'1" Naila wrote (October 11th 2010)

Be happy with what you have and quit complaining. People all over the world are starving, and living in extreme poverty. Just thank God you wake up every day and have a roof above your head. Not to be a jerk, but being a tall person is the least of the world's worries (thoughts of a half Arawak, half Carib confident woman).

5'11" Kerri wrote (October 11th 2010)

Hey, I'm Kerri. I'm 21 years old and live in the UK. I've always been tall and have always worn flat shoes. I want to make a change as I love trying heels on in shops. They're usually about 3inch and they look so nice. But I am tall as it is, so when I wear them my confidence drops soooooo much. Yet I feel so sexy when I wear them in the house! :) Is there anything I can do? I do not have friends. I'm not a huge people person (I get on with people, I just don't have a lot of friends).

5'10" Taylor wrote (October 8th 2010)

Stephanie: I do get the same thing... people think I am taller. And for me it depends on who is telling me I look taller. If it's a male I always answer with a question. I say "why, how tall are you?" ... and before they answer I say "I bet you think you are taller than you really are!" Emphasis on think and then I laugh. Funny - they never answer me after that. LOL. Usually they change the subject. Other times if it's a female I use a variety of answers depending on the person and how well I know them. I always find it more difficult when women ask me and it

usually becomes an awkward moment. But I often wonder why they are asking. It seems silly. I am tall so why do they need to know exactly how tall? LOL

5'10" Stephanie wrote (October 7th 2010)

I know that I am only 5'10" and among the shortest to comment on this site, but I feel SO much taller than I am. People always think I'm much taller than I am, and I don't understand it. I have gotten plenty of comments about "looking like I am over 6'0" and I do not understand how I can look 3+ inches taller than I actually am. I am neither skinny nor overweight, so it isn't being "big or small", and I was just wondering if anyone else gets comments like this? How do you deal with it?

6'3" Jheri wrote (October 7th 2010)

Ok, Miki. I probably went through something similar to you. Try to change the subject when someone meets you and make a game of how to do it. Have a t-shirt made with something like "6foot 3-1/2 now let's talk about something interesting". I like to give people unexpected compliments, which always brings a smile and sometimes leads to great conversations and even some friendships. Be comfortable - I wear running shoes most of the time because they are comfortable. Go for them. Turn around their scanning. If they say "you're so tall" look them in the eye and give a bit of a puzzled look. Then scan down and look at your shoes and get a look that you've solved a big mystery. Now look them in the eyes with a confident smile and say "oh - I'm not that tall, it's just these shoes that make it look that way..."

Making it a game you look forward to is a lot of fun. I can't say I always do it, but when I try it makes me smile. A friend of mine who very tall gives people high 5s when they start staring at a distance. She'll take the initiative and say "you look like you could use a high 5" or "want a high five". It doesn't always work, but when it does it is wonderful. I did it all Summer. She had a friend follow her and made a You Tube video.

Put together an outfit you look good in and are proud of if you can. Maybe you can get your friends to help. If they are really good friends tell them you're having problems with self esteem and ask for their ideas. You might be surprised. I've found that friends really stick with you. With the support of others you can do a lot. Maybe you can even help them with their issues. You may not realize it, but almost all women have self esteem issues when they are teens.

I have a book to recommend. It is really written for younger readers, but I enjoyed it even though I'm in my mid 20s. The author is a very short guy who is a very successful New York Times writer. The book is really about how to deal with being different and it might give you a new perspective. It is "Short: Walking Tall When You're Not Tall at All" by John Schwartz.

6'1 1/2" Eleia wrote (October 6th 2010)

Hey Ladies, I love this site because it shows that there are so many other tall women out there who go through the same things I go through. I was 5'11" in the eighth grade, so I have ALWAYS been tall. I definitely understand growing up tall as a tween and adolescence... all your friends are "short" or average height, they get a lot of attention, blah, blah, blah. But now that I am 24 I have learned to embrace my height and be comfortable and proud of me. I want to encourage the younger girls not to worry about boys in high school, dates and all of that. It pays not to be doing that stuff when you're in high school anyways. You don't need the temptation and distractions, just have friends... I think there would be less teen pregnancies if girls didn't have "boyfriends" in high school. My dad didn't let me date until I was 16. I had one boyfriend in high school, it lasted 3 months. But anyways, when I went to college, getting attention from guys wasn't a problem and it's not a problem till this day. That may have been since I was around athletes all the time and am an athlete myself. But it's not about your height, it's about how you carry yourself. Keep yourself in shape, be confident, and you'll be fine. Also, a lot of girls want attention, but most of that attention they are getting is for the wrong reason. I know that I want someone to want me for me, not my assets or just for a "good time" if you know what I mean.

And recently I have decided that I am going to be like Kimora Lee Simmons and Tyra Banks who are both tall women and they wear 3"-4" heels on a regular basis. I've decided I want to be fabulous and that's what I'm going to be. It's so many girls across the country doing OUTRAGEOUS things just to get attention, it's really sad. You get attention just by walking in the room, isn't that wonderful. It took a long time for me to get where I am today, and I still have my moments of wanting to be "shorter" Ha! Doesn't last long... but it's all good cuz God helps me to love me! And I don't worry about guys, that will come in its season.

5'11 ½" Tamaría wrote (October 6th 2010)

To be honest sometimes I feel so discouraged about being so tall and then there is another time where I feel confident and smart. I'm now 26 years old and I'm now in a relationship with a wonderful young who treats me like a queen. He makes me feel so beautiful both inside and outside. He told me to walk proud because I am wonderfully made. Growing up as a child was not an easy road, I got teased alot and was called all sorts of names which really hurts. I am now a teacher at a high school and students come to me daily with various problems which I in turn have to give them kind words of gratitude. This help me to build my self esteem and self confidence more because my students look up to me as a role model and I respect that. So ladies being tall is not a crime, walk with pride and hold your head high feel proud about who you are, pray daily and allow the Lord to do the rest. I am proud to be tall standing at 5 feet 11 ½ inches, strut your stuff ladies and continue walking with pride.

6'0" Jessica wrote (October 6th 2010)

To all of you tall women and young girls out there: there is nothing wrong with being tall. I am 18 years old and I have been six foot since the ninth grade. Boys always made comments when I walked by, but the way I look at it was that they were just jealous because they weren't as tall as me :) I never let it get to me. I embraced and still do embrace my height to the fullest potential. I love being my height. And my heels are still my best friend :) No matter where I go or who im with! So ladies, keep your heads up! You're all so beautiful!

6'3 ½" Miki wrote (October 6th 2010)

Hi there! So I am BY FAR the tallest girl most people have ever seen because I constantly get the "how tall are you?" or the classic stare down at the feet then back up at the head to confirm your not wearing heels. And for some reason junior year in high school has been really hard self esteem wise. I am afraid to wear comfy tennis shoes beause I don't want to add the extra 1 ½" because people always go "Wow! Did YOU grow MORE?" and today walking down the hall I saw a super tall guy walk towards me, just to find out as we crossed that I was an inch taller. Classic. I don't know why, but my height is really becoming an issue at school only. Why is beyond me. I feel like I am getting taller than my 6'4" dad and I started balling today once I got home because I felt like such a freak of nature (not an outcast because I have friends and stuff). Please give words of encouragement or advice if you have them and if you believe in prayer, please pray that I am given acceptance and joy as far as my ,problems' are concerned... thank you so much and thanks for making this web site!

5'10" Diana wrote (October 5th 2010)

Hey Alyssa... I wanted to tell you... I was 19 when I got my first kiss. People thought I have good moral values. :D Haha. Sorry. Well, I don't consider myself so tall. Well, not anymore. I'm 26 now. But the highschool... Oh, Jesus. It looked like there were shortest people in my school. All the shortest people on the planet gathered around me. I hated the line-up in gymnastics. I hated to stand up when lessons finished. I was late for class to avoid standing up next together. I was suggested basketball which I hated etc... I have to say I wasn't quite myself in those days. I suffered, felt lonely but somehow I managed. I found other interests and was reading a lot. I made friends on the internet - where people could get to know my personality before knowing my height. I loved music and boxing (Whatever sport you like you do. Don't let people tell you what to do.) was watching

movies and educating myself. On the internet people found me funny and intelligent and when I shared photos they liked me. I told them I'm taller and when I finally met someone, they liked me. One liked even so much that from this came my first kiss and first relationship. He was a handsome tall guy. Anyway, now I think it's not right to hide yourself and feel bad and search for alternatives. I'm normal and I should be able to live a normal life. If someone doesn't like me, they should search for alternatives! But anyway... life is cruel... people are like grown up in jungle, if they see something different, they point with their finger and say things. I still have some insecurity. High heels I wear only on photos... to show people how nice I can look. But I don't dare to go out with them. Oh, and it's difficult with short friends. I don't know how I'm so unlucky. Most of my friends are really short... they wear heels to make me feel better. But I know even guys shorter than me. Even my bf now is shorter than me. I feel insecure sometimes. But most of the time I'm just like in a bubble. I enjoy his company and feel good. And he likes me so much... Ah, this world is horrible. I wish all the beautiful tall ladies can feel secure and happy. You are beautiful! People are different! We have to accept ourselves then others can accept us! :) In younger age it's more difficult. I know... I remember. But if you're so obsessed with it (as I were and still am) then try to do other things. Don't think about it too much. There are other things in this world :) I hope it gave some help!

6'1" Alyssa wrote (October 2nd 2010)

I am 17 years old and 6'1". It might be taller, because last time I actually checked was last year. Anyways... I have never had a first kiss or a boyfriend, and I think that after reading all these comments, I am okay with that. I am the tallest girl in my 2011 class...as far as I know anyway. My school is the biggest school in the state. I know that when I played sports, I was always the tallest. I don't seem to get any attention from guys... which doesn't make any sense to me. I'm around 195 lbs and 6'2". My body is okay... but it could be better. I have long blonde, curly hair and big blue eyes. I have a lot of guy friends, but never a BOYfriend. I am an optimist... I see the bright side of everything, and I have good morals... but still, guys don't seem to be interested. I don't know why. I have accepted my height... but not to the extreme point of confidence. I still look at the little petite and pretty girls and still wish I were them. Anybody help me to raise my self-esteem. I also don't take comments very well... any help on that one?

5'10" Remedois wrote (September 29th 2010)

To Megan: I want to answer your concern because I had similar situations where I liked a guy but thought that there is no point of trying because he probably likes someone better looking than me. But I think that's just self-esteem problems, I had them since middle school, when I was still average height. So I think the real problem is not with the height but with your perception of your own body. All men are different, there are men who prefer taller women, there are men who focus on the person's personality and don't really have a preferable body type, so you shouldn't think right away that your friend is going to "win". Plus, if it's your friend, why is she hitting on the guy that you like? I don't think it's right. I think you should never tell yourself that you are not good enough for someone. If you want to get to know them - just start a conversation with them. And if you don't end up going out, it's not the end of the world. Some guys will like you, some won't, but that's something that everyone encounters, not only tall women. Some guys like girls that can fit into size three pants but some like girls who are more curvy. So which type should feel better about themselves? I don't think there really is an answer to that question

5'10" Tyla wrote (September 29th 2010)

Heyaa! I've been reading some of your comments, and they are so amazing... really boosting everyone's confidence! I came across this website looking for advice on the internet for tall women wearing heels. I am 17 years old and quite often go out with friends at night, but I have never worn heels out. I am quite insecure and maybe this is what's stopping me but I definitely feel that I will be way too tall! I almost always wish I was shorter as I have so many "normal" height friends :/. It's bad I think this but you can't help it when you're always having people tell you how tall you are and to shrink, as a joke but it still has effect on you. Anyway, I am going out this weekend to a club, and I'm almost certain everyone will be wearing heels. Even though I have read most of the comments on here about heels, I am still not confident to wear them at all. One minute I'm like "yeah, I

will wear them, so what!" but the next I'm not! I would love to wear heels this weekend as I feel that sometimes not wearing heels, it brings an outfit down if you just wear it with flats. I'd love some advice (even though most of you will tell me to wear them anyway). Even though a part of me knows I should just go for it (why shouldn't I) but I know I'll be standing in the middle of a club, with normal sized friends, with loads of boys, dancing, and I KNOW I won't be confident and will be SO insecure!!!! I have to start one day I suppose, but when is that day!?!? xxx

5'10" Adriana wrote (September 29th 2010)

Hey guys, I am 16 years old and 5'10". I hated being that tall til I turned 15, I think. But now I love it. I have long legs and people often tell me that they envy my legs and my height and encourage me to wear high heels. And I do. I am wearing about 3 inches to school when I am in the mood and for "special events" even higher ones. So I don't think that towering above everyone else is a bad thing. We can be damn proud of our height because WE ARE SPECIAL!!!! Embrace your height, rock the heels my ladys ;DD Btw. I'm from Germany. I hope my English is OK.

6'2" Susan wrote (September 26th 2010)

Hi there! My experience was I did not start dating until I was 18 yrs old. I had some crushes, but, most of the guys I liked were not ready to date. After I graduated highschool, I had no problem dating. I think a lot of it was I was working on my self confidence. My advise to you is to be yourself and don't worry who the guy will pick. If he is really interested it will work itself out.

6'2" Megan wrote (September 25th 2010)

Just wanted to hear your comments about dating. Being a senior in high school, it has never been hard being confident about being tall, because I love it. I love playing tennis and constantly people are commenting. But dating is different. I don't really know how to work on that. Not sure about dating guys shorter than me, but at the same time I don't really know what else to do. And when I found a guy that I like my friend who is shorter (5'6") automatically decided that she liked him too and now I don't know what to do about this problem. Cause I feel like the shorter girl is going to win, and it's kind of unfortunate.

6'0" Nicole wrote (September 23rd 2010)

I was always the tallest girl in school, there were a few girls as tall as me up until 2nd grade, but they stopped growing... haha! I also never had a boyfriend in high school, but I was never made fun of either. I had plenty of friends, but dating life gets a lot better after high school. Since I got out of hs, I have not had a single problem finding a date. I see benefits in being tall. I can actually see the stage at concerts. I have to say that I'm going to have to use the quote of someone above when people ask me "did I play basketball?" Would you ask a black guy if they eat fried chicken and watermelon! LOL

6'2" Susan wrote (September 22nd 2010)

I probably could be debating this all the time. I just didn't expect to be pointing out the positive aspects for a woman being tall on a tall womens website. This is in response to Jane's comment on 6'2" being a little scary". Why is that scary? Are you serious? Really? So, apparently, 5'11" is okay but, 6'2" is not? Please really give thought to what you say before you say it. I am curious where you are coming from. i.e. dating, I have not had

any problems dating anymore than my single female friends, who are in the 5'2" -5'10" range. Another positive is I have grown up to get to know people by their personalities rather than looking at the physical appearance.

Joerg says: I agree... for some weird reason it's always the "somewhat tall ladies" who seem to have the biggest issues. I will never get that. My tallest friends (and we're talking 6'5", 6'6", 6'7", 6'8" and 6'9"!!!) are much self confident than most of the contributors on here. Listen, Ladies: You don't have a deadly disease. You're just taller than "average".

6'0" Pratima wrote (September 21st 2010)

Hi Ladies... I love my height. I used to be the TALLEST girl in my school... Yay!!! And even in my college Yay !!! I am actually quite laid off person and never cared for what people said about my height. I always knew I have one thing that MOST girls desire for. I NEVER , never even once, felt uncomfortable or uneasy with what I am. And I have got some of the best persons as my friends coz they know I am a genuine person. I love being tall and for all those girls who feel bad or shy about their height I would only say "grow up douchebags, this is the best thing a girl could get , had you been shorter then again you would have said I wish I were tall and blah blah". And moreover, people don't like to mess with tall, big girls.

So the end point is ENJOY YOUR LIFE AND THANK GOD FOR WHAT HE HAS BESTOWED UPON YOU.

5'10" Lianne wrote (September 21st 2010)

I embrace my height. I used to hate being tall because I was afraid that guys wouldn't like me because of my height (I am taller or as tall as 75% of the guys I know). It's really sad how most of us women worry about trivial things like if guys will or won't like us because of our height, our hair color, etc. honestly, whenever I go out, I have absolutely no problem receiving attention from guys. It doesn't matter if they're shorter or taller than me; they still come up to me. More guys approach me than my petite friends. So, to my tall girls: STOP WORRYING ABOUT GUYS! I am living proof that height doesn't matter to them. Guys love long legs and tall women, especially if the woman carries her height off with confidence. There really is nothing like being an amazon. I'm in college now and joined a sorority and several of my sisters are as tall as me and they wear heels which make them 6'1" or so. I was nervous about wearing heels (I'm taller than almost every guy I meet with them on) but these girls pull heels off so well and they look so confident and regal to me. They gave me the self-esteem boost to start wearing heels. Don't stop yourself from doing what you want just because you're worried about the opinions of others. Like Dr. Seuss said - "be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." :)

Thankfully, I have never been teased about my height. I do receive the occassional "you're really tall" but most of the time, I get compliments about how I should be a model. I'm naturally skinny so finding clothes is sometimes a pain because girls who are my height or over are usually not a size 0. That's really my only complaint. My shoe size is a size 7 ½ or 8 so I'm happy that my feet are a "normal" size. Most of my tall friends wear a size 10 or larger in shoes.

All in all, LOVE your height! Be happy with yourself! Being tall is a blessing. Taller people are closer to heaven ;) Tall girls turn heads no matter where they go. Be confident, hold your head up high and keep on keeping on!

6'1" Priscilla wrote (September 19th 2010)

Hey everyone! :) I'm Dominican, I'm 17 yrs old and 6'1". Reading all these comments I got completely teary eyed. There were times where I felt so alone because of my height. I've also tried suicide because of all the comments at school and EVERYWHERE ELSE! I've also felt different and not in a good way. But I'm glad to see that I'm not alone :)

My mom is very supportive - she tells me everyday how beautiful I am but then I hear a comment on my height and I totally forget what she had told me. I can't lie... sometimes I love being tall because you DO look elegant and strong but it just hurts when people point it out so much like if I don't know I'm tall. Another problem is dating. I mean I've dated but the guys have been shorter than me and it doesn't matter to me just as long as they're not like 5'4". LOL. But some guys just don't seem to like tall girls as much. I just hope in the future I find someone who will :) And, oh, I love this site, it has made me feel a lot better about my height :)

6'3" Jheri wrote (September 19th 2010)

It is important for a teen to be comfortable at least at home. My mother was always convinced that I would never fit in and that was a problem, but I was also taller than anyone in my family by quite a bit starting when I was about 11. That got me very used to being a bit comfortable with forgetting about my height. So I got a mixed message - at times my mother made me nervous and was trying to convince me that something was wrong, but at the same time home life was very normal and I was able to not think about it very much.

My mother had all kinds of old fashioned ideas about women and their "place" and height was part of what she believed. When I finally left home and saw how wrong her ideas were, it made me much more positive about my "flaws" - like being too curious, reading too many books, being too tall, climbing trees, and a dozen other things that are me.

Kids can be very nasty to each other and there is a lot of name calling and bullying. When I talk to friends who are of average height the taunting changed all of the time, but everyone had some of it. With a tall kid the taunting is usually only about one thing and that makes you personalize it and consider it a flaw, when it isn't.

I wish I had advice that worked, but the more I think about it the more I think all of us have to go through this craziness as teens. It doesn't matter if we are tall, short, average, heavy, or thin or anything. If you are very different to begin with you run the risk of internalizing it too much and there is this stupid "rule" in society that guys have to be taller. At some point most of us realize that you are stronger than the taunting and that dumb rules like "women must be shorter" or "women should only get paid 2/3 as much as men", or "women can't do this or that.." are just dumb and to be ignored. There are some people who believe these stupid rules, but there are better people who don't, so you learn to pick your friends and ignore the ignorant.

Maybe this process is even good as it teaches us how to be stronger and more resilient. Of course we can always use some help at home from our parents.

5'11" Jane wrote (September 18th 2010)

I was this tall at 14, and 5'0" at 9. I have 2 daughters, one who is 5'3 1/2" at 12 years old and the younger is 5'2" and only 10. I have doubled her height at 2 as this is supposed to give your final height and she will be 6'2" and I am worried for her. I was happy to find a 6'3" husband as I always need someone to look up to but only enjoyed being tall when I was 20 + years old and got called 'spider legs', 'empire state human' in my teens. Dreadful. People do seem to be getting taller (here in UK at least) so she may not feel so bad; I always tell her and her sister that it is so much better to be tall, clothes look fantastic etc and my girls are slim too so I am sure that they will be fine (just 6'2" is a little scary!!) (Cort, I will let them know.....!!)

5'10 1/2" Linda wrote (September 18th 2010)

This is for Tina... You are a hypocrite. You say tall women are gorgeous to look at in one breath and the next you are looking down on your daughters for being tall! You are the one who is shaping those two little girls lives. It's up to you to give them the BEST self-esteem possible! They look up to you for guidance. You should be telling them EVERY DAY how beautiful and tall they are.

6'2" Susan wrote (September 17th 2010)

This is in response to Tina's comment. No, I for one do not feel the way you described at the end of your comment. Tina, if you use those words to describe your daughters, you are probably going to give them more hang ups than you have. Rather than giving your daughters a positive self image they will more than likely look at being tall as a negative rather than a positive. I HOPE you don't do that to your children. I have a 9 yr old beautiful daughter that will probably be around 6'1" - 6'5" and I have always told her how much of an asset it is to be tall. Please think about the words that you use. They are tall - not huge - two completely different meanings.

6'1" Natalie wrote (September 17th 2010)

Hey ya'll! I'm now 20 and 6'1" and I used to hate, hate, hate being tall. Now I'm coming to accept it more and more every day. I was 5'10" and 120 ponuds in the seventh grade so I looked pretty awkward but now I've gotten some nice curves and feel more confident about my body. It breaks my heart to hear about other girls who wish they weren't this way. But look at it this way: Your height may be the first thing people notice about you but, hey!, at least you are getting noticed! And I totally agree, if I hear one more thing about basketball I might just have to stomp some of these shorties! I feel much better knowing I'm not alone in this and I encourage all of you to go out and buy those four inch heels you've been drooling over.

5'9"! Neomi wrote (September 17th 2010)

I don't know if my comment will even make it on to the website because I'm only 5'9". BUT, I really do have something nice to say, so please Joerg, publish my comment. I'll love you forever :)

I grew up in India. Felt out of place all my life, because most Indian women are very short and petite. I shot up to 5'9" and yes it doesn't seem tall to those who are 6'4" but when you're taller than the male population and stared at, as if you're growing horns, it makes you very self conscious. I'd always like to stand in the back of the room or try and blend in as much as possible. Guys teased me calling me sister of a certain actor or athlete. Going to school in a public bus and being called names and cussed out just because I was seen as a freak was humiliating. Being out in public seemed unbearable. But once I grew up into myself. I realized how tall I am is not the problem. My insecurity about it was the problem. There are women who are 5'5" and weigh 120 lbs and and are in deep depression because they are so insecure and there are women who are 6'7" and weigh 255lbs and are absolutely happy with themselves. It's not our height. It's our attitude.

I'm happy to report that after years (I'm 30 now) of slouching and trying to hide, GOD has HEALED me on the inside from all the pain and rejection I felt and now I proudly wear my 5 inch heels and tower over people. I proudly walk down the street with my head held high. Do people still stare? They better!!! :) Average is overrated!!!!!!!!!!

Joerg says: Exceptions are problematic, Neomi. I had 5'6" women writing stuff, telling me how angry they are about being "so tall". What can you say to that? But - as you can see - I've made an exception.

5'10" Tina wrote (September 16th 2010)

I'm actually 5'9" and a half but I have always felt 7 feet. I grew up in Japan where I was bigger than 99 % of the population. and Now I live in Israel and am almost taller than everyone... and I've always felt so awkward standing in lines standing next to people. It's been really really hard. But on the other hand I do love being tall - when I'm not in line - and I love to see other tall women - tall women are GORGEOUS to look at. So royal somehow. It just is hard to feel that way about myself. Anyways, it was always hard for me to be with shorter men, as destiny had it - I married a very tall Israeli man. He is 193 cm (6'4") and our two girls are HUGE. They are so tall and here I feel like when I've finally learned to love myself I'm being confronted all over with those insecurities when I look at my daughters. I don't say a word - they are gorgeous age 10 and 5 but I know that

they will be much much taller than me. Sometimes I think that I should have married a way shorter man. I just didn't think about that when we married. Does anyone feel this way as a mom?

6'2" Susan wrote (September 15th 2010)

This response is specifically for Cecilia. In reading your comment, I think a lot of your experiences might be your attitude. I have gone out/dated men from 5'8" to 7'0". The only time I have had a problem is when I was feeling down about myself, which doesn't occur that often. Yes, there are some tall men, who are not with tall women, however, there are some tall women, who prefer to be with shorter men. As far as the teasing goes, I went thru teasing also, but, probably more women on this site have than have not. On the statement of not finishing your meal when you are with a shorter man, I think you need to get over whatever, insecurity is causing that reaction. I don't wish I was "little". I am a unique individual and that is a terrific thing. Love yourself and who you are. I wish you the best - Susan

6'1" Emily wrote (September 15th 2010)

Hi everyone, I'm a 6ft1 24yr old Australian girl. It's so nice to read all your comments! I would have been teary but I'm too amazonian to cry??!! My best friend is 5ft (her wedding photos with me as bridesmaid are classic). So I NEVER forget my height. But I love it. Always have. Always will. But that doesn't make it easy.

Clothes = nightmare (I've started making my own as Australia's in the midst of dresses that barely cover your butt). Shoes = hard (seriously, just cos my feet are 0.5cm longer than the standard size does NOT mean I want to wear indian hemp sandals... EVER). Boys = where do I even begin?

The average aussie boy is about 5'9" I think? Whatever, they are shorter than me and it's such a problem for them (not me)! The trouble I've found with some tall boys is they are so competitive and arrogant! Seriously. I'm all about personality and often the guys I'm attracted to are much shorter - 5'8" and scrawny. I'm an athletic girl in proportion.

But you know what? I am trying my hardest for it not to matter. Maybe I'll meet someone, maybe I wont. I'm soon to graduate from medical school. I get compliments from random strangers just for being me. I may not be able to blend in when I'm feeling shy (quite often!!) but I certainly stand out when I wear a red dress (I've pale skin and dark hair). And if someone asks me about bloody basketball one more time I'm going to use some of the comments I've found on here. CLASSIC!

So to all of you young ones. My first boyfriend was not until after a year of university! My first kiss I was 18.5yrs old. The guys catch up (in more ways than just height). So hang in there. Pick a sport (mine's volleyball... at school it was highjump and trust me, with highjump you have a small advantage... consider it). Find something to work towards that you love. Dress to show off your figure - who cares about a bit of ankle with jeans anyway! And take care of yourselves. I've also learnt there's a correlation between tallness and intelligence. So feel free to spread that around.

Loveya all xxx

5'10" Stephanie wrote (September 14th 2010)

Hello tall ladies, I am barely under 5'10", but I get comments DAILY about how tall I am. I mean, I know that I am taller for a woman, but it's not like I'm the tallest woman they've ever seen in their lives... Anywyas, my point is, its very frustrating. I am uncomfortable in heels and I hate when people point out my height, as if I didn't already know or something. I'm also disproportionate, which makes it worse. My legs are really long, and my torso is only about a foot. When I sit, I am the same height as a woman who is 5'3... my legs look weird and too big for my body, and I also walk a little funny because of it. Is anyone else build like this? I feel like a dahlia surrealism painting or something...

5'10" Stephanie wrote (September 14th 2010)

To Cecilia: I don't understand what you mean about how in the "real world" there are petite women everywhere. The average American women is 5'4" and 160 pounds... that doesn't sound very "petite" to me. I'm not exactly sure what you mean by big and tall, as that could be a varied range, but I know that quite a few people would probably consider me a "big girl" at 148 pounds and 5'10"... so not only am I 6 inches taller than the average American women, I'm also 12 pounds lighter, which must make them look hugely fat in comparison. Petite women are out there, but let's not kid ourselves, we live in America...

6'2 ½" Shoshana wrote (September 12th 2010)

Hey everyone! I was wondering if you had any suggestions on where I can get a nice down jacket It's really hard when you have long arms... I like the North Face but I'm not sure if it will be long enough in the sleeves... I'm 6ft2 ½ maybe 6ft3.

5'11 ½" Grace wrote (September 10th 2010)

Hi everyone :) So basically I just wanna try and explain to all of you tall women / girls out there that you are EXTREMELY lucky and beautiful. Please, please, please, pleaaaaassee don't be insecure about being "toooo tall". For starters, there's no such thing as being too tall, anyway. Sure it gets annoying sometimes standing in a long queue in the supermarket and you're the only tall person there sticking out like a sore thumb, but standing in a line at the grocery store isn't exactly somewhere you go to judge someone. It's where you go to get your pop tarts and bread, so chillllllllll! And how do you think Naomi Campbell, Kate Moss, Gisele Bundchen or Elle McPherson got there millions from? They're supermodels, and what do you need to be a supermodel? Height. Be grateful, and we can get away with gaining like 10 pounds and complain we've only gained one, I'm a size UK 12 - people NEVER believe me, they all think I'm much much smaller. So hey... life's pretty much not bad for us, so stop worrying and live your life, get out there before it's too late... who knows, in a few years you could be on a yacht in St. Tropez (France) sipping champagne with the world's most successful and most beautiful women alive. They're like you. Don't waste your life moping. You are you for a reason, being tall is something to do with you and nobody else so embrace it. Next time you feel insecure just think about people in the world who are much worse off than you. You are beautiful, all of you xxxxx

6'2" Ave wrote (September 10th 2010)

It makes me so happy to see all the positive feedback on here for young women to see that it's all good to be tall! I'm 6'2" and I've been this height since I was about 11 years old. When I was younger I got called names occasionally such as ,daddy long legs', ,seven foot disease' and later on when the Deuce Bigalo movie came out "That's a HUGE b****!"

I'm now 25 and LOVE being tall. I stand out in the crowd, which helps when meeting new people or job interviews, and I have a fantastic (shorter) boyfriend. Another thing I love about being tall is the fact you can enjoy food without having to worry too much about your figure.

All you teens reading this - it's definitely an advantage being tall - any guys that are intimidated just do so because of their own insecurities.

Anyone in NZ - check out Hurricane Jeans in Wellington. They have a range of 36" :)

Joerg: Anyone in NZ - check out the Clothes NZ and the Shoes NZ sections!

6'2" Susan wrote (September 9th 2010)

In response to Victoria's inquiry. Also, some companies in the USA I believe ship to Canada are Masseys.com, Auditionsshoes.com, Cowardshoe.com, Roamans.com and Chadwicks.com are some there are more. I wear size 12 and do most of my shoe shopping online. They are little more reasonable. Take care - Susan

6'2" Susan wrote (September 5th 2010)

Love it, good job Sofia. Absolutely true!

6'3" Sofia wrote (September 4th 2010)

I am 13 years old, 6'3" and about to be a freshman in highschool. I was raised in a family who encourage me to walk tall and proud, so even when I was called "megatron" in middle school at first I found it offensive but then it grew on me. What was I supposed to do? I couldn't fight it, so I just embraced it. Megatron was a strong character and I'm proud to be compared to that. All of my family is tall so I would never feel like an outcast. My mom always let me wear heels even though in school I usually got comments like "You don't need to wear heels your already tall enough". I never paid to much attention and continued strutting my stuff. So ladies... embrace your height, all u have to do is look around you . Feel beautiful because you are beautiful, take it from a 13 year old.

6'2" Christine wrote (August 26th 2010)

Hey gals, (this is for Victoria): I'm in Canada too. I hear ya about the shoe thing, hey size 11 for a six foot tall woman ISN'T big; but I know, it isn't "average" either. I find that Italian shoes fit smaller. I tend to like American made shoes because they are a more generous fit. Thanks to Joerg who gave names of two new shoe sites! I should check them out. Love and peace to my tall sisters of all ages,
Christine xo

6'2" Amanda wrote (August 24th 2010)

I am 18 years old and love being tall. I hated it when I was little I tried killing myself twice. But then I realized how special it was. I always look good in shorts and skirts. Long dresses maybe not so much but short ones, hell yeah. Just think us tall women don't gotta do stupid s*** to get attention in a bar or at a party like them little ***** do. We all need to carry ourselves with pride and just laugh at anyone who thinks otherwise. Because really anyone stupid enough to mess with a hormonal female that's "bigger" than them is out of there damnnnn mind.

6'0" Victoria wrote (August 23rd 2010)

Hey, I'm 16 years old and 6' tall. I used to be really unhappy with my height until about 6 or 7 months ago when I found this site! I used to pretend that I was fine with my height and when people would make fun I would laugh it off when really inside it hurt. I would wish over and over again that I was 3 or 4 inches shorter. I would always sit when I had the chance, I've never had a boyfriend and still have never owned a pair of heels! But this site has made me realize that there are many more tall women out there and all the amazing things that come along with being tall! I have gained so much self-confidence and have decided that I wanna try to start wearing heels. But the problem is, I hardly fit into a women size 11 sneaker. Also I have to drive 4 hours just to get to a shop that carries size 11 shoes and most of them are too small and really pricey. So I mostly end up wearing guys sneakers :(So does anyone know a place online with heels that ship to Canada? However this site has been truely amazing and I visit it almost daily to read all the comments. Even on my worst days this site brightens my day! This site has helped me say and mean " I am who I am, and I love it!". You will never really know how much you helped me by creating this site! Thank you so much! Victoria xo

Joerg says: A lot of companies ship internationally. Take a look at the Shoes International (Canada) and the Shoes USA sections. I'd be surprised if you didn't find anything suitable there.

5'11" Kallie wrote (August 22nd 2010)

I'm 15 years old and I have been tall my whole life. I've been the tallest girl in my class since I was in preschool. In first grade I was taller than my teacher and all the students. I'm still the tallest girl in my grade. I've always hated being tall and I will have to admit that I am one of those people that try to slouch to make me look a little shorter. I play high school basketball and that has made me feel better about being tall because I don't jump when I stuff people.. I just stand there and they usually can't get it past me. :) But this website has really made me realize that I'm not the only one out there that is tall. I've always thought I was the only girl that was so different than everyone else. But I would have to say that this website ROCKS!!! :)

6'5" Ula wrote (August 15th 2010)

Hi everyone! Just wanna put few words of my own in here, been a while since i posted in here... I am 21 and 6'5" and I do love my height. I wasn't really teased throughout school but always heard stuff that people would say behind my back - like on the streets or in stores - as if they think I have my head in the clouds and I can't hear them. But I am not THAT tall and I can still hear them. I also never understood why would they laugh at me? I don't look funny or wear funny clothes but I realized that maybe they are just laughing cuz they don't know how to react to my height. It's really uncommon to see a person so tall - especially a girl. But as others whenever somones stares at me I just smile at them. I also love how little kids react to my height and ask their parents how did I get like this. The best response I've heard from a parent was at work last week... the child said "Mom, look she's so tall!", and the parent responded "If you eat your veggies you will be as tall as her" and the child's response was "I will eat all my veggies from now on!!! I wanna be that tall." That just made me laugh.

Also as for finding pants and me having a 39 inch inseam, I found that www.makeyourownjeans.com is a great place to buy them. I noticed that Joerg already has them on this website (Clothes USA section). I would highly recommend them. They are a custom made store and if you follow their instructions on how to measure yourself you can get the most perfect jeans you ever had! And you don't wait very long for them either and they are not expensive neither which both are a big plus!

And as for dating: Girls, please don't be so picky and say you just want a man that is taller than you. There are so many great guys out there that are shorter also. And you are just limiting your chances in finding the one. I am currently dating a guy for a year now that is 5'8" and I would never trade him for anything, not even a taller guy. He helped me out with my height and made me feel better about it and make me gain more confidence in me. Plus what does height have to do with anything? It's just height, doesn't change their personality or make them love you less or more or whatever.

5'11" Tara wrote (August 14th 2010)

Wow, great site! I always knew there were other tall women out there, but I never realized how close my feelings about it were so similar to so many of you.

I am 25 and have always had a love-hate relationship with my height. I love being tall because it sort of makes me feel strong and powerful. It's more useful than being short :). The downside - I am self concious about my height in that I cannot find comfort in dating shorter men. Therefore the pool of eligible bachelors for me is much smaller. It's really a killer. I already feel like an amazon woman every day... so all I want is to feel protected under the arm of my man. For that to happen, he must be taller. Ahhhhhh it's a constant battle.

The other downside for me on a more personal level...is that not only are all my friends shorter than me, but all the women in my family are as well. My brothers are tall... over 6ft, but my sister is 5'2". My step sister is 5'3". My mom is 5'5". To top it off, they're all petite whereas I'm not. I'm a thick girl... around 200lbs. Luckily I carry the weight more proportionately, but when you're tall, everything looks twice as big. It's discouraging for me because no one shares my insecurities and there's no one there for me to talk to about being tall and how much it sucks sometimes.

I complain about being tall a lot - finding jeans sucks!! ;), but I also embrace my height a lot too. Like I said...love-hate relationship. So, ladies...keep your chin up high. I'm glad I have legs that work, I'm glad I have a healthy body...so I really shouldn't complain. :)

We're not getting any shorter, so we might as well embrace what we have!

Cheers!

6'1" Sade wrote (August 12th 2010)

Hi all, this is a very good forum. I must say I love my height but I wear heels and not so often but I can't seem to find cute mid- to low heels for tall girls. an someone recommend any store or website where I can get some cute heels that are not so high... Thanks!

6'1" Marissa wrote (August 10th 2010)

I can really connect to this. At 12 I was 5'11" - it has sucked since I "crossed the 5'9" line" because everyone would mess with me for being tall. xD And I lived in Texas, yeah, there were 4 guys taller than me in my entire middle school. How do I know the generation picture... I was the tallest girl xD, everyone made fun of me because of that. I thought maybe in High School things would change but just as I left middle-school I moved with my mom to Chiapas. It's in Mexico and things just got worse! I'm the tallest in the entire school and sometimes people stare at me in the street and whisper and laugh and it gets on my fricken nerves! I wish they could just ignore the retarded height fact. If you ever thought short people were bullied on you have no idea how it is for tall people. xD I always try to ignore them but sometimes no one wants to be around me. They say it's weird to be around me because they feel weird that I'm tall and aside of making me laugh like I pretend makes me feel like some sort of freak! But, hey aren't I just an ordinary girl? You can post my story if you like. If you need anything more tell me xD

6'2" Erin wrote (August 9th 2010)

I'm 19, 6'2", 170 lbs, and a size 8 shoe (I got small feet for my height..), and I love being tall! When I was younger living in Southern Kentucky I hated it because people were so rude and made so many comments about it. I always hated being tall because I would get treated badly for being tall in school, even by some teachers. It was horrible, but then things turned around drastically.

I moved to Arizona in a border town a year ago and life couldn't be better now! The only comments I get now are telling me how great my height is. I used to never get dates because men were intimidated by my height. Now I get compliments about how beautiful I am every time I go in public. Believe it or not, I had five men ask me for a date at work in less than three hours.

I think people should be more accepting, but I know now that people are just intimidated by and envious of tall women, so no one should let it get to their head. Everyone is beautiful just how they are, no matter what their stature is.

5'10" Lydia wrote (August 8th 2010)

Hey, Girlies! I am five foot ten inches and sixteen. I've been tall since the second grade, and I couldn't see myself any other way. It's such an advantage in life, and I love it! Especially now! I'm the shortest to write in so far! I love this website!! Here's a suggestion for those a bit shy about their height: get a pair of heels, at least four inches high. Strut your tall, sexy, (yes, sexy, look at all the models. Don't you dare doubt it!) long legged self all over the house! Then, try it in public. Not with the heels if you don't want to, but hold your shoulders back and your head up high, and when people stare, it will be because the women want to be you and the men want a piece of that tall lady!

6'3" Jheri wrote (August 8th 2010)

I see the link to a friend of mine on the main page. She has decided to retire from sports and it making a major change in her life by going to cooking school. She just changed her blog to reflect this <http://www.6footsix.com/>

She and I are alike in mostly enjoying being tall. Once you have self confidence and know and love yourself the problem is not people, but just things that don't fit. She is finding this looking for a chef's uniform for school. They are required, but anything with legs being close to long enough is for a very heavy large man and the pants would wrap around her at least twice. Custom clothing is very expensive, but that is about all she has if it must fit.

She and I both use custom height cutting boards and I recommend them to anyone with any height who has a normal height countertop. What surprises me is most women seem to ignore the back pain they get from constantly bending over even though it can be unhealthy. Somehow bending unnaturally is "ok". Short people use stools because they have no choice, but we tend to put up with an unnatural posture.

This goes for other things too. Tables, desks, chairs, bathroom fixtures, ... Man made items often just doesn't fit, but that doesn't mean we should just accept something that doesn't. My friend tries not to compromise as she wants her back to feel good and have great posture too.

There are a lot of changes you can make, so do them for yourself. It might cost a bit more at times, but everything I've done has been worth it.

6'1 ½" Lisa wrote (August 7th 2010)

I am 22 years old, and I have always been taller than everybody else (with very few exceptions). I never thought I had a problem. I always, ALWAYS said: "I'm not tall, everybody else is just short." I still think this way. Beyond clothing issues and moving-around-spaces issues, I don't even notice I'm tall. I didn't have a real boyfriend until after high school, and since then, most of my boyfriends have been shorter than me. I don't really think about it unless they aren't within eye-level, and they say something about it.

My height is not my problem. My problem is that everything else is too small. I have no problem being vocal about this point. If somebody else doesn't understand, then they probably will never understand.

One of the things I really enjoy about being my size, is that if I want to ignore people, I just have to not look down. It's really great.

5'11" Caitlin wrote (August 4th 2010)

I've always been tall. At age 12 I had teachers tell me "Don't worry, you can't get any taller!". Well, that was 5 years and 3 inches ago. What I never got was what was wrong with being tall? Obviously my teachers thought something was wrong with it, why else would they tell me "not to worry"? I've come to terms with being a tall girl, now the thing that still bothers me is those teachers.

6'0" Rachel wrote (August 4th 2010)

I'm 26, and for years I hated being tall - in middle school and high school I regularly prayed that I would wake up shorter. I thought all of the tiny girls were pretty and feminine. I didn't date much. Towards the end of college and the beginning of my foray into being a "young professional" I started accepting the fact that I was tall, and eventually, enjoying it. I found that I got a lot more attention from guys when I didn't shy away from the attention and dressed in ways that flattered my tall proportions. I'm now married to a man who is 5'9" and he loves my long legs. I weigh 175 lbs. and regularly have women complain about how I am so slim- being tall really does help you look slim even when you weigh a little more! Point is, except in the realm of shopping (where it can be tough to find tall things for a decent price), I love being tall now and wouldn't have it any other way.

6'3" Jheri wrote (August 1st 2010)

For me there is nothing competitive about height. I have a few friends who are taller and more who are shorter and that really doesn't matter as they all are all awesome people.

Height is nothing more than a feature of me like my build and skin color. They may be different from someone else's, but are no better or worse. The point for me is to accept who I am and make the most of it. Self confidence and being a good person are the most beautiful features and anyone can gain these no matter what their body

type is. If you are different from average that can be hard when you are growing up, but most of us figure it out eventually.

I'm very happy with my height - it gives me a good excuse to talk to people I may not have normally and people remember me. That comes with being a bit different. I don't like the fact that it is difficult finding things that fit, but it is interesting trying to get around that. It has given me a good excuse to become more interested in street fashion and moving more towards my own style and that is turning out to be a lot of fun.

6'1" Noe wrote (July 30th 2010)

Hello to all my fellow tall women! I was very proud to have stumbled across a site that is dedicated to proud women of height. I just wanted to share a funny theory I had written a couple years back when I was an inch shorter than now.

I apologize if I offend anyone in some parts of my theory but it's all from my own personal experience through out the years. Here's my tall girl theory:

Tall girls are an interesting breed that I have categorized into four categories.

1. The 5'8" - 5'9"s are above average in height embrace the fact that they are quite tall but do not get hung up on having other girls taller than them. They are content with their height and accept it.
2. The 5'10" - 5'11"s are the most boastful of their height for they are TALL and know that they are "tall". The only problem is that they can get annoyed and snippy if one is taller than them. They are the girls who feel it necessary to add that extra ¼ inch or ½ inch while addressing their heights.
3. The six footers are in their own category. It is the one I am in. We have a love hate relationship with our height. We know we are tall but don't feel the need to boast about it. Except for when we are amongst the 5'10" - 5'11"s and need to put them in their place. The only problem with breaking six feet: napoleon complex men tend to question your sex and make it a point to check your neck for an adam's apple.
4. THE "DAMN GIRL YOU ARE TALLLLL!!!!" category belongs to those women who are / or above a six foot one. These special women shall be idolized and admired. They are the most comfortable / accepting of their height. They NEVER boast because it is unnecessary. And the best part is that they also NEVER subject themselves to the peacock stance while in the presence of other tall woman. They are the top of the tall woman hierarchy, plain and simple.

BTW: I am from Hawaii and hardly ever come across women who are above 6'1". That could be a reason that my theory doesn't add up to your own personal experiences. Thanks for reading :)

5'11 ½" Walinyunsa wrote (July 26th 2010)

Hi. I've been an avid reader of this site and especially the quotes section for sometime now. I just thought I would share my experience with you all. I have always been taller than everyone else ever since I could remember. I especially had a hard time in school because I was taller than even some of the teachers and got teased by everyone. Trust me its much harder growing up in Africa, my country anyway and being tall. As the ideal woman is 5'6", big butt and breasts, which I don't have as I am skinny and flat chested (UK size 8 to 10). It wasn't until I moved to the UK that I became comfortable with my body and understood that I'll always be tall and nothing is going to change that.

To all the teens worrying about their height just know that when you get older and accept the fact that you are tall, you will enjoy life. And don't be afraid to wear heels because as far as I know there is not a single surgeon

what can shorten you height. So you might as well wear nice shoes which are most often heels. Also remember nobody regardless of height looks good when they slouch.

As for dating dont be afraid to date shorter guys, no matter what any one says. And also make sure that your confidence matches you height, trust me when you do that men will falling over themselves to talk to you.

Thanks to Joerg for this great site and also to Jheri for the wonderful advice you give.

5'10 ½" Meagan wrote (July 26th 2010)

Hi! I'm 18 years old and 5'10". A lot of these entries helped me out a lot. I've been feeling self-conscious about my height lately, usually I embrace it. This website has help me get back on track to a healthy mindset. I love when people say: All throughout high school, I was always taller than all the guys and it made me feel bad about myself. Everyone tells me that's it's different in college and I saw a entry on here that re-confirmed that and it made me feel a lot better. Also, all my friends are shorter than me and they always wear heels and I want so badly to wear some, (all my friends encourage me to), but I don't want to feel like a giant. I find I'm curvy and that makes me more self-conscious because I feel like it's hard enough to find a guy that will like me because I'm tall, let alone tall and curvy. I hope for the best though :) Thanks for all who shared their stories!

6'1 ½" Magdalena wrote (July 25th 2010)

Hey Ladies! I came to this side by accident, cause I was looking for high heels in size 11. I'm from Austria (probably the reason why my English is bad). I was always bullied because I was so tall. I'm 16 now and so happy about being so tall. In kindergarden I was about as tall as everybody else but then suddenly I started growing really, really fast and it didn't stop. When I was about 10, my worst years began. I was called a giant, I was called ugly and people were constantly staring at me when I was with kids my age and they were of course smaller than me. My family and people who like me always tried to tell me that I'm beautiful the way I am, but as you might know, that doesn't really help if you don't believe it yourself. I always stooped and put my head down to not lead the attention to me. I was so embarrassed everytime I went somewhere, I felt ugly. Then I met a woman on the street, she sat on a bench and when I passed the bench she stood up and said "Keep your head up, gorgeous!" and I was so happy to hear that. :) After that I tried my very best to keep my head held high, and to stand straight. I kept on trying, and it worked. I got stronger with every day, and now I'm proud of myself and I love being the tallest girl in my school. And to be honest - oh my God, do we look good in tights!!! :D By the way, that's an awesome site ;)

I wish you all the best, and keep on posting things like those quotes.
xxxxxxx LENA

6'3" Jeanetta wrote (July 24th 2010)

Being Tall is a blessing - for many reasons:

1. YOU DON'T HAVE TO STAND ON YOUR TIPPY TOES TO REACH SOMETHING
2. WITH HEIGHT COMES AUTOMATIC RESPECT. THINK OF IT, WHEN YOU SEE A SHORT POLICE MAN YOU DON'T RESPOND THE WAY YOU DO WHEN YOU SEE A TALL ONE.
3. TALL PEOPLE ARE CLOSER TO GOD. :)
4. TALL PEOPLE ARE BETTER ATHLETES.CAN YOU NAME A SHORT ATHLETE? NO BUT EVERYONE CALL NAME THE TALL ONES.
5. TALL PEOPLE CAN CARRY THEIR WEIGHT BETTER THAN SHORT PEOPLE.

For those who are teens reading this: Take pride in who you are and ignore the ignorant comments some people tend to make to tall people. They only do so because they are jealous. Be proud of who you are and take advantage of your height.

For those adults who still have low self-esteem because you were teased as a child: Get over it. Stop letting other people's comments bring you down. Stand and be proud of who you are and your height.

Remember, the Bible says that you are fearfully and wonderfully made and God is the one who made you. Be proud and take advantage of the benefits that come along with being tall.

6'2" Christine wrote (July 23rd 2010)

Right on Kathryn! Awesome and touching message!

6'2" Kathryn wrote (July 22nd 2010)

Hello, I am 54 years old. I was always the tallest in my classes. Taller than the girls and the boys. Even the teachers. I could not find shoes. I wear a 13 and the shoes were ugly. I played basketball because everyone said I should, so I did. I actually enjoyed it. I played in college before they even had scholarships for women. Yes, I received stares all the time. If someone said, "How tall are you?" I gave comments like "188 centimeters" or "How much do you weigh" Then my mother told me you are tall like your dad and the bible says I am fearfully and wonderfully made. That has made all the difference. Now when I am in a store I flash a smile at anyone STARING at me and I say hello. God is good. My point: young people don't wait until you are old to enjoy what you cannot change.

5'10" Alexandria wrote (July 18th 2010)

Hi everyone !! My name is Alexandria (for short Ali) and I'm 5'10" and I'm 13 going into 9th grade. I play volleyball and basketball. I went to a private school for 9 years and played volleyball and basketball for 5 years so I was always put on the team for my height. In the summer I was going into 9th grade. I had to try out for the volleyball team. I did and I made varsity my 9th grade year!!! When I was in middle school I hated being tall, I used to get made fun of because of it. But I know all the short little girls didn't make the volleyball or basketball team and none of the guys want them anymore because they like girls with a body. So be proud of being tall. It's a really beautiful thing!!!

6'0" Natalia wrote (July 18th 2010)

Hello Ladies!

I'm 21 years old and 6'0 and honestly I LOVE IT!!

When I was younger, I struggled with the thought of being an outcast or not ever being able to get a boyfriend.. and while I am a single lady, I've learned that I'm quite a catch and I'm worthy of so much more! I'm not having problems with people noticing me, in fact, it's quite the opposite.. It's a conversation started; people always approach me and are like "wow, you're tall"... So ladies, embrace it and flaunt it :)

Natalia
xoxo

P.S.: Check out my blog @ <http://essential-keys.blogspot.com/>

6'2" Susan wrote (July 16th 2010)

Good stuff, Kim and Christine!!!

5'10" Rosario wrote (July 14th 2010)

Hi! Well, I'm 18 yrs old and recently graduated from high school... all during high school I worried about my height and about finding a guy that was taller than me so I would look shorter. I know that is a lame excuse because there was actually taller girls at school that were younger. Well anyways... I went to a party recently and bought these pretty pale pink colored heels. Okay, well, my best friend is 5'2". Yeah, she is short. All my friends are okay... Well, I got there... yes, I got attention and I don't really like but after a couple of minutes being there I didn't care. I actually liked it... All my friends say that they wish they were tall because I always whine that I want to be short. They say that being tall isn't a bad thing because you have long legs and I have a well proportioned body. I always laugh when they say that cause they want to make me feel better about myself but after reading some of these stories you can say I feel better. I mean I'm not the only one that actually hated being tall and recently figured out that isn't out of the ordinary. I can now say I LOVE BEING TALL!!! So all you girls out there that are embarrassed about being tall: "Don't worry about what other people may think. It's whether you like it and if you feel comfortable with yourself." Getting attention in a good way shouldn't feel bad :)

6'3" Louise wrote (July 14th 2010)

Hi there, I am just putting this on to introduce myself as one of the Directors of the Tall Persons Club GB & Ireland. Our motto is "To provide information for and to promote the interests of tall people". We have a really good social side to the club all over the country and also abroad, where we link in with other Tall Clubs, and each August Bank holiday we have a four day Anniversary bash in which Tall people get together in their finery and do everything but discuss how tall they are. We have had over 50 weddings since the club was founded by Phil Heinrich back in 1991 and some of them were tall females marrying smaller men, but if you want a tall partner of either sex then this the sort of place to look. If you want to find out more about the Tall Person's Club then please log on to our website www.tallclub.co.uk to find out what you have been missing all these years. We have a quarterly magazine, a suppliers directory with everything tall inside it, and various discounts can be obtained by being in the club. Thanks for reading and i will look forward to seeing some of you in the future. Bye for now, Louise, Leicestershire, England.

Joerg says: The Tall Persons Club is listed on the Other Links page, Louise... as a matter of fact you've been listed for ages (at least 10 years). Great to hear from you though.

6'2" Christine wrote (July 13th 2010)

For 5'11" Ann: Be happy and grateful that you found someone to love, and that is in it for the long haul. That is very tough these days, regardless of a person's height. Even though you are tall, and your husband is short, you never know how tall the children will be (there is no guarantee that they will be "average"). My dear old Nana (who passed in April 08) was only 5 foot 4, my Mom is about 5 foot 11, my dear old Grandad (who passed on July 09) was about 6 foot 1. My mom was an only child and she took after my Grandad in the height department. We NEED more tall people in this world. I also think it's very cool that more of us "older" gals are writing on here.. I just turned 46... and man, you girls today have it MUCH easier being tall, than we did "back in the day". The comments seem to be the same though. Be proud. Peace :)

6'2 ½" Kim wrote (July 13th 2010)

I am 52 years old and grew up during a time when being tall was truly unfashionable. As I read many of your quotes/comments I reflect on my past and how many struggles I've encountered over the years just by being tall. Fortunately, I always loved being different but throughout the years I also struggled with self esteem issues. Today, I see many beautiful tall girls and women who have so much to look forward to because we are unique and the world is getting a little bit taller and maybe just a little more accepting! Now being tall is one of the best advantages life gave me and I am eternally grateful for being different than others. While I often struggle with weight too, never been a tall skinny minnie, and maybe 20 - 30 lbs overweight and not more than that, even with some weight, I believe that clothing designers have also finally gotten on board. Now we have a selection of tall jeans for curvy women and tall clothing sites. I love it. Fashion, even for a young 52 year old, has never been more fun. Love yourself, work on your self esteem and know that you are loved for just who you are and most of all, enjoy your life.

6'2 ½" Sue wrote (July 12th 2010)

Just like most of the posts here, I have had to hear every tall joke or comment alive. I don't think people realize how rude they are when they comment "How tall are you" or "Wow, you're tall"...not a news flash to any tall person. I've gotten used to people looking at my feet to see if I have heels on or if I'm just really this tall. I've been married for 26 years to a wonderful man who thinks I'm perfect. Not to encourage rudeness, but when someone makes a "tall" comment that comes across nasty, I just tell them that I'm tall and they're ugly and there isn't a damn thing either one of us can do about it :-). A couple of years ago, I met a professional football player who saw me & said "wow, you're the kind of woman I should have married" - I told him that I was old enough to be his mama, but that it was nice he appreciated tall women! Hang in there you young ladies - plenty of great guys out there who will love you for all the right reasons!!!

5'11" Ann wrote (July 12th 2010)

I'm 5'11", 32 years old and still very shy. It's been hard being this tall, because I'm really very feminine. I'm a girly girl and love dressing up, and am horrible at all sports. I hate basketball, and am sick of everyone asking me if I'm a basketball player. Anyhow, it's been a long process, but I'm slowly coming to accept my height, although I don't own any high heels. My husband has helped a lot. I'm married to a 5'6" Asian man who loves that I'm tall. He said that he always dreamed about finding a really tall woman. He finds it really attractive and exotic. I however never dreamed about having a husband who is so much shorter than me, so I feel self-conscious even after 5 years of marriage being seen with him in public. I always tell everyone, that at least our kids aren't going to be so tall. All of the comments on this site are nice. I hope that I can come to take pride in my height too.

5'10" Lauren wrote (July 11th 2010)

Wow, I can't believe how inspired I am right now from all of your comments! My name's Lauren, I'm 22 and I'm 5'10. I've had my ups and downs with my height for most of my life but in recent years my attitude and confidence has improved. One thing I'm still having a problem with is being comfortable in high heels. I just feel like such a giant in them and that I will be stared at. It has a lot to do with the fact that I used to be very shy, not quite so much anymore but I know with me in 3inch or 4 inch heels, people will stare at the tall girl. This may sound silly but I know Whitney Port from the show on MTV "The City" is 5'10" and she always wears heels and it has given me hope that I can wear them too! Who cares what anyone else thinks! I like high heels too and I can rock them just as well as a short girl can! It's all about how you carry yourself ladies! Khloe Kardashian is also 5'10" and she wears heels all the time and has inspired me as well. I used to be confident in every way possible except my height and now I choose to change that thanks to your comments ladies!

6'2" Susan wrote (July 10th 2010)

I love the advice, Emily. Dittos on Kayla.

5'10" Kayla wrote (July 9th 2010)

I'm 5'10 and I'm just 14 years so what... I'm extremely talented. I play basketball, volleyball, and track and field. I'm black and I'm extremely beautiful. I have pretty black long hair and people tell me they would do anything to look like me. People who would like to be often say rude things, cuz they are haters. But I don't care because I know I'm beautiful. Boys are no problem. I've dated boys who were from 5'3" to 6'6". Haha, I wouldn't change my height for the world. People love me and my height is God given and whoever doesn't like it can go kick rocks becuz I wasn't put on this earth to be liked. I currently have a boyfriend who's 6'1" and he loves me the way I am... I hate that I can't find some shoes I want but oh well, its cool. The doctor says I'll stop growin when I'm 6'1" but I don't care. I can grow to 6'5" and still be happy. I am an amazon and I'm extremely proud. I'm lovin life and the people in it, so if you don't like it you can go kick rocks - like I said b4. I have 2 best friends who are taller than me and we call ourselves the triple threat becuz we dominate in basketball. I love Candace Parker becuz she is really pretty and she can play some ball. Lisa Leslie too. So we are what God made us. I'm happy with the way I am and if u hate your height don't. You should love it!!!!

5'11" Emily wrote (July 9th 2010)

I am 58 years old and I've had a life that could be described as "privileged". I'm educated, professionally successful, married to a kind and intelligent man, and the mother of two wonderful young adults. I am also healthy, slender, athletic, and attractive. But all that said, it's never been easy being a tall woman in conformist American society - and primarily because our stature (as opposed to our SELVES) is how we are so often defined by others. It's a rare day where I'm not reminded of my height, either by people, often strangers ("Wow, you're REALLY tall!") or the environment (limited leg room on airplanes, low doors, difficulty finding clothes). Most of us, too, have been hurt by others, particularly during our vulnerable adolescent years when we simply wanted to "fit in" - and were bullied into believing that our height was a liability rather than an advantage. I'm not sure I can give advice to any of you other than the obvious - dress well, eat sensibly, work out, wear sexy underwear, and stand tall, even in 6" heels if you choose. And turn off the little voices in your head that whisper "Jolly Green Giant!" They belong to foolish people, not to you.

6'3" Emily wrote (July 8th 2010)

Hey everyone: I'm 6'3" and 14 years young. I wish I could wear heels and actually have guys taller than me for once. I have been the tallest girl since first grade. I start high school in the fall and I'm looking forward to people bigger than me. I mean, I love my height for basketball, because I love the sport. But the way I look at it is, be happy with yourself and make the best of things and life will go right along (:

5'10 1/2" Tracy wrote (July 8th 2010)

Hey everyone. I just stumbled onto this site and I love it, by the way. Ok... so well I have been tall for like nearly all my life. I think I am just coming to terms with it. This past year has been great for me, because I have been doing a lot of modelling so my height has become very useful and I appreciate it. But before, I used to be so discouraged about my height, I used to always worry about what other people were saying about me. I used to wish I was a bit smaller. I used to feel very out of place, like the odd one out in the crowd, especially when walking on the street. Everyone seemed to be smaller than me. Then it hit me, IS MY HEIGHT A CRIME? DO I WANT TO BE LIKE EVERYBODY ELSE?

God gave me a life to live to the fullest. Do you want to live yours with limitations caused by lack of self-esteem? Have you noticed that our views on our height is based on what other people think? Not on what we think? Ask yourself this question: Am I in the Wrong to be this Tall?

When I was young, I used to hate when people used to come up to me and say " You are Tall"...and "How Tall are You?" I'd get all weird because it made me feel as though I was a freak. But I realise that why did I feel that way? I'm sure that they didn't even intend to make me feel like that.

To cut the long story short, don't let your self esteem rob you of what you want in life. Walk with your head up high. Even if you are 10 Foot 4, wear your heels, what difference does it make? You are tall without wearing it and you are still tall wearing it. And when it comes to MEN sometimes it seems like a lot of men go out with smaller girls. This used to bother me a lot. Then I realised why am I worried about men, that I would never go out with anyway, even if they were taller than me. Ladies Live Life and stay blessed!

5'10" Amy wrote (July 7th 2010)

Hello my fellow Amazons :P

I'm 23 years old and I've been tall from the get-go. All through grade school I was this towering, lanky redheaded girl (as if being tall weren't enough!) that loomed over all her friends. When I was younger I didn't much mind the comments on my height; if anything, I liked them. It made me feel unique or like I'd achieved something, lol. But as you hit high school as a 5'10 girl and all the guys are 5'8 or shorter, you start to dread things like "Oh my God you are SO tall! How's the weather up there? Do you play basketball? You should!" It's honestly quite difficult to feel sexy and womanly as a tall woman. I'm thin and delicate looking, and yet somehow, I feel like this massive Amazonian brute standing next to other women who are 5'8" IN their heels. That's one thing I've come to terms with, but it has taken some time: I wear heels—for the same reason most women do. I feel more confident in them and they make my legs look nice. But I still get those retarded comments, even now (I got told this yesterday! :P) "Why would you wear 3 inch heels when you're already 5'10?" ... um, because I LIKE them? So what, because I'm not short I should just stick to flats and sandals and other hideous footwear? I think confidence is pretty much a necessity in every tall woman's arsenal. My fiance claims to love my height, that being long and lean are so much sexier than being short and petite, but I've still got the tall monkey on my back like most of us. And what the hell is up with clothing outlets? I thought it was some sort of goal to be tall and thin like all the modelsÂ but in reality, there are NO stores to provide for us Babe-azons. Like most of you I am over the freaking moon if I can find a pair of stylish jeans that are not only tall enough, but thin enough to suit my figure too. And don't even get me started on sleeve length. I don't even OWN a long sleeve sweater much less a jacket I find fits me really well.

Anyway, end rant :P

6'2 ½" Gladys wrote (July 2nd 2010)

Thanks for everyone who responded to me. Guess what, after a couple of days of looking at who I was and knowing I'm not the only tall girl. I can walk around the street or mall with people staring at me. And when they ask "How tall are you?" I say "6'2 ½" And I'm proud". Sounds weird but it boosts a ot of my self-esteem. Of course I still have my negavative things but they went down a whole lot. And with guys right now I really don't wanna worry about them. First I got to love myself before I can let anyone love me (:.

For girls who run into this website and feel like I did: You're not alone. There are more tall beautiful women and girls out there. You should smile(:. You're Tall and Beautiful! Find yourself. If you want to start somewhere that's the first place you should do.

Thanks again to everyone who helped me.

6'3" Jheri wrote (July 1st 2010)

Hey Gladys - you have it right. It is about finding confidence. We figure out who we are and get comfortable with ourselves at different rates. It took me until I was 20 or 21 before I was comfortable with my body and with who I am. Some people do it much sooner, some later and some never seem to do it.

I think the best way is to do things that you love doing and can get better at as you work on them. For some of us this may be sports, maybe art or music or others, helping other people and making them smile, anything... just find an activity or two you love and work at it This gives you a feeling of accomplishment and pride and others will see that in you. Other people who are doing the same thing will see your efforts and respect you for it. That respect, from people who are doing something you really care about, is a very powerful thing.

It also makes sense to be fit even if you aren't in sports. A bit of exercise, once you are used to doing it regularly, can give you a happy feeling and a glow and it can help make you look your best too! This can be hard for many to start if you aren't doing it now, but if you build up slowly you'll be doing amazing things in four or five months and that gives you pride too!

Guys mature more slowly than us and a guy at 15 or 16 is likely to have more self image problems than you. There may be some who are mature enough to be comfortable with a tall girl, but mostly that will come later. There are also a lot of guys who will always have problems with a tall woman, but think about it - if someone can't deal with that, they probably have a lot of insecurities and you probably wouldn't want to be with them anyway. Why waste 6 months of dating figuring out someone is screwed up when nature has given you a gift to spot some of these losers right off the bat.

You have to get over any issues you have with shorter guys. When you are dating at first, just go out for the experience and learn. Don't worry about finding the perfect guy for you because you have to be with many before you develop the skills to figure that out. The perfect guy may be taller than you or he may not be, but height is well down the list on things that really matter to me.

Developing a sense of humor is good too. Recently I talked to a very successful writer who is very short - he is 155 cm or a bit more than 5 feet tall. He is **really** funny and smart and is married to a woman who is taller than he is - and his daughters are both taller too. He told me a lot of short people have to develop humor as a survival skill and he thinks he wouldn't be as funny or fast thinking on his feet if he wasn't under so much pressure when he was the shortest person in his class at school. Now he is thankful for that as he has an amazing dream job and a wonderful family. He thinks if he was of more average height this wouldn't have happened

A friend of mine is quite a bit taller than me. She is very self confident and makes friends easily as she is fun to be around. She uses humor to deal with all of the looks and questions and can turn some of them into great conversations.

People mostly aren't used to seeing a tall girl or woman, so they don't know how to react. Give them the benefit of the doubt and show them you are an interesting person and the height part becomes unimportant. You can start this today by playing around how to deal with the comments you get on the street in a positive way. A friend of mine gives strangers who stare high fives - she tells them "you look like you could use a high five". Some people love that and it makes you and them happy. I make a joke and that works well. Others deflect the conversation to something else - I do this to by saying something positive about the person.

If you are like me you can set goals. I remember putting a note on my bathroom mirror that said I had to make 2 people smile and 1 person laugh that day. I couldn't always do it, but I keep a diary and I could go back and see my progress. I also use the diary for my athletic and work goals too - they are great things!

Oh - another thing. There are two things you must separate. One is how you fit in with people and the other is how stuff fits you. The last problem is an annoyance that just comes with being different and, depending on your height and shape, can be pretty severe. How you get on with people is something where you have a lot of control and becoming self confident will lead to a lot of pride and happiness.

When it comes to fitting into the material world life is getting better. There are many more apparel makers than before and there are places like this that have a lot of addresses and links. The Internet has made a huge difference. You can also find tips from people all over the world and ask questions. In the past you may have been the only tall girl in your town and finding advice was next to impossible.

There is still a lot of progress that needs to be made on stuff. Colleen has a good set of blog posts on pushing one area. Check out <http://www.6footsix.com/colleenify/> and also look at the link where she shows some of her issues with photography http://www.6footsix.com/my_weblog/2009/11/colleenifying-the-world.html. It turns out that photos can be powerful. Take your own and show them to a supervisor at work and maybe get a desk and chair that fit better. Show them to people who might be able to make stuff. Who knows, maybe there is even a little business you can start and make some money.

She loves to cook, but was getting huge back pains preparing the food. Some people saw her plight and listened and this resulted in a good solution for some of us. She was so excited that she put together a few posts promoting the product. There are probably hundreds of products that could be made to help out. Use your creativity!

If you have ideas for products or solutions that just work, post them as comments on her blog so others can see them.

You can solve how to deal with people and build your own glowing self confidence. Together we can put together the pieces and solutions to the problem of stuff that fits. Maybe 20 or 30 years from now being a tall girl or woman will be much easier. We can make it happen!

6'2 ½" Shoshana wrote (June 30th 2010)

This is for Cecelia: It is sad that you feel the reason that you have never really had a significant relationship is because of your height. I am taller than you and I have never had a problem in the love department and I think that is because I have always been open and never limited myself to taller men. Love is about emotions and feelings not about height and what ppl think about who you are with or what they will say when they see you with the person. I don't want to sound harsh but I feel the real reason you have had trouble finding love is because of your own insecurities about you height. People can sense low self-esteem a mile away and it's not attractive. Also - for the record - I don't think that men just like short women. I think men like confident women who feel good about who they are... and I have learned the hard way that dating someone just because they are taller never works. I have dated a guy who's 6ft10 and he got on my nerves. He was so cocky and arrogant! My current bf is 5ft11 AND I love him just the way he is...

5'10 ½" Taylor wrote (June 30th 2010)

Hi! To Gladys and anyone else that's having a hard time seeing themselves as beautiful... spend a lot of time looking at yourself in the mirror. Try on different hair styles or different clothes and discover what makes you feel and look good. Take a dance class to get in tune with your body. Watch your posture in the mirror... act confident in yourself even though you might not feel it. Eventually you will feel it too. I also think it's great to remember something when you are out. Have someone who is famous and around your height and think about them and how fabulous they look and that u are tall like them so you must look great too. Positive messages!

6'2" Susan wrote (June 28th 2010)

Hi, Gladys... Little girl, hang in there, it will get better. I think everyone has their own experience, but one thing would be to study yourself 1st physically, there has to be at least one gorgeous attribute that you have, i.e. eyes, mouth, smile, legs, etc. 2nd mentally, develop your mind/personality. Everyone has insecurities, but you need to maximize the positives and minimize the negatives. I think sometimes we tall women, have had times in our lives where we tended to make so much more out of our height, thinking that everyone is focusing on how tall we are because they are not. I hope that helps a little. Hugs-Susan

6'2" Crystal wrote (June 27th 2010)

Look at me. See a tree. I also look like the number 1.

6'2 ½" Gladys wrote (June 25th 2010)

Hey everyone. I'm 6'2 ½" and I'm barely 15. It's hard for me right now because I can't find me. I have been picked on since the second grade and I've always been the tallest girl in school. Yea, it's hard and difficult for me but I see your quotes. Some of you are married and I'm happy for that but it's not how it used to be. Now guys have to be taller than girls. It gets difficult. And even though I haven't accepted that I'm tall I'm trying to. I honestly wanna know: how did everyone do it? How did y'all get to be so confident and love being tall? I can't find that and I hate it. But any advice would help.

5'11" Brianna wrote (June 24th 2010)

I'm 17 years old and I don't believe I am tall. There are people taller than me in this world. It is tough being in high school and having 90% of the school shorter than you but it's all good when it comes to activities because then all of my shorter friends complain that they can't see past the person in front of them and you can see right over everyone's head. All in all being tall is something everyone here should embrace and never fear.

6'0" Denisa wrote (June 23rd 2010)

To Cecilia: I must say that I don't agree tall women are lonely. Even though I would also prefer to be shorter - because of the heels thing - I think I am attractive for men. When I was younger, I got a lot of invitations for dinner even from unknown men on the street and I am still getting compliments (I am 38, slim). I am married now, I have two friends (girls) who are about my height and both are happily married. And I have some friends that are average height and are still alone. I think the problem is nobody wants to share life with somebody full of inferiority complexes. The problem is not the height, the problem is its acceptance.

5'11" Nanette wrote (June 22nd 2010)

I'm happy with a short MAN... LOL. I never thought that would ever happen. But as they say... opposites attract! I love being tall - we have an advantage in life. The only men who will want to date you are the confident men who can handle a TALL woman! So ladies love that we will come across all the confident men, and not the ones who need to feel like a man! So glad I found this site! TALL WOMEN ROCK! And we can reach the highest shelves!

6'2" Melissa wrote (June 21st 2010)

I'm 26 yrs old and have been tall all my life! I don't remember a time when I wasn't the tallest person in class. Needless to say I have never really hated my height. There were times when I wished I could go unnoticed in a crowd because I was having one of those days. But I find a lot of enjoyment in my height. I do envy the women who can walk thru standard doors with 6" heels on without ducking, LOL!! I have a tall daughter, she's 4 and I can tell she's gonna be my little amazon. Fortunately for us we have each other and she has a built in shopping buddy. I'm so thrilled at how merchants have decided that tall women exist!!! Ladies, the inseams!!! The STYLISH larger shoes!!! Here's to all my beautiful tall women!!!

6'0" Sherry wrote (June 20th 2010)

Hi, I sprung up taller than most of my peers at about age 12. It was difficult during my high school years and just like many of you have mentioned, I didn't get a date until college. Thankfully, I married my college sweetheart, who is also 6 feet. I realize that I was fortunate because I know that some shallow and insecure men are intimidated by tall women. Due to my optimistic nature, I have always been confident in who I am as well as what I look like, and that is the energy that I give off when someone meets me. I am stared at, get asked ALL those TALL girl questions, and I get all the corny comments from family, friends, coworkers, and strangers and it does NOT bother me because I know who I am. I don't let my height stop me from wearing heels or anything else that looks appropriate on me. For all the young ladies that say they "hate being tall", I would suggest loving and accepting who you are because that will shine through and people will also love and accept you for you and NOT how tall you are... I know it's easier said than done, but practice makes perfect and now is a gr8 time to start. Good Luck! ;0)

5'11" Cecilia wrote (June 19th 2010)

At 5'11" I'm not as tall as it could have turned out. I work with a gal who is 6'2" (still looking for love). I'm turning 50 in July and I still hate being big and tall. Every year someone asks about my height. I endured severe teasing from the age of 9 to 17 for something not in my control. And the rude remarks and offensive insults never stop. I think they will and then I am shocked when someone insults me yet again. I stand up straight and have always worn whatever shoes look best with the outfit... heels are in my closet. I have never gotten married and have had only 2 significant relationships with men. The reality is very few tall men are attracted to tall women. Tall men might have tall moms and sisters and aunts, but they spend most of their time in the real world with petite and feminine women. I've gone out with the 5'7" men and can't finish my meal around a guy that I'm bigger than. I don't like a man to "like looking up at me". What's wrong with him? I think "hang in there" is weird advice because you are not going to ever be little. I wish I had known to be more realistic about my size and how it would dictate love. Yes, the top of the fridge gets cleaned, but ladies, it's lonely at the top. Best to find a passionate hobby.

6'0" Lindsey wrote (June 17th 2010)

I find it so sad that so many girls hate being tall. I usually forget about my height and am only reminded when I catch people looking at my feet to see if I'm in heels (which I usually am). I think the most important thing is to walk with your head held high. Confidence says way more about you than your height does. I've been told by people that they love the way I walk. I've been described as graceful and told that I have an amazing presence. I'm not tootin' my own horn, but I just want people to know that there is beauty in being tall. When it comes to men, keep in mind that it takes a confident man to be with a tall woman. I'm personally not interested in a man who lacks that confidence. It wasn't until relatively recently that I realized that I can be attracted to a man shorter than me. I think we just have it in our heads that a man should be taller than a woman. It's time to change the way we think. Of course I get the "you must play basket ball" comments, which I'm actually terrible at, but I also get the "you should go into modeling" comments as well. Focus on the positives and you will be a much happier person.

6'2" Christine wrote (June 10th 2010)

Hi, gals (stats you probably know, but I'm saying them anyway LOL).

Hope all my fellow tall sisters are well.

We should remember (but I'm sure you all know); it's tough for very short men too; (the other side of the coin so to speak). I sometimes chat with a man online who is about 5 foot 1, and he says "Women want tall guys".) I don't mind men a few inches shorter, that's cool, but that much shorter? I wouldn't be comfortable. Kudos to tall women and short men that are cool with an extreme difference!

My "baby" brother is 6 foot 5 (so apparently that makes him 8 inches taller than the "average" North American male whom is only 5 foot 9. Sooo, me being a 6 foot 2 inch woman, I'am 9 inches taller than the "average" North American woman, whom is only 5 foot 5. I love my brother, BUT if he had to go through what I do; he would be 5 feet tall. I KNOW my 5 foot 10 inch sister-in-law wouldn't look twice at him if he was 5 feet tall.

It's a shame that height has to be such an issue. In some ways, I FINALLY think it's cool to be a tall gal :) but yes, I wish there were more tall men... such is life... thanks for reading.

Peace and love xo, Christine

6'1 ½" Rachael wrote (June 8th 2010)

I have always been tall, and never really felt comfortable about it. Until about a year ago I started doing cat walk modeling and to be honest it makes me feel great about myself. Now I love my height and I'm only 17. Yes, I may stand out and that helps my confidence so much. People may come up and make stupid jokes or ask questions, and I just answer them or laugh. If they do wind me up I just make jokes about them being small. It's just something you learn to love. =]

5'10 ½" Sara wrote (June 8th 2010)

Hi, my name is Sara. I am 22 years old and have always felt somewhat "out of place" being taller. Most of my friends are shorter than me (which seems to be a common thing with most tall people). 95% of all the shoes in my closet are flats and the only heels I do own are no more than 2.5 inches. Though, I still feel self concious now and again, I am slowly accepting my tall stature. My advice to anyone tall: Do whatever YOU want. You only have one life and this one body so you might as well enjoy it. I think I might wear heels to work tomorrow :-)

6'0" Stevie wrote (June 7th 2010)

Sometimes you just have to live with what is given you, I guess. I'm 15 and I know I'm pretty tall, and a part hope that I will get taller. If I was 5'8", I'd be very attractive but because of my height I scare guys away. Which I don't mind especially if they are the shallow ones. But I always find some of the sweet shorter guys really like me, but I'm uninterested == My chest is always in their faces so that's probably not a bad thing (when I'm ballroom dancing) for them. Haha!

I know I'm not the tallest tree in the forest, but it seems for me a lot of people are so amazed at my height. I no longer get offended at people who ask me about my height, I don't mind talking about it. But when they ask me about "Do you play basketball?" That's a little offensive... that's like asking a black person if they eat chicken or something..

Anyway, that's my story!

6'1 ½" Marissa wrote (June 7th 2010)

I also hated being tall growing up. I remember being called the "Great Green Giant" like from the veggie cans. Junior High was the worst. I was already 5'9" in 7th grade growing an inch each year so that when I turned 16 I was 6'0". I am now 24 and stopped growing at just over 6'1". I absolutely LOVE being tall now. I wear heels and make sure to dress well because if you are going to attract attention anyways, you might as well look good right? And those who are having a hard time dating, it's not because you are unattractive - it's because boys are intimidated by you. They aren't used to talking to a girl who can look them straight in the eye. Be proud of who you are and don't be afraid to walk tall and flaunt your beauty!

5'11" Vivian wrote (June 7th 2010)

Hi! I'm 17 and naturally a very happy person, but people always like to bring me down. So many jokes on my height and my big feet. God made me this way. I feel so insecure most of the time but I always try to hide it. For my 17th birthday, I wore 3 inch heels! I felt... pretty. I felt good walking with my skirt cuz I have long legs. Most of my friends make fun of my height, but I mean they just have to get over it. I have never dated anyone. I have never even kissed a boy. When I go to college I hope I find a boyfriend. I really want to model too! And I love this site. It helps me know that I'm not alone. We are all tall and beautiful!

6'1" Cami wrote (June 7th 2010)

Growing up being tall was the worst... my clothes never fit right. I could never find anyone to slow dance with. I was a nickname magnet... I never could understand why people would always tell me how lucky I was for having my height. Now, at 19 and 6'1", I wouldn't trade my height for the world. As a tall woman you automatically stand out from the crowd. We're rare and stunning, and intimidating! Sometimes when I walk down the street in the city, I like to stand up extra tall when I'm walking by men. It's funny to see them straighten their posture as fast as they can. Another perk that many tall ladies seem to forget: if we gain 10 pounds it's a lot less noticeable than if it were on one of our "normal sized" friends. We are recruited in a many number of different establishments: modeling, athletics etc. and there has been a study showing that taller people are more likely to get hired than shorter people. We never have to worry about wearing 5 inch heels cuz we were born with all the inches we need to look sexy!

6'2 1/2" Ellie wrote (June 5th 2010)

Sure it was hard growing up tall, but now I am at peace with it, and have married a gorgeous man who loves tall women (he's five inches shorter than me). My daughters will also be very tall, so I make sure I talk in front of them about how much I love being tall, and so does my husband. My mother always said it looks worse to slouch than to be tall. I agree. You just have to walk tall and pretend to be proud of it, even if you're not. It's like with any advertising. If someone looks as though they love what they have, everyone else will want it. And you can get a LOT of confidence from that! Even now I'm 40, lots of young women come over to tell me how jealous they are of me, and how they'd love to be as tall. Another piece of advice - always wear nice shoes. Everyone checks your shoes to see whether you're wearing high heels. Ho ho.

5'10 1/2" Matea wrote (June 5th 2010)

I don't like being tall at. I hate it, but ever since I started looking at this website I feel more confident. Because whenever I look at girls at school who have boyfriends taller than them I always wonder how it feels to look up to somebody. I've always wanted to stand on my toes when I can't reach something, but now I can basically reach everything and have to accept the fact that God created me from his mind. And if I'm criticizing myself, I'm criticizing God's creation.

5'10" Nicki wrote (June 3rd 2010)

I am 5'10" and 18 which isn't as tall as a lot of you, but compared to all my friends in college (all 5'3"-5'6"). I feel quite huge! I don't have a problem getting boys as I believe it's the way you show yourself to show how tall you really are! If you walk through town with big clonky heels on and broad shoulders, you're bound to look bigger, but wear something cute and dinky, or a nice pair of skinny jeans to flaunt the great legs you will all have and you would look lovely (: For me it's not the height, it's how you feel about yourself and how it shows! I hate being this tall, but I know there's nothing I can do about it, so I do the best with what I've got :) Hope this helps :)

5'10" Nilay wrote (June 1st 2010)

I am 14 now and I'm 5'10". I have always been the tallest person in my class and in my school and I hate it. It's really annoying when a boy I like comes up to me and says ,OMG! How tall are you?' I get really offended. My closest friends and my mother tells me that I'm really luck and beautiful. I'm doing modelling at an agency in Turkey with is very well known. I started there just a few months ago and I've already been on fashion shows and advertisements. The only reason I got this far is because of the support from my family(which made me confident) and because of my height at this age. There are women at my agency that are 20-28 years old but that haven't even been to a photo shoot yet because they are short. So find smthng your good at. Find something that makes you feel good and be proud about your height. I If I weren't tall at age 14 I would have never got here. Even though people at school talk about me and make fun of me I know that it's a gift and I should be proud! So all of those tall young and pretty girls who are reading this know that you are different and being different is special! Love you all!

5'10" Sheena wrote (May 31st 2010)

I'm a ¼ inch away from being 5'10" yet people treat me like I'm 6'6". I'm the tallest woman at my job. People are constantly asking me how tall I am. Even strangers on the street question me about my height. LOL! I guess that I am kinda tall for a woman but it's not that bad, right? My female best friend is 6'2". I'm 24 so I know that I'm finally done growing, thank God. And I'm not ashamed of my height though I would much rather be 5'7" or 5'8" tops. I have no problems finding clothes and shoes in regular stores and men still find me very attractive. My point is that being a tall girl is not such a bad thing. It just makes you stand out a little more.

5'10 ½" Taylor wrote (May 31st 2010)

After reading some comments on here I would just like to say something... I think when you are tall you should not compare yourself to someone that is much shorter than you. If you do that you will probably never be happy with yourself and how you perceive you should look. We all look different in lots of different ways and size is just one way we are different. Rather than worrying about how others perceive you, think about the image you want to project to others. If you love heels and dressing up, do it and enjoy the fact that you are taller than most around you. Yes, everyone is looking at you because you stand out, which is wonderful, enjoy the attention and then when people make comments about your height, go with it, with some comment that says something positive about height, you will be surprised at the reactions you get. As tall women we can make a difference ourselves with how people see us.

6'0 ½" Alaine wrote (May 31st 2010)

Oh, man, do I feel the pain that most of you do. My older brother and I have always been a year apart and the same height, so everyone expected me to be just like him. The only problem is that he's also always been really athletic and in great shape and I've never been either of those. I don't do basketball or softball or volleyball, and I had to stop ballet in fifth grade because my feet were too big. And for all of you who have gone away to college and suddenly felt accepted, I really envy you. I'm still **the** tall girl, even though there are a lot of other tall girls around me. I'm now the tallest person in my entire 60+ marching band, and no one let's me forget it. I just hope that one day my height will cease to define who and what I am.

6'2" Susan wrote (May 30th 2010)

This comment is geared to all the girls, especially Eva and Danielle, and I think there were more that "hate" being tall. It might seem too simple, but, you girls need to remember (I hope) no matter how you look insecure

people are going to try and make you feel that you are less than who you are. Mainly, because of how they view themselves. If you buy into the premise that you are not worthy... you are going to attract that attitude and your body language conveys all the negative feelings that you have about yourself. I agree it wasn't easy in junior high and high school, but, I am telling you if you love yourself and accept yourself and truly walk the talk you will attract men, good men. Think about why would someone want to be with someone who doesn't believe they are good enough to be with... Maybe get involved in some type of activities where you can see the true asset that you have. Take care - and walk straight :) Susan

5'11 ½" Eva wrote (May 30th 2010)

I agree with everyone who says tall girls have a hard time getting dates. I've never had luck in that department, and it's soooo hard seeing all your cute petite friends have great adoring boyfriends, while you're the only single one in the group. Everyone always says tall women are lucky, men love us, well that has certainly not been my experience. I am 30 now and I think I can safely say that being tall is as much of a turnoff to men as being overweight. Sure, there are some men out there who dig it, but they are few and far between, and probably already taken. I hate hate hate being tall.

6'0" Danielle wrote (May 29th 2010)

I hate being tall. I'm 16, a senior in high school and I'm tired of always having to hear people's rude comments. I know I'm a giant and I can't blame them for noticing but I didn't ask to be like this. It's just plain horrible :(I have a boyfriend and I've been with him 2 years and he loves me how I am but I know deep down I'm not good enough for him. I want to go to prom but I can't because I can't wear heels. Everything is all bad but hey... I guess it's life as an abnormal person, right ?

5'10" Marie wrote (May 29th 2010)

I'm a 16-yr old half Japanese and half American and I'm 5ft 10 (for the first time in my life I'm one of the shorter ppl here ;D). All tall women should be feeling extremely lucky about their height - it's so attractive to be tall! I started modeling this year, which is something that is exclusive to tall people! All those models, those Victoria's Secret underwear models men love like Adriana Lima, Alessandra Ambrosio and Miranda Kerr are all over 5'10"... guys love tall girls! :D We've got long legs that short people can only wish for, and we get to flaunt it in our 4" heels! It gives us an advantage in many sports like basketball and volleyball too. Thank you Lord, and thank you my parents for making me this tall! C'mon everyone, let's work what our mama gave us :)

5'11 ½" Vanessa wrote (May 26th 2010)

Well, at least you all have the figures for your height and when I say figure I mean slim. Hmmm, imagine your height plus 282 lbs weight. I have always been two times the sizes of all my friends and always taller than all my friends. I hate shopping because nothing will fit because it is always too small or the pants are always too short. I was going back to my dorm one night in college. I passed by two girls and I overheard them say "Oh my gosh. Was that a woman or a man?" In all my 22 years on earth I have never dated anyone. I made peace with that when I realised all my friends will get guys to talk to them at parties and I will be left standing alone like one big log. Yes, it hurts all the time but I always say to myself "Look, there's someone out there having a worse day than you so cheer up". So to all my tall slim sisters out there: "Cheer up! Someone is having it worse than you."

5'11" Vanessa wrote (May 26th 2010)

I'm 5'11" and sometimes I hate it, other times I love it! I'm a model and it's not even hard to get guys.

5'10 ½" Meagan wrote (May 24th 2010)

Hi :) I'm 14 and 5'10 ½". When I was 7-13 years old I was constantly teased by the guys in my year. They were all a good head shorter (and more) than me and they constantly laughed, picked on, and gave me nicknames. And the girls laughed, didn't want to be friends, bullied and made a webpage about how ugly, tall and unseccessfull I will become. Then I went into high school without those girls and guys from school. Some of the girls here are constantly reminding me how tall I am and I really hate it (but some are actually nice). I am starting to become a little bit more confident with my height because I bought 3 inch heels recently, and i love them ! :) But the guys just laugh and call me names again. Now from reading all your comments I'm proud to say Ii think those guys and girls are just jealous that my legs are longer and sexier than theirs. Thank you so much :)

Joerg says: Great! You go, girl!

6'3" Jheri wrote (May 23rd 2010)

I'm going to recommend what may seem to be an unlikely book to many of you. It is aimed at kids from 11 to 14, but I think it is so well written that others will enjoy it. On the surface it is written for short kids, but it makes some important points and there is a lot to learn from it.

The book is "Walking Tall When You're not Tall at All" by John Schwartz. Mr Schwartz is a science writer and is now the legal correspondent for the New York Times. He tells a story with examples from his own life with great humor to make his points. He gets into psychology, bullying, being different and he presents one of the clearest ways to look at statistics I've seen for this age group.

Kids, particularly those who are different, can learn how to develop self esteem and get a better sense of priorities. The lessons apply if you are heavy, thin, tall, short, a nerd, unathletic, not a native language speaker or whatever. Average or tall kids can learn about how others deal with what they have been given.

Mr Schwartz does point out several role models, but it is not done with the air of superiority I've seen in other places and he is great at debunking reported statistics and seem to be well known and are reported in some books, but don't hold up to scrutiny when you examine the scientific papers. Teaching kids to think critically about what they hear and read is very important.

So if you are 11-14 I recommend it without hesitation and you'll probably enjoy it even if you are older and it gives you something you can pass down to someone else. Here is a link to a pdf of an excerpt:

<http://g-ecx.images-amazon.com/images/G/01/books/ems/pdfs/ShortCpt1.pdf>

I'm very happy with my height. It was a bit hard when I was a kid and a lot of people seem to think I should still be sorry about it, but I've grown out of that. But more importantly I'm even prouder of who I am and of what I've done with my life and I'm proud of and happy for those I know who have done good in this world. Height, weight or anything else physical does not count as truly important.

6'0" Taja wrote (May 21st 2010)

Hi, my name is Taja (like pronouncing "asia" but with a "T" in front of it) and I've always been the tallest girl in school. I've always gotten picked on for it a lot too, and even more so because of my chocolate skin tone. I always hated being so tall because it brought so much unwanted attention, and boys always laughed at the mean comments people made about me. I thought I would never break free from that sad lonely life. But today I am 16 years old and stand 6'0" and I have more confidence in myself now. :) I obtained a lot of respect and I've even

had a few guys say that i was beautiful. I have a boyfriend who loves my height even tho he's shorter than I am, but it doesnt matter. For all you tall women out there who are ashamed of your height or get made fun of for it, just know one thing... UR OBVIOUSLY DOING SOMETHING RIGHT FOR PEOPLE TO BE WORRYING ABOUT YOU INSTEAD OF THEMSELVES LOL!!! And don't be afraid to wear high heels either!!! Show off your legs and STAND PROUD LADIES!!! Much love to you all!

5'10 ½" Linda wrote (May 20th 2010)

To Emily... When people say you're too tall, ask them "too tall for what?" Also, when people comment about you being tall say "I know, I got LUCKY!!!!"

6'0 ½" Jacquelyn wrote (May 20th 2010)

I'm only 19 and I'm 6 feet. When I was younger I use to get teased about it all the time and I hated being so tall. I grew up and now I can say I don't mind being so tall because most guys like or love tall girls. They say I have legs that go on for miles and they love it. I got my confidence from my mom because she is tall also. Now honestly I don't care what people have to say about my height because I just look at them and tell them that they are just jealous of me so they can keep hatin' all they want. I love me for me now!!

6'1" Zena wrote (May 20th 2010)

Hi... Love this site... when people ask me how tall I am, I would say something like, "I am one step closer to heaven", "Looks like you're still in hell"... or I would get the same thing, "You're tall" and I would say "Really? I thought It was you who was getting smaller".

Thank you. I just thought I would share...It does get annoying hearing these ignorant comments.

6'3 ½" Lori wrote (May 20th 2010)

Hi, I'm Lori. I'm 47 yrs old and over 6'3". I used to dislike being soooo tall. It's sort of grown on me now. There are many advantages and disadvantages, but don't people of any height have both. I can see over everyone's head in a crowd but it's hard to get something out from under the sink. For me the biggest challenge has been clothes shopping. I have a 38" inseam and size 13 shoe. I've heard all the childish comments from "average" height people and have come up with a few comebacks of my own. It's hard for people to make fun of you if you make the jokes yourself. Back in high school other kids would pick on me for being tall, but only in groups. No one would say a word when it was one on one. I've never actually been in a fight because all I had to do was stand up. I've learned at a young age to love who you are. What other people think doesn't matter. Their lives must be pretty boring if they have nothing better to do than to pick on you.

5'11" Fior wrote (May 19th 2010)

I'm 5'11" and I just purchased 4 ¾ inch heels ;-)

5'11" Emily wrote (May 18th 2010)

Well, I am 5'11" and HATE IT! I am a sophomore, and I'm praying that I don't get any taller. Almost everytime I see someone they say "Wow, you're tall, or you're too tall. And I hate being called amazon and jolly green giant :(I wear shoes that practically have no soles so I won't be over 5'11". I want to be confident with my height! Any tips?

6'0" Marie wrote (May 16th 2010)

I just happened to stumble on to this site and although I have found pride and gratitude for my height at this point in my life (age 40), it is still inspiring to hear from other tall women I can see "eye to eye with". My advice, always stand up straight and own it, you have a great opportunity to stand out and and can use that to your advantage... Lastly, adding regular exercise and healthy eating habits to my life was the best decision I ever made. It feels even better to have a tall healthy body!

6'1" Haley wrote (May 14th 2010)

Hi, I'm Haley. I'm in highschool, and just happen to be 6'1". I really hate it but what can you do? I've been taller than everyone since I was little, and it seems that all the guys at my school are really short and want no part of dating a tall girl. I'm hoping that when I get in college there will be tall guys that like tall girls. And I'm sorry but I seriously hate being tall, there's nooooo advantages.

6'0" Erica wrote (May 14th 2010)

I love being tall. It was a great benefit growing up. I am now 27 years old, 6'0" tall and love it! I had more men attracted to me than most girls I knew. As long as you have confidence the men will be attracted and say it is a plus with being super tall with long legs! It also helped land me a college scholarship in basketball. God was good to me when he decided to give me 37" length legs!!!

5'10" Jean wrote (May 13th 2010)

Well, in my country, my height is MORE than JUST intimidating. It's like people stare at me like, I don't know what they're staring at. They just like to stare. Being tall isn't awesome, but I won't say the legs aren't. Thanks, God :)

5'11" Samantha wrote (May 9th 2010)

I'm in highschool right now. I'm only a sophomore and I have started feeling better about my height. I used to hate it soo much especially since I couldn't walk by someone without them commenting on how tall I was. Even now everyone asks me if im a model or if i play basketball or volleyball. This still bugs me but it's more of an angry thing, not a sad thing.

I wear 2 inch boots just about everyday. I love heels and nothing will keep me from wearing them!!!

Whenever someone comments on my heels I say "I'm already taller than everyone anyway, what difference are these heel really going to make?" Tall is beautiful!!!

5'10" Erica wrote (May 8th 2010)

I am in high school and I have never even been kissed by a boy. They are all really short. I used to think cause I wasn't pretty enough but I learned it's because I am too tall. Don't let them get to you. I'm sure once we get older guys will adore us.

Joerg says: Trust me, they will! It's just a matter of time.

6'1" Sara wrote (May 8th 2010)

I used to absolutely detest being a tall girl, especially growing up in a small town where people aren't very accepting of different people, but when I was 19 I took my first trip to NYC, and for once I wasn't the minority, there were tall girls everywhere. Not only was it a refreshing change of pace, but everywhere I went I got invitations to model. I finally felt beautiful, not weird. Being tall is difficult when you're growing up, but difference is what makes the world beautiful, and these days I'm happy to be a part of that tall females club. When someone says something rude about your height, just keep in mind that you're intimidating as a tall girl, but rather than feeling bad about it, use it to your advantage and rule the world, tall girl, those legs are too good to be wasted! :)

6'3" Jheri wrote (May 4th 2010)

It is very good to see a string of positive messages!

I'm very happy and proud of what I have height-wise and wouldn't trade it. There are some problems, but even more opportunities. Just learn how to use it. It certainly helps me with my basic shyness and I've met a lot of good people that I probably wouldn't have if I was closer to normal.

Probably the most gratifying is that a lot of kids think it is "freaking awesome" that I'm tall and that can be a lot of fun. I think we can teach them a lot about acceptance.

At some point along the way I finally realized that I was pretty unique and could have my own style. I'm still learning, but start figuring out yours.

6'2" Susan wrote (May 3rd 2010)

Good words from both Renee and Cort... Very true on both counts.

6'0" Renee wrote (May 2nd 2010)

Hang in there young ladies. I am 52 years old and 6'0" and was tall when it wasn't cool and I saw NOONE female that looked like me. Plus I was skinny and was called Olive Oyl, Ethiopian Hunger Poster, Momma Long Legs and Zipper Woman (you know, if I stood sideways and stuck out my tongue I'd look like a zipper!). Well I'm here to tell you things got much better in college and have gotten better ever since. Now I'm over 50, tall, and I'm told... fabulous. So hang in there. It will really come in handy when your shorter, formerly sexy counterparts begin to gain that over 35 poundage. You will carry it well and they will look like "240 shorties". My daughters are 20 and 21, 5'11" and 6'0" and gorgeous. Stand up straight, be confident and learn to love who you are. Tall is beautiful!! Renee

6'2" Cort wrote (May 1st 2010)

What's up, yall? Some of yall are upset at not having a boyfriend. I know how that feels. I am 19 and here's the thing, I NEVER dated until college. Guys were intimidated, and ladies it's true... in college guys like tall girls, legs. HEEEELLLLLOOOOOO. So for you high school girls: I know it sucks but let me tell you, you walk into college confident and beautiful you will have guys LINING UP. And yes, they are tall. So just be patient, know you are beautiful and that guys are just too insecure to handle the height. =)

5'11 1/2" Riley wrote (April 30th 2010)

I'm 16, and overall I really just hate being tall. I don't want to be whiny, and I know you've heard it all before, but I REALLY want a boyfriend. And even the guys that are taller than me go for the petite girls, and life seems really unfair. But then I see girls that are the same height as me with boyfriends, and I don't get it! And I don't want to seem conceited, but I'm pretty and I have a good personality, but guys just don't like me! :(If anybody has any advice for me I'd really love to hear it.**6'2" Christine wrote (April 30th 2010)**Hi, All. Ok, I admit it, I'm going to rant; please bear with me. Thanks :) I am SICK and TIRED of reading these articles about very tall women beyotching (that word's allowed eh Joerg?) lol... about their size when they have husbands, children, etc. I have had bf's (even lived with one for 7 years when I was young) BUT haven't found "Mr. Right". I'm 45 years old (and not for much longer); I'm not completely giving up, and I'm sure marriage is not perfect, and I am NOT unattractive (I too was often asked/told I should model too), but I'm sure part of the reason I'm not married is my height etc. SOOOO, I hope that will make some of you other tall gals stop complaining, I am too "ahem" mature to ever have children now, and I don't know if I will find Mr. Right; (but again having some hope). Hope I made some of you realize what you have.

Peace**6'0" Victoria wrote (April 28th 2010)**Hey, I'm 15 years old and from a SMALL town! I'm the tallest girl in my whole school. I used to love to wear heels but I got sick of all the boys saying "Victoria, is there any need of you wearing them heels?" :(I figured it would be easier to just stop wearing them. All my friends have had boyfriends but where I'm from no one wants to go out with a girl taller than them. Also I always have to sit at the back of the class cause I get in the way of people sitting behind me. However, when I read all these comments it sounds like it gets easier and I'm beginning to accept my height and learn this is who I am :) Thank you to everyone for leaving comments! You really do help younger girls like myself gain more confidence and understanding of themselves!**6'0 1/2" Kimberley wrote (April 28th 2010)**Hi everyone :o) It's amazing to see how many lovely tall ladies there are out there! I've come to love my height over time, especially my long legs, and I'm usually not scared to go out in heels, often a few inches high. I'd just like to say that you should all be so very proud of your height; stand tall and hold your head high! You'll stand out more if you're slouching in an attempt to blend into the background. You're never going to, and why would you want to? Put on those heels and be beautiful. You're the envy of so many x**5'10 1/2"**

Rossana wrote (April 25th 2010)Hi there! I'm so glad I found you guys, after reading some comments I feel that finally I have people I can share my thoughts with... people who truly understand me. I'm 5'10 1/2" (something around there, every time I take my height I get something between 1.78 and 1.79 m). Anyway, I would say that I am not totally unhappy with my height, I actually learned to like it and enjoy it, but when it comes to heels I feel just... sad, frustrated, reallyyy unhappy about my height, because I really wish I could use heels. The thing is, I don't have the confidence to wear them, and having my friends saying that I shouldn't wear them coz I'm tall enough already really doesn't help at all! I used to two or three times and it wasn't that bad (I got some compliments from some people saying that I really looked nice), but I was uncomfortable because I felt like the tallest person. I don't know... I just wish I could be a little shorter. Maybe I wouldn't feel so bad about my height when I'm around short people. Anyway, I'm glad I can share my thoughts with you guys and I

hope I can be inspired by you ladies and learn to embrace my beautiful height.**5'10 1/2"**

Wendy wrote (April 23rd 2010)My boyfriend John is only 5'6" and I still love to wear heels. I feel proud to be seen with him but most importantly our love for each other overcomes all difficulties and pressures. I am 52 and he's 43 so in spite of being ribbed by people it makes no difference.**6'0" Devy wrote (April 21st 2010)**Hello ladies - I have loved reading all of the posts here on the website. I am 6'0" and the shortest in my family. I am married to a 6'4" man, and we have very tall children! I never had a problem with my height, having an older brother that is 6'11". Young ladies -enjoy your height, and know that you are beautiful! Tall ladies always receive attention - just smile and nod! Enjoy yourselves!!!**6'3" Jheri wrote (April 16th 2010)**[Christine](#), it is hard not to be positive. Once a person discovers she can be proud of herself and do good you become happy and that is what is truly beautiful in a person. Yesterday I biked to [StrÅ, get](#) which is a huge pedestrian shopping area in KÅ,benhavn (Kopenhagen). It was high five day in the US so I used that as an excuse to give them to unsuspecting Danes over lunch and later in the day. All in all there were 37 including a few interesting conversations and two guys asking me for a date :-)) I recommend this as an activity for tall women, especially the younger ones, as it is an excellent way to turn stares into smiles! I think it is very important for the younger talls to realize many of us come to realize we don't have to worry about being tall and can even come to accept and love it. For me the only downside is things don't fit very well, but that is really an opportunity if you want it to be.**6'2" Christine wrote (April 14th 2010)**Hey Joerg, no problem about the mistake between the names in my email of April 11, 2010, it's been rectified now. You just showed you rock even more by admitting that mistake :), we all make em :)[Jheri](#), it seems to me that you rock! I hope that young girl "[Julie](#)" (the 12 year old) will be encouraged by you. I'm sure you encourage many. I know you guys have heard this before, but when I was a teen and young adult there was no such thing as the internet, nevermind cool guys (men);) like Joerg, who admires and appreciates tall women and have made such a great site promoting us and giving us some community. I know there's a few of us older gals who write on here (besides me). LOL.....[Jheri](#), PLEASE keep spreading the positivity. I remember when I was in my early 20's I used to "dream" that there would be a "Tall-land"lol... it saddens me too, to see soo many negative comments, and what's up with some talls wanting an operation to make them shorter ARGHHH, not only is this very dangerous, it wouldn't make that much difference anyway, AND talls that want to do this operation, well it's like they are not accepting their own being other very tall people. Ok, I've written a book. Peace :D **6'1" Naomi wrote (April 14th 2010)**I love being tall. My roommate is 4'10", and we get SO many double takes, it's great! I used to be self-conscious about my height, but in the middle of high school I started seeing the positive side and now I think it's wonderful. People comment on it all the time, and it's a great conversation starter ;p LOL. But I've found a guy who's taller than me, and I love wearing heels and showing off my legs. It's so fun! I DO wish I was athletic, though. I'm sure all of you get the "do you play basketball?" question a lot too... but I'm a singer and I like it like that :)**6'3" Jheri wrote (April 13th 2010)**It is great to see the recent positive comments. A friend of mine who has helped me embrace who I am is very big on making others smile and spreading happiness. She happens to be tall and uses her height as an excuse to help people smile - for her the extra attention is something that can be used for good. For a few months she has been spreading high fives to strangers and those you know by sight, but not deeper. She says April 15 is high five day, so it is a gret time to spread this. Here is a video she made that shows how to do it: <http://www.youtube.com/watch?v=dy8qaXblebELittle> kids love it, as you can see from the video. So give it a try. It is a natural for tall women as people look at us. I've done it a few times and the best way is to make eye contact with someone and ask them if they'd like a high five. Sometimes I smile and say "you look like you could use a high five". You will find it turns that look into a smile for both of you. It is a bit hard at first and you may want to try it with your friends. If you aren't quite as forward, try smiling at

someone and maybe saying "hello". The world needs more happiness and this is a way to bring just a bit to your corner. Spread the video around and give it a try... Wouldn't it be wonderful if tall women became known for spreading happiness in public like this? You might even meet some interesting people. The last time I tried it I ended up with a nice chat with a couple from Scotland. And if you are in school and can't get the attention of some guy, try giving him one. He might be impressed.

6'2" Christine wrote (April 11th 2010) OOOPS! I made a TYPO! I meant "Right on" to [Gabriella's](#) and [Julia's](#) comments (I typed Julie by mistake). [Julia's comment](#) was added on April 10, 2010. [Julie's](#) comment (added March 29, 2010) was VERY negative. This girl hates her height and is only 12, hopefully some of you young girls can encourage her with positive things, she needs it! Sorry for the original mistake.

Joerg says: As a matter of fact it was **my mistake**. I thought you were referring to [Julie](#) so I corrected it. You did write [Julia](#) in your original comment. I'm not sure why I thought you were talking about [Julie](#). Dang!

6'2" Christine wrote (April 11th 2010) Right on [Gabriella](#) and [Julie](#)! Great attitudes!!! THAT is the way to think!!!! I'm an "ahem" old tall gal at 45... for some of those tall girls that think it's tough being tall now??? My gosh imagine, 30 years ago, when I was 15 how tough it was! It was by the Grace of God that I survived it. The perception of the very tall woman has changed FOR THE BETTER; the clothes, how we are perceived etc. It is sometimes still tough, but hey, it is who we are. We need MORE positive comments on this site, obviously God did NOT make all girls short (although, believe me, I know it feels like it at times). We must encourage each other, young, middle aged, old... tall is tall, let's be proud together :) with love, Christine xoxoxoxoxo

6'2" Susan wrote (April 11th 2010) In response to [Gabriella's comment](#): I COMPLETELY agree!!! This is to all tall women out there, appreciate the beautiful bodies you have. As I have said before this would be a really boring world if we all looked the same had the same body types, etc. Who cares (you shouldn't) if your boyfriend/husband is shorter than you. Nobody else is with him other than you. Sometimes if someone is being obnoxious you need to stand up and address the stupidity.

6'0" Gabriella wrote (April 11th 2010) It does concern me that there are a lot of negative comments here because there are many women that do want to be tall believe it or not! Being tall is a POSITIVE attribute and there is nothing one can do about it! There is nothing wrong with us! God made us in His PERFECT image so there is nothing wrong with you! I make sure that I dress like a model, wear make-up, dress up, wear heels and exercise to keep my Beyonce shape. One thing that one has to realise is that you have to embrace it as that is how God made you and you might as well enjoy it. As my Dad always said to me, "you are tall so you might as well make sure that you give people a good reason to really look at you". I am told that I am striking, beautiful, that I dress well and asked why I do not model. Its not all negative because I give them more to talk about than just my towering height. Imagine if all tall women actually embraced their heights??? We would be much happier for starters and we would be a force to be reckoned with.

6'1 1/2" Joceline wrote (April 11th 2010) I'm Joceline... I need ur help. Does it matter if ur bf is shorter than u by about 2' 1/2"? Everyone laughs at us though.

5'10" Julia wrote (April 10th 2010) I've always loved my height. I'm 13 and just barely 5'10". You should be proud to be tall, it's a gift. All my friends are short, and we always joke about it. I've never needed to get a stepping stool to reach something on the top shelf. I've always been tall. Even in Pre-School, I was taller than everybody else by about an inch or so. If you don't love yourself now, think about how lucky you are to not be short. You never have to worry about something making you look short, because you'll never look short. You don't have to worry about looking stumpy because of the way something fits you, you have amazing legs and nice, long, elegant arms. Think of yourself as a model, because all models are tall. Don't even worry about being skinny, either. I'm thick, and when I say it I mean it. I have curves bigger than the hills in Ohio, but it doesn't matter. When you're tall, you look good at any weight. It just comes with the territory. So, love yourself. This is what you've been given, love it and have fun.

5'11 1/2" Stephanie wrote (April 7th 2010) I love

being tall! If I put on 5 pounds you can't tell! I used to be ashamed of my height when I was growing up. I was taller than the boys in junior high and I felt awkward, always wanting to be small and dainty like those cute girls you see. It wasn't until I was done with school and started working that I realized how great being tall was. Everything looks good on tall girls, we don't have to worry about looking short and frumpy. We don't have to pull out stools to get something from the top shelf. Being a tall girl is something to be proud of. Even in the men department... men LOVE tall women, it's all about the legs, ladies!**6'3" Jheri wrote (April 6th 2010)**[Megan](#), the general way to get into a relationship is by dating a lot. Some of the better dates will lead to more of the same and feeling will deepen. But getting experience dealing with guys and learning about them through dates may be more important. Are you going on dates? If so are the guys not very good? I think there is a lot to be said to just dating without thinking about every date as potential relationship material. Try to have some fun and gain experience. I don't know if you have problems getting dates, but a lot of tall girls do. I certainly did. Most teenage guys lack confidence and are very afraid of rejection and what others might think. I know some amazingly stunning women and all of them said they never were able to get dates as teens - the guys were terrified of them. A good way to handle this is for you to do the asking. There is nothing that says you can't. Almost all of my good dates have required me to do this. It takes a bit of courage to go ahead with it, but it is a lot better than sitting around and obsessing about not getting dates. Also don't worry about making sure every guy is going to be perfect. You should be looking for having a good time and learning about guys rather than finding "the one" ... Try going out with some of the guys you already know. And you need to be at the right point in your life when the relationships start to come along. They can be very diverting in terms of time and emotional energy and you need to balance that with what you are doing or it will suffer. The friendly and casual relationships are much easier to manage and allow you to have your own life - really important if you are still in school!**6'0" Tuchi wrote (April 5th 2010)**I am 16 years old and six feet tall. My mom is 5'4" and my dad is 5'5". All my life, I've been teased for my height. Coming from an Asian background, where the majority of women are no taller than 5'2" I have always felt like an outcast. My mom is actually considered tall and 'big-boned' in her family. No one in my family is as tall as me! They always make 'jokes' and say I must be adopted or Yao Ming (the basketball player) must be my father. Growing up, my own family would say harsh things like, "You'll never find a boyfriend or husband tall enough for you." And they have drilled that into me ever since I was a little girl. It's not until recently that I have 'accepted' my height. Although, I wish I was shorter, I've learned to live with being tall. Even though, we all know it could be very hard at times.**6'2 1/2" Ali wrote (April 5th 2010)**[Megan](#) - I know exactly what you mean, it seems unfair to see all your (non-tall) friends in and out of relationships, unfortunately being tall means that we do have a smaller selection. I didn't have a boyfriend or any tall guys I was interested in until I got to Uni (sorry, college means something else in England) and then guys suddenly seemed to pop out of nowhere! I got into my first relationship and have had other guys interested. Also, it's amazing how many girls haven't been in relationships, so don't worry about rushing into anything before you go to college, I can guarantee that you'll meet an amazing tall guy when you get there!**6'0" Sasha wrote (April 5th 2010)**For all you girls that are dying to be "normal" just know that normal is overrated. Why conform and blend with every other being. Trust me, if you girls were short and plain, you would die to be model-esque and unique. The world fixates on the negative and ignores the positive. We expect happiness, but any hardship is labelled an injustice of some sort. I lived my grade school life as the giant that never fit into the social circles, so instead I created my own standards. Slowly but surely people followed, people were intrigued by my confidence. I'm 20 and overall happy. Happiness and sadness is a choice, not an easy one, but still a choice. **6'2" Megan wrote (April 4th 2010)**I have never really complained about being tall. People are always coming up to me telling me they love my height and think I am

gorgeous, but being 17 and tall has made me wonder why I have never had a boyfriend. I have seen all my friends go through relationships, and even if some never work out I sometimes wish I could just experience something like that once before going off to college. I don't know if most younger guys are just intimidated, but I can never seem to find a good enough guy taller than me. So if any of you ladies have any advice for me, I would appreciate it so much!!!!

5'10 ½" Linda wrote (April 4th 2010)Last night I was out to dinner with some friends; men included. There was a girl in the restaurant who was wearing 3-4" heels, a very short skirt, and she was NOT thin. She was VERY VERY tall! The women at our table thought she looked huge, but let me tell you girls... the men at the table absolutely DROOLED all over themselves when she walked by our table! It was the way she carried herself that made her so attractive to the men. She walked with her head held high and you could just feel her confidence! Like I said before... she was a little on the thick side, but was just as sexy as any supermodel. All eyes were on her! So let this be a lesson to you girls who don't think they can wear heels. Confidence is the key!!!!

6'3" Jheri wrote (April 4th 2010)I see my buddy [Colleen](#) is currently on the [homepage](#) of tallwomen.org. Read what it is about because she says it better than I can. She is very comfortable with her height around people - it is just all of the man-made things that don't fit very well that bother her. She loves cooking and she and a friend had a place make a simple solution that can be made no matter what your height to help out. The initial results were so good that [AWP](#) decided to offer it as a product. I'm not as tall, but mine helps enormously when I work in the kitchen. I can't imagine being without it. Another friend is a bit shorter still at 6'1" and it is great for him too. I keep hearing so many complaints about things that don't fit and cause problems. There are solutions out there, so check them out and treat yourself to some comfort. Even getting in contact with the places that make this type of item is important as it tells them there are potential customers and they may come out with other products. If a friend or someone in your family is tall, this sort of item can make the perfect gift. I have given one of these and the person who got it said it was the best gift she has had in ten years and it has made a big difference in how she cooks. Look around and list the things that bother you and come up with your own solutions where you can. You can be a lot more comfortable. Little people use stools to make much of their homes accessible. There isn't any reason why we shouldn't make a few changes so we are comfortable too. It is part of embracing our height rather than trying to pretend it doesn't exist. Relationships and clothing that fits are great things to talk about, but there are other areas where changes can greatly improve our lives. What would you like to see?

6'2 ½" Ali wrote (April 3rd 2010)Hello to all you fellow tall ladies! I'd like to say to [Julie](#) first of all that when I was 12 I was 5'11" and absolutely DESPISED it! It felt like everyone was staring at me and I got some pretty nasty comments as everyone was a good foot shorter than me. However the guys suddenly seemed to shoot up and then the height difference was far less dramatic! So what I'd like to say to you is that it will definitely get better, it's inevitable that you'll look older than you are for a few years but don't let that define who you are. Also, older guys are hot! Now I'm 18 and at University things have changed dramatically and I've discovered that the really tall guys (and there's plenty of them!) absolutely love tall girls! Although I'm still not loving the height, I will grow to (excuse the pun) and am happy with it for now. So chin up tall girls! Just remember there's a reason they choose tall women to be models, and we get the longest of all legs!

5'10" Sara wrote (March 31st 2010)I have blue eyes, a coke bottle shape, long black hair, a cute face ANDDDDDD the height of a supermodel. I feel like I've won the physical lottery! :) I can understand it being hard for the women 6'1" and up but for the rest of you: come on suck it up :) :) Every woman should love who you are. Don't be afraid to stand out! :) My sister is just as tall as I am. MEN DROOL OVER HER EVERYWHERE SHE GOES! She doesn't even realize it! A lot of women probably don't.

6'2" Susan wrote (March 30th 2010)Good points, [Carrie](#)! I wanted to address one of your points as to find some tall friends (preferably women but, men are good

too) for friendship, support, etc. I have noticed when I have attempted to make friends with some other tall women, it seems like they don't want to be friends w/ you because they are so insecure about their height that being friends will only remind how tall they are? Not saying all tall women, because I work w/ a couple of tall women, who are coworkers and one it took quite awhile before she would talk to me. I thought oh well, not my problem. I am not going to change and if you are so insecure with your height that is something you have to make peace with. I have said before and told my daughter, who is gorgeous at 9 yrs :). The Lord doesn't make junk... He must like variety you can tell in everything from the people on this earth to the plant life, animals, etc. In response to your comment on networking w/ other tall women. I have had that occur several times when tall women have come up to me and asked where I get my clothes, shoes, etc. Also, I have done the same and made some friendships in the process. Take care-

Susan 5'10" Ariel wrote (March 29th 2010) I am 16 and will probably grow to be around 6'0"-6'1". My dad is about 6'1", and my mom is 6'0". She stopped growing when she was 18. So that's what I'm expecting. I've been an average height, even a little bit shorter, all my life until I was 14 or 15. I was 5'8" at 15. :) So yeah. But anyway, I posted before, and I just wanted to say I REALLY LOVE BEING TALL NOW!!! :) Really!!! I'd love to be 5'11". I'd be OK with being 6'0". For some reason I definitely don't want to be over 6'1", but yeah, I just really like being tall now. :) I have a pair of 2-inch heels I like to wear. Teens who are not feeling confident with your height... get over it! It is AWESOME being tall! People are SOOO jealous of us. BEING TALL IS A PLUS, can't you see it?? It's way better to be a tall, self-confident, happy person than a tall, depressed, insecure person. So put your shoulders back and chin up, even if you don't feel like it. Smile. It'll kick in eventually. :) And get a pair of heels... it'll make your "real height" seem sooo short when you're not wearing them, lol! The only thing that bothers me is that my front is really, REALLY out of proportion to my height, which drives me crazy. It really doesn't look good. So well-proportioned tall gals, be very thankful. :) **6'0 1/2" Rebecca wrote (March 29th 2010)** Hang in there, my tall ladies!

Especially the wonderful tall girls in high school. I am 30 now, but it is a common experience to not like being tall in high school. The majority of very tall girls do not have boyfriends until college or beyond. This is normal, so don't stress if it takes awhile for guys to grow up. As for tall comments from strangers. If you are feeling snarky, the immediate "how much do you weigh?" is always a good response that usually makes THEM feel awkward. If I get, "wow, you're tall" and I'm feeling silly, I say in a shocked tone, "Wow, those are pants!" (while pointing to their pants) or "once again Captain Obvious saves the day." BUT TALL PEOPLE, HAVE A SENSE OF HUMOR ABOUT YOURSELF! I know, I know it's hard. Some days strangers' comments end in tears in the car. But think about it... do people say, "wow, you're fat/ugly/old/in a wheelchair" ??? No, because when strangers point out your beautiful tallness, 99 times out of 100 they think it's great or amazing or incredible. If they thought it was a bad thing, they would keep their mouths shut, just like they do about everything else. So when somebody says it to you, assume they like your height. They don't realize how rude it is because they don't realize that you are self-conscious about it. When a stranger makes the comment, I usually respond playfully with, "I know, isn't it great/sexy/beautiful/hot?" ALWAYS the response is "Absolutely!" So turn that awkward moment into a forced compliment!!! Sometimes it's fun to make a biting comment, but you will feel better about yourself if you just try that little trick (and you may be surprised at how many good things people will say to you!) It may be lonely at the top, but tall women make more money, get promoted faster, live longer, are respected more, and are smarter. (Check out Arianne Cohen's "[The Tall Book](#)" if you don't believe me) Tall women excel in sports and have the one thing that both men find irresistible and women covet. Long legs!!! My 6'0" mama always said "When you are already really tall, wearing flats ain't making you any shorter! So just put those heels on and look fabulous!" **5'11" Julie wrote (March 29th**

2010)Ok, so I know that I'm lower on the scale for height, but here is the thing... I'M ONLY 12 YEARS OLD!!!! I'm so awkward around school and all the dudes hate me because of my height! I ended up getting scoliosis from hunching over so much by trying to fit in!!! Everywhere I look people stare at me, and people expect me to act older because I look older! Because of this I am more mature than the average 12 year old. I hate being tall!!! I just want to be normal for once!**6'3" Jheri wrote (March 28th 2010)**Here is a bit more about feeling good about yourself. I have come a long way from when I was a teenager. Being happy with yourself gives a confidence and other people will sense that in you. It is very attractive. There are lots of ways to develop that, but for tall girls and women clothing is usually seen as one of the big problem areas. Finding clothing off the rack is a big problem. I have problems in speciality stores as I'm also very thin. A trick is to start developing your own sense of style and learning how to modify clothing or have someone help you. Finding a good tailor is important and their services are not that expensive. I have one who sees me as "her challenge" and that makes it a lot of fun. Find a friend who is interested in style. Not just leafing through celebrity or fashion magazines, but someone who wants to find her own style - that is much deeper. Learning how to do this takes time and it is good to have someone help you with this and you can help them too. It doesn't matter how tall they are or how much they weigh. The idea is to figure out what works and maybe blaze some new ground. There are a lot of sites and blogs that spend time on this. Google on "street fashion" and "street style" and you'll find some. One of my favorites is <http://streetpeeper.com/>, which shows what guys and gals are wearing around the world. You will get ideas. I spend time in second hand clothing shops and some craft shops. If you buy used stuff you don't worry much about modifying it. If you aren't in great physical shape, work on that. I'm not saying get thin, but get healthy for whatever body type you have. Learn to have great posture and ask friends to watch you and point out when you are doing it and when you aren't. I'm always curious that so many tall women talk about heels as some sign that they accept themselves. I don't see it that way at all. Sometimes they are called for, sometimes they aren't. Just make sure they are comfortable and you know how to walk in them or people will notice how awkward and ungainly you are. It isn't something you will be good at instantly, but this can be a lot of fun and it is a good way to route around the lack of clothing. Pretty soon the friends you are working with on this will be figuring out things for you and you will be figuring out things for them. A lot of average and short women who do this do a lot of modification too - it isn't just putting together rack or designer clothing. **5'10 ½" Suzy wrote (March 27th 2010)**Hi, I just stumbled across this site and haven't had time to look at all the post but thought I would share the following, apologies if I'm repeating: When people say "How's the weather up there?" respond with "Why don't you grow up and find out?" or "Do you play basketball?" respond with "Do you play mini golf?". I say these responses in a very jovial way and gives a laugh to everyone. I suppose it could come across rude and bitter if said the wrong way or to the wrong person but said cheekily and to the right person it has the right affect :) I'm 32 and it is only recently that I've started to embrace my height by trying to wear high heels, though so far unsuccessfully. Need to build ankle strength and get better posture after years of slouching. The two major obstacles with being tall are boys/men and clothing. Clothing is becoming much easier with extra length pants but all my height is in my legs and even long length is too short. Stumbled across a gem with [American Eagle](#) jeans they have extra long jeans!!!! One has to order them online but if you go to the store they do it all and you get free shipping. As for boys/men I still haven't figured that out yet. I just can't seem to overcome dating a shorter man. It has less to do with them being short but more me being tall. I suppose I still have a way to go in embracing my height. Short girls love dating tall guys thus taking away from my already limited pool. Anyway will try to work on this :) **5'10 ½" Jasmine wrote (March 27th 2010)**So I am a 16 year old junior and go to a really "small" school. It's so hard for me being this height because all my best friends all have boyfriends and girlfriends and they are all a lot

shorter than me and I am the only single person in my group. I know that if I was a few inches shorter that boys would ask me out more and I am very self-conscious about my height. This website is great and it's nice to know that maybe later when I go to a "bigger" school and am older I will start to like my height. Thank you for the encouragement!

5'11 ½" Char wrote (March 26th 2010)Hi, I'm 15 years old and 5'11 ½". I'm the tallest girl in my year group at school and the 6th tallest person in the whole year (including the boys). At first I felt really awkward and self-conscious about being looked up at all the time - I mean I mostly hang around with boys who aren't even taller than me - but I've grown used to it and now I'm fine with being so tall. ^-^ I think over time everyone else has gotten used to it too. I rarely ever get mean comments like "spider legs" anymore :

36'1" Arina wrote (March 25th 2010)To [Kesha](#): Hi, I am 39 and 6'1". When I was 16 and already was 6 feet tall I dated a guy who was 6'4". Everybody (including my grandmother) was telling me: "Oh, this is great, hang on to him, he is tall enough for you." When this jerk of a boyfriend treated me horribly everybody was telling me the same thing: "But he is so tall, he is right for you, you need to work it out." That made me very angry. It sounded that just because I am taller I don't have a right to find true love, somebody who is "right" for me not heightwise, but just right, a soulmate. We broke up. Then I met a guy who became my husband (now ex-husband) who was 6'3" - just right? Well, it didn't work out. Now my husband of 7 years is a wonderful guy who is 5'11". I wear heels, not outrageously high, but still big enough to make me taller than him. So what? We are HAPPY, and I know he is JUST RIGHT for me. Kesha, don't get depressed, you will meet a guy, who will fall in love with you and who will appreciate you not because you are tall or short, but because of how terrific you are!

5'10" Karen wrote (March 23rd 2010)(Ok, 5'9"-ish, but if I stretch, I can make 5'10"!) I think women are getting taller. As a teen, I was self-conscious about being tall. (That was decades ago as I am 45 now.) I remember during my last year of high school, tho, I began wearing heels to class a lot. Confidence comes with maturity. Nowadays, I absolutely LOVE seeing tall young women, especially if they are in heels! I find myself standing just a little taller when I do! My fiance is 6'3" and loves-LOVES that he doesn't have to bend over to kiss me. :) In the last five years or so, I've accumulated a nice collection of 4-5" heels, and shoved my dowdy 3"-ers to the back of the closet. Know what makes me sad? Seeing a tall young woman slouching, or wearing flats when heels would have been more appropriate (like with a dress). I just want to go over to her and tell her she is beautiful! (And stand up straight! lol)

5'10" Diane wrote (March 17th 2010)I'm 60 years old. When I was a teenager it was very difficult for me to be so tall in a community of short Germanic women. They made such stupid comments about my height. A certain pay off comes with age. I can gain 10 lbs and it doesn't show on me, but if the shorter women gain 10 lbs, it SHOWS. Height does add to beauty.

5'11 ½" Lola wrote (March 18th 2010)I'm nearly 6 feet and slim. I hated my height when I was young: I grew early and reached nearly full stature by the time I was 12 or 13. Other kids called me ,giraffe' in school and none of the boys wanted to date me. When I was 19 I moved to a big city, and suddenly the tables were obviously turned: my height was an asset that got me through doors I wouldn't have accessed otherwise, at least not without working harder for it. After that I liked being tall more, but I still had fear of high heels and shorter boyfriends. Then recently I lived in Japan. This turned my height into something so much more extreme than it had been before: I was literally towering over the other people everywhere I went. I was in Tokyo and invited to a lot of fashion parties and I decided, screw it, I'm wearing heels! I did and I was HUGE and they loved me, it was really intense but nice. This experience finally let me be comfortable with my height: going to that extreme and returning home I felt invisible if I went out in flats, I felt small and ,normal', and even though that's what I'd always wanted, it didn't make me happy. It still takes guts sometimes to exit my house at 6'3" in my heels, but in learning to do so I feel empowered, sexy and free. My mom was right: my height wasn't a curse, it's a greatest physical gift my genes gave me! Height equates a kind of psychological power that's actually

meaningless, but very much alive in the instincts of people.**5'10" Claire wrote (March 13th 2010)**I am a tall, slender woman and spent my childhood and teen years hating the way I looked, but I am happy to say I have gotten over it. Truly! I stand up straight and walk with confidence, wear what I want and am proud to be a member of the tall women's club. I know I am attractive because both men and women have told me so. I am half an inch taller than my husband and it doesn't bother him a bit! Women need to stick together and stop buying what society tells us we ,should' look like. All women have individual qualities that make us special and height is no exception. My daughter is turning out to be tall like me and I am teaching her to take pride in her height and treat it as the beauty accessory that it is. Stand tall, ladies!**5'11" Jessica wrote (March 12th 2010)**The only thing I don't like about my height is that I can't wear heels. It is so hard for me to find cute low heels. They are all so ugly! I don't understand why people don't make cute low heels. Also, I am always taller than the guys I date. =(They don't mind but I do. I do believe I am pretty and everybody tells me I am... but, ugh! I am so tall! I wish I was like 5'8". **6'3" Jheri wrote (March 12th 2010)**To [Denisa](#): Be very happy you never had the hormonal treatments! It is still done. but is mostly considered unethical these days. There was no science behind it - just hunches - and it ruined a lot of lives. Infertility, overweight issues, cancer, diabetes and depression have been directly connected to this treatment with premature deaths as a result. To rub salt into the wound some work suggests it isn't terribly effective - 4 cm at most, probably 2 cm or less in most cases. Some follow-up studies have shown that height reduction did not lead to an increase in happiness and the health risks contributed to a lot of unhappiness. The frightening thing is there are still quacks who will do it. The page Joerg points to is useful, but a new book has come out on the subject called "[Normal at Any Cost](#)" by [Susan Cohen](#) and [Christine Cosgrove](#). I strongly recommend the book to anyone interested in this sort of thing. It also spends a lot of time on the equally frightening things that are done to increase height. Part of the story even involves cannibalism (if that isn't enough to interest you in the book, nothing will :) My parents were urged to consider it for me even though it was considered medically wrong 14 years ago when they were looking at it. Fortunately they didn't. My pediatrician had a problem with tall girls and tall women. P.S.: I'm very comfortable with my height. **Joerg says:** You're not suggesting that tall people are cannibals, right? I'm a bit worried now!

 **6'0" Denisa wrote (March 12th 2010)**Hi, I am 38 years old and I still blame my mother for not giving me hormonal therapy when I was a child, which can lead to height reduction. I live quite lucky life, I have a husband, daughter and I am told I am beautiful, but I still really, really hate my height. Regards to all tall women. **Joerg says:** I'm glad your mother decided against it. You cannot underestimate [the side-effects](#). It's better to be **6'0"** and healthy than **5'10"** and sickly. There is more in the [Health Section](#), by the way!**6'3" Jheri wrote (March 12th 2010)**I've been following the comments for some time and it bothers me to see how many are negative. When you are growing up almost everything physical seems like a problem. It doesn't matter if you are tall, short, thin, heavy - girls obsess on the physical. Most of us grow out of it, but it can be a confusing and maybe not so happy time. With some it continues as an adult and that is not good. I have a list of things that are "wrong" with me and height isn't the biggest one. Over time I found that your personality is more important - it is who I am rather than what I look like. If you are happy and self confident other people will sense this and they are going to want to be around you. This is something we can all work on, so I will propose doing happiness exercises and sharing with others great tips. Doing and sharing are the important words! For me there are many things that make me happy. Some are things you just do by yourself and some you do with others. It takes some nerve to just go and do things with others if you see yourself as different, but try to push yourself. Maybe go out with friends and do it. Concentrate on the time you are having and let the smiles come through. It is Friday and tonight is dancing night for me. There is a swing dance club that I love. Some of the people are older, some younger, all are shorter, some are good dancers and

some are not so good, but none of this matters because we all have a great time. People will see you for who you are rather than what you look like. I have mentioned [Colleen's high fives for happiness](#) before. This is something that is tailor made for tall women. I tried it. You need to build up a bit of courage, but just ask someone if they want a high five when they are looking at you as you are walking towards each other. Some won't - they'll look away and not say anything. Just forget those. Others will be game to try it. She mentions the trick of watching their elbow to get it right. Give a big smile when you do it and you'll get a big smile in return. It feels wonderful. I was happy for hours afterwards. For real fun try it with little kids. Watch the little boy in her video. I mentioned it to a woman in the US who tried it from her bike. Check out [her blog post on it!](#) This is really fun. Give it a try and if it works out for you put a comment on Colleen's or Heidi's blog. And mention it here. I guarantee people will see you as more attractive if you are walking around with a happiness on your face and in your walk. What are other things that work for some of you? List them here and encourage people to do them. Maybe we can make a list of a dozen exercises that are easy to do, will make others happy and will build self confidence at the same time. Don't just complain about something physical like height. When you read the comments here you'll see some love theirs and others don't. The fact that some do means you can too - or at the very least you can get to a point where you don't care. Seek the positive and try something positive with other people. Remember there is this myth that women are supposed to look right and fit some sort of ideal and somehow that will make them happy. It is just a myth. Happiness comes by doing and learning to enjoy who you are as a person and appreciating others. It is a very active thing and you just can't be passive. Let's make people think "wow - look at that smile, wouldn't it be sweet to know her" when they see a tall woman. As the ad says: "Just do it!"

5'11" Lulu wrote (March 12th 2010) I was always a little subconscious about my height which led me to slouch a lot (so I could be at the level of people's eyes when I talk to them, instead of awkwardly staring at the blank space above their heads!). But then I heard a song that said "Walk tall, you're a daughter, a child of God." Even if you aren't religious this quote is true. You are great! You have divine potential and many reasons to be proud of yourself. So walk tall! Don't be afraid of who you are! It's beautiful! ALSO... make tall friends. I recently became friends with an amazing girl who is 6'3"! I feel so comfortable around her! I even wore 4-inch heels to a school dance! :) Haha, she wore heels too. Why not! Tall is beautiful!

5'11 1/2" Rachel wrote (March 10th 2010) Hi everybody! This website is so great! I have always been tall for my age and I really do hate it. I really get sick of people standing next to me and saying "I feel short." In my head I am thinking "... no, you're not short. You are perfectly normal." Guys don't dare talk to me because they feel intimidated by my height (though I do think it's funny that some of them envy my height) and it doesn't really help all that much that I am a tomboy already. People tell me that I am beautiful and that I would make a great model, but I just don't see it. My family refers to me as "the amazon". I can't even think of wearing heels because I look like godzilla when I do. Yeah, I pretty much hate being this big.

5'10" Kiana wrote (March 9th 2010) Wus gud. I'm kiana and I've always been the outcast because of my height... but I've learned that God made me the way that I should be so I am okay with that.

5'11 1/2" Anna wrote (March 9th 2010) I've been this height since I was 13 (I'm now 18) and although it was extremely hard when I was much younger (up until about 11) I finally found that being tall is great! The whole boys not liking tall girls thing is rubbish! It was tough when I was younger because, yes, they did make fun but they really do grow out of it. And the ones who don't... well, would you really want them anyway? I love love LOVE being tall!

6'0" Misha wrote (March 8th 2010) I'm 53 yrs old and still amazed at people who think nothing of asking me I tall I am. Up until the age of 49 I always had a terrific figure - through the years I've decided to relax a bit. Bad decision!! Anyway, for you young gals going through what I've experienced my advice is to always keep yourself in shape. Control everything about your appearance that is in your control. Tall women are celebrities in that we

are always the first to be seen (as well as always remembered). Whether we like it or not we stand out. Confidence in a women is what makes her beautiful and unfortunately that can be difficult to achieve because of outside influences. In my experiences I have found that there is no better weapon in my arsenal than a good sense of humor. Being able to accept myself and know that the only perfect being is God allows me to relax and be comfortable in all situations.

Joerg says: Let me add that the first woman ever to receive an Oscar for Best Director, [Kathryn Bigelow](#), is [5'11 ½"](#).**6'0" Valeria wrote (March 8th 2010)**Hi girls, I'm glad I found this website! Despite so many problems during my teens, due to the complete lack of tall people in my area, and big self confidence problems, I realized that the only way to outcome my problem was knowing better myself. Soon I'll turn 29, I consider myself a beautiful and graceful person, and despite sometimes I would like just get into the crowd and not stand out, I simply accept it as a (insignificant) down side of a great gift. Ok, ok that's true, I'm still fighting with the idea of wearing heels, and I'm still single, but I realized love isn't really related to height. But the most important thing, I do love myself and I do forgive myself and understand my emotions now. It took quite a long time, and apparently I scare guys because somehow I come across as too confident about my appearance (if they only knew...), but I don't really care, as long as I support myself and I stop feeling uncomfortable for something I don't have to blame myself.. Girls, don't let yourself down because of other people insecurities and frustration!! And, at the end of the day we are the only ones that can actually breathe in a tube journey in rush hours ;) **5'11 ½" Kim wrote (March 7th 2010)**I love and hate being tall at the same time. I'm only 15 years old but I have been pushing 6 feet tall since I was 12. I completely agree with six feet tall [Sophie](#) that I love being envied by short guys, haha. I love saying "Oh look at you! You've grown so much!" They get so angry :) I do love being tall because it attracts attention in crowds. I stand out. I never blend in anywhere. Being tall is my trademark. Modelling has never interested me but I have been asked about it zillions of times. Another FAQ is if I play basketball or not...I don't. Strictly volleyball for me :) Middle hitter and proud! The only two downsides are shopping and dating. I can NEVER seem to find anything that fits perfectly. I'm tall, skinny, a little chesty, and have a big butt. I think my body makes up 2% of bodies out there haha. And men, I've never had a boyfriend, heck, I've never even been kissed! Oh well, I'm loving life. Be proud of your height! Stand up straight! You won't regret it.

Joerg says: Dang, I didn't know so many tall teenage girls were visiting this website. Trust me... you're going to love your height as soon as you're "grown up". I can promise you that! I've been talking to tall teens for ages and things always start looking up at some stage. **5'10 ½" Rwah wrote (March 7th 2010)**i, I'm only 11 and I hate being tall. Girls in my class all have boyfriends cuz they're kind of short. I always feel like a man or a basketball player. People tell me I'm beautiful. It's nice to be tall but I never really listen !!!!!!!!!!! **6'4" Kesha wrote (March 6th 2010)**Hi, I am a woman who is 6'4" tall. I have been having a real hard time adjusting to this. All my life I have been teased and looked at by most people like a freak of nature that just should not exist. It has also been hard for me to find any decent guys that are willing to date me. I get depressed a lot because I am isolated. I recently met someone and I fell so madly in love with him. He was 6'5" tall so I thought God did make someone for me after all. However it did not last (6 months). I was heartbroken because it is already hard to find someone as it is. (I am just not financially able to support him so he found someone who could) anyway that's my story is there any one who can help me with this? **Joerg says:** So you think you need a guy who's taller than you? Nothing wrong with that... but it limits your choices. The last thing I'd do is financially support someone. Who says he's not just interested in you because of the money? There's someone out there who will fall in love with you. Trust me on that. You sound like you could do with a confidence boost though. **5'11 ½" Daisy wrote (March 4th 2010)**I'm seventeen and I'm 5'11". It's been so hard for me during all my time in school. I was always the tallest girl. They would make fun of me and judge me. As of right now I love to dance but

I don't do it because I'm tall and there is really no tall guys when I go out to dance. Even my mom puts me down when I wear a little high heel on boots, she tells me "You look super huge." All that hurts even though I'm learning that being tall is a good thing. After reading all this quotes I'm happy I'm tall. I'm going to start wearing heels no matter what. I'm going to change and not let no one put me down because of my height. And remember there is no DIVA without HEELS... So let's go on and wear high heels and shine like we're supposed too.

5'10" Nicole wrote (March 4th 2010)Where I live the majority is very petite girls, I tend to hunch over to be at a smaller level, in high school I was teased and known as the jolly green giant. After reading the comments it's nice to know there are people out there like me, but they don't exist in my area. I have always had not many friends, I distance myself from girls because I can't stand looking like the ugly giant next to them! I did find a husband and I now have 3 beautiful kids (my husband is 5'8" - I gave up on finding a tall guy that treated me like crap). I still hate my height, and I feel bad for my husband because if I was him I wouldnt want to be with myself. I always have to wear flats when cute high heels are very popular right now. I hate how peple have to look up to me to talk. Even my 18 month old is in the 97th percentile for height and all the girls her age are very tiny, I feel bad for her because she will have to go through what I am going through. When I was younger I wanted to be a model but was told a size 5 was way to big and I needed to be a size 0, well I got depressed and gained weight and now after 3 kids my body is REALLY not model material. I'm glad this forum was created though I wish you all lived by me so we can go out together and I would feel normal and not like a fat oversized manly looking giant (from what I have been called).

6'1" Jackie wrote (March 3rd 2010)I have always been the tallest girl in my school. Period. I've never met a girl my age that is taller than I am. I'm 15 years old, and my life is full of people coming up to me and saying ,Whoa! you're really tall!" or asking ,How tall are you?!" It sucks, and it's really annoying. It doesn't help that I'm super shy. I barley talk to people other than my friends. I don't talk in class either. I fell so insecure about my height. I hate it. Just today 2 guys that go to my school were standing in a hallway when I walked by. They said ,GIRAFFE!" just loud enough for me to hear. I get this stuff every so often. It really upsets me. I sometimes feel depressed about it. I've been told that the guys who say that kind of stuff to me are just jealous... but are they really? ...or am I really a FREAK? I don't feel like I belong at all. I've never had a boyfriend, because I feel like no guy wants to date some girl that's 6'1". I mean, there are some good things about being tall and skinny... like modeling and basketball. Haha. People say that I should do it all the time. I do play basketball! Finally, after a long time of people telling me to. :)

6'2" Michelle wrote (March 3rd 2010)I used to have a problem. My pant were always too short. I hate the way pant look when they don't even reach the bottom of your feet. I now have long pants :] A great place for long pants is to shop online at www.delias.com. They have long jeans and dressier pants. They have extended lengths which are even a bit long on me and I'm pretty tall - obviously. Just wanted to give some help to any of you out there that need it in that department.

6'2" Anna wrote (March 3rd 2010)I hate being tall. I get comments all the time about how tall I am like I do know it. People whisper around me "... whoa, look how tall she is ..." or they shout, "Wow you're really tall!" at me. Acting, cheerleading, dancing with anyone, would make me stand out and look silly. I suck at basketball which makes it more embarrassing just because I'm two feet away from the hoop. It's extremely hard to find a guy. I feel manly myself because of it, though I know I am pretty enough. Being tall makes me feel depressed. I'm happy you guys find some good in it. My sister, who is also 6'2" can. I can think of two good things: I can reach higher things, and I get noticed.

5'11" Esther wrote (March 2nd 2010)To [Carrie](#): Maybe you're right, it's not good to be alone, but what can you do if you live in a country where you can find a tall woman in a million? I have no friends at all and it's because of my height I'm sure. As you said above it is difficult to meet people in a normal way. I've tried to find a tall people's club here in Spain through the internet, and nothing, I would thank if someone could give me information about,

but I'm afraid there's nothing. So by now I have to get used to be with myself as the only company. I love animals and nature, I'm a vegetarian (what makes even difficult to connect with people, here it's a bad mark as height, they always ask you the same typical questions etc.), love music too, but sometimes it's hard to bear so much loneliness, I feel bad almost depressed, I'm sure I will never find a man (it's difficult even for "normal" women nowadays). It's hard to be a tall woman we must recognize, and what irks me even more is that tall men don't have any problem, being a big and stout man it's considered beautiful. It's so unfair!!

6'3" Jheri wrote (February 28th 2010)To [Megan](#) - ask the guy out. Guys are flattered by this. Ask someone you know who you are comfortable with. That is always better anyway. Of course it is easier said than done, but the guys have to go through that anyway. Practice with a friend, find your nerve and just do it. I'm in my mid-20s and when I find a new guy to date I am almost always the one who asks. Usually it is a guy I have gotten to know a bit and would like to know a lot better. Guys may be a bit put off by height with all kinds of dumb thoughts, but if someone they know asks them it is ok. This is 2010 - there is no reason for the girl to just sit and wait.

6'0" Gabriella wrote (February 27th 2010)I am a 31 year old woman who has struggled previously due to the fact that I was considered freakishly tall. I towered over everyone at school and never dated anyone as a result. My parents were the most amazing people who no matter how many times I cried about how I was getting teased, told me that people were jealous of my height and that I was beautiful and that I had to carry my head up high. I remember cursing them and telling them that had they not met, I would be not this tall as they were both so tall. As I have gotten older what is amazing to me is that I am considered somewhat of a glamazon goddess. I wear the most outrageously high heels, fashionable clothes and always smell nice. I feel so feminine and yes, there are times were I do feel a little too tall especially in the heels but I just brush it aside and enjoy the attention and myself. I am told often told that I am elegant and I guess that it is due to the way that I do carry myself. My dad always told me that I should wear heels because whether I wore them or not, I was still a tall girl and the one thing he told me is that due to my height and the way I stood out, that I should give people a lot more to look at than just my height. To all the tall women out there, fake it till you make it!

6'1" Tina wrote (February 27th 2010)I loved reading this! I was actually looking for a website for some new heels =] and came across this page. What a great find! I too have always been the tallest girl, not to mention the curviest =]. I'm 21 now but highschool wasn't that long ago and I still remember how tough it was. Being a ,big girl' I was always considered ,security', you know? My friends' ,bodyguard' - it was really hard getting people to look at me as a real-lipgloss smackin, highheel wearin' girl! It took me a longtime to understand that being tall doesn't make me any less girly; I can wear whatever the hell I want! lol I always thought other people were the reason I couldn't wear what I wanted (or do what I wanted)--but it was really only me holding myself back. I'm ranting now but I hope that especially for any young girls reading this you know that it doesn't matter what other people think of you (or your appearance) - your height isn't a dealbreaker! Don't be afraid to live your life; the way YOU want. And besides; we have the best view =]

6'2" Megan wrote (February 27th 2010)Hey guys, I'm a junior in high school and I love being tall. I always attract attention and I always hear how beautiful I am. The only issue I'm having right now is finding a date for prom. I've found my dress, everything else is set, but yet I can't find a date. I don't know if it's because I'm tall boys are intimidated to ask or something, but I was really hoping to find a date! Any help would be great! Thanks!

6'2" Carrie wrote (February 27th 2010)You know, I'm pretty uncomfortable being myself around people. I feel it's hard for me to make friends, it hurts when I see people doing the simplest things: laughing genuinely with each other, talking, teasing, socializing with ease; something which is always a feat for me. I've met very few women who are like me, making it lonely to be tall. But it's encouraging for me to know that I'm not the only woman out there who is taller than the average man! In my hometown, If you're a man over 6 feet, you turn

heads. Imagine being a woman over 6 feet in such a place! I'm treated completely different from other people: if a friend of average height and I are introduced to a stranger, the stranger treats the person of average height as their equal, and speak to me as if I'm something either incredible or freaky. I wish that it wasn't that way, I'm no different than them, the only difference is a few inches of space! It's a hard world for us tall women. Tall women in the media are rarely heard of, and the beautiful Hollywood heroines are almost always short (something that yes, , shouldn't affect us,' but it does, oh yes). It's hard to find companionship. People are intimidated, and they often stare. And clothes don't fit! It may sound a bit cliché, but it's a lesson that the wisest will take to heart: we need each other. There's no shame in wanting a lady friend (heck, a GUY friend!) who shares our height. So go out and find some fellow Tall Girls and stick together, encourage one another. Love each other like sisters. Because it's lonely at the top of the height charts. And the cure for loneliness is companionship. God bless this website. God bless tall women.

5'11 ½" Susan wrote (February 26th 2010) I've been thinking about this [Hannah Storm business](#) and how so many blogs have nasty comments written by women. It strikes me that it's another example of how short women are jealous of tall women. ([Hannah](#) is 5'10".) I'm a few years younger than her and pretty much don't go higher than the knee with skirts, but I say good on her if she felt like wearing a mini. She has the legs for it, so who cares ... other than short women and one man.

5'10" Vanessa wrote (February 26th 2010) Hi! I'm 5'10" and I'm only 17. I am really uncomfortable next to my "tiny" friends who are about 5'1" - 5'6" tall. It bothers me that they can wear pretty high-heels and still look "normal" when I can't. Well, I know I COULD if I had the confidence, but I don't. I still wish I was a bit shorter (Just 1 inch would make a huge difference!) but I don't feel like a giant anymore. I've noticed that 5'10" really isn't that uncommon these days. It's quite normal :) And height is beautiful. It really is.

6'1" Bex wrote (February 26th 2010) I was out shopping the other day and well I saw the most gorgeous pair of boots ever. I bought them and well they are 5 inch heeled boots. I have a big weekend coming up as I'm going to Liverpool with my friends for big nights out, but now I feel like I will just be a monster at 6ft6! Any opinions? **Joerg says:** Just wear them, Bex... now you've bought them you want to show them, right? And there's nothing monstrous about a woman who stands at 6'6".

5'10" Chelsea wrote (February 25th 2010) I am almost 16 years old and my height is the area I'm most self-conscious about. I know that in the adult world tall women are considered beautiful and unique, but in my high school world I'm surrounded by teeny, skinny girls who constantly talk about how small they are. My (former) best friend was one of these girls and she always commented on how "freakishly huge" I am. One of my BIGGEST irritations is when people ask how old I am. "Almost 16" I say, and their eyes get wide and they look me up and down and say "But...you're so tall!". "Geez, really? I hadn't noticed! No one's ever told me THAT before!" This website, however, has not only convinced me that I'm not THAT tall, but that I can be beautiful and successful because HEIGHT IS POWER. People are intimidated by tall women and it makes them LISTEN to you. Now, I no longer stoop down when I walk through the halls at school. I shrug and smile proudly when someone comments on my height. Of course there are days when I stare at the mirror hating myself for being tall and a bit chubby in the mid-section and I want to cry, but now I have a place I can go for a confidence boost. I'm beautiful, unique, and my personality outshines my long legs (which look WAY better in my VARSITY cheer uniform than the other girls' do!) and I've finally begun to accept my height. I look forward to beginning my college career and seeing all the college men who can appreciate my height rather than being intimidated by it like the high school boys are! So, to all the teenage girls out there who are self-conscious and awkward: Lift your chins! I hated it too, but if a 16 year old, 5 foot 10 inch cheerleader tells you you're beautiful, you can believe it's true! **Joerg says:** Right on... you go, girl! And I wouldn't argue with you. 🤔

5'10 ½" Aris wrote (February 25th 2010) I'm Aris (pronounced like Paris without the P). I am 14 years old and I'm 5'10 ½". I absolutely love it now. I always

get compliments on how tall and pretty I am. I've just started embracing my tallness and loving it! I am sooo glad I am tall. We look more flattering in clothes with our long limbs, guys think long legs are sexy and we're elegant. Everyone secretly wishes they could be tall. That's why most models are tall. Anyways, I get noticed as soon as I walk in a room... all heads turn towards me and all eyes stare. I notice some girls even feel intimidated by me. I don't mind at all it makes me feel powerful. And I love it. Girls look up to me because I walk with my shoulders back and head up and people. I walk with confidence and pride. ALL tall women should!! Embrace it! Love it!!

6'2" Precious wrote (February 24th 2010)Hi, my name is Precious. I'm 18 and when I say I love being tall it's true. I absolutely love it. It is so beautiful to me and everyone who sees me says I should be a model. All the men that see me love me. They love my height and my legs. I have never had a problem finding clothes, shoes, or a boyfriend. I am extra confident in myself and my height. I love wearing heels. They make me feel so beautiful and I love it when people stare because that means I have everyone's attention. I'm working on modelling now and I hope I succeed. It has always been a dream of mine. Nobody should be ashamed of being tall. God gave us this gift so we have to work with what we have. My most hated question is "Do you play basketball?". I hear that everyday but I politely put a smile on my face, say "no, not ever" and I walk away!!! Tall is beautiful.

6'2" Sheila wrote (February 21st 2010)I am 43 years old and coming to this site has been an inspiration to me. I have always felt a little self-conscious that people always look at me when I enter a room. My husband is also 6'2", so we always get looks. I wear an inch heel but would like to feel more comfortable in heels. I can relate to all of you and was always picked on in HS. I still get aggravated when people ask how tall are you ? My reply is 5'14"!

6'0" Ana wrote (February 20th 2010)I'm 22 and for the past couple of years thought I was 5'11" but about a month ago found out that I grew up to being 6'0" (183cm), yaaay :) It sucks that a lot of hot guys are shorter than me and I couldn't be with someone who's shorter than 5'10" (I couldn't, not saying it's a rule or something) but other than that I'm ok with my height. What's even "worse" I'm not just tall, I'm also big-boned AND chubby - on the plus side at least I'm proportional and curvy :D I used to have a lot of confidence issues, and while I did, it was really hard being so tall and wanting to look invisible. Now that I'm over it, I might even start wearing heels occasionally - I feel good about myself the way I am and it's kind of cool being one of the tallest girl around lol (not a lot of them, but I did met a couple of even taller girls in life so far). As [Cherise](#) said, EMBRACE IT BECAUSE YOUR HEIGHT IS BEAUTIFUL :D

6'2" Sharon wrote (February 20th 2010)I just want to sincerely thank all of the beautiful tall women who post here. I am 33 and very comfortable in my own skin, but every now and then I relapse and need to find comfort. I come here to laugh, cry and find common ground. In the end that is what we are all looking for. Tall Is Beautiful!

5'11" Christy wrote (February 19th 2010)I am 32 years old and I love being a tall woman! When I'm out and see other tall women I feel like there is an unspoken connection... we spot each other across the room and give each other a nod or wink of appreciation. I ALWAYS check out what other tall woman are wearing and how they pull a look together. I'm a bit jealous of you ladies who are strikingly tall. I am thin for my height, so I usually have trouble finding shirts that fit properly. I have a huge collection of thin, long tank tops that I wear under almost all of my shirts so my belly doesn't peek out. I was shocked that many men find a long torso very attractive. It's normal to hear about long legs being sexy, but torsos? My pet peeve is when people say that I am more masculine or boyish, because I also have small breasts and narrow hips. I am sure this is only insecurity on the other person's part, because I am very feminine. My boyfriend is 5'6". I think that tall women and shorter men often pair up because we don't fit in with gender stereotypes. I personally love men of all shapes and sizes, but the shorter guys approach me WAY more often than the tall ones do.

5'11" Lily wrote (February 18th 2010)I'm 21 years old and 5'11". It took me a long time to love and start embracing my height, I got teased alot about it in

elementary / jr high school and I just hated it. I used to slouch because my self-esteem was low since I was taller than everyone else. I wished I was short. I used to always hear from the guys "Lily is so hott. I would ask her out if she wasn't so tall". ALL THE TIME I HEARD THIS! So I always wore flat shoes and sneakers because I didn't want to look extra tall. I think I started feeling more confident about my height when I got to high school, but not as much as I could have been. When I became a freshman in college I was confident enough and started wearing heels even up to 5 inch heels. I'm always getting compliments from both men and even women. I never used to wear heels now I can't get out of them! Plus it makes you feel sexy and they make your legs look very nice! Being tall is a blessing, and it makes you look very elegant. All tall women are sexy and it works to your advantage if you carry yourselves properly. P.S.: Don't slouch! Heads high and shoulders back. Keep representing my fellow tall beautiful women!**6'0" Michelle wrote (February 16th 2010)**I'm 6'0" tall and I am 30 years old. Throughout most of my 20's I was so self-conscious of being tall, especially when my first boyfriend was only 5'8". As I have gotten older, I have really come to love my height and accept it for what it is. I will proudly wear high heels if I want to, even if it makes me the tallest woman in the room by far. I don't care. I have come to realize that tall women get noticed faster when they enter a room, and there was a study online that I read where tall women were more successful at work and were viewed as being sexier by the average man. I have learned to embrace the power that comes along with being tall and now I see it as a virtue that God blessed me with. [To Patti](#): I also have long skinny legs and "no derriere". I have found a website called "[Long Elegant Legs](#)" that makes all kinds of clothes for tall women. They sell shirts with longer torso & sleeve lengths and jeans with 36 or 38 inch inseams. Also [www.alloy.com](#) sells long inseam jeans as well.**6'0" Cassidy wrote (February 15th 2010)**I'm only 14, but I'm 6 feet tall and have a very tall family. My mother is 6'3", and I have a brother who is 7'1". I just want to say that it's really interesting reading all the other comments on here! It's a bit inspirational, actually. I do love being tall, despite the negatives you've all listed and discussed. The main downside is the fact that I've got [Marfans](#), so my hands are super boney and skinny with long fingers, and I get cuts really easily. I'm sure I'll grow into the height as I get older.**5'10" Janet wrote (February 14th 2010)**I am 53 but people always think I am a lot younger because I am slim. I hated being tall when I was younger but I am often complimented about my height and of how I hold myself. So why do I still worry about wearing heels ! I love them. People often stare at me and I still feel like a freak but after reading the comments on this site I going to be so proud. Thanks, guys!**6'0" Wendy wrote (February 14th 2010)**As a teen I used to be very self-conscious about being so tall. I was also quite skinny and that didn't help. So I used to try and slouch a little to appear shorter. But when I saw a picture of myself doing that and therefore looking silly, I decided to straighten my shoulders, stick my boobs out, wear heels whenever I wanted and be myself, tall and confident. Then I started to fill out and developed a great figure. The effect on men is amazing, they stop and stare, gaze at my long legs and compliment me all the time on my height and body. Other women are often jealous when I stroll by in a short skirt or awesome wrap dress. I never used to see that admiration, but I sure do now! Ladies, our height makes us UNIQUE, I hope you all realize that! **5'11" Jasmine wrote (February 13th 2010)**I am 16 and have mixed feelings about being tall. All my best friends are shorter than me and sometimes I slouch and boys often don't approach me because of my height. I have had one serious boyfriend (who was only 5'3") and I feel like I would have a lot more luck in the love department if it wasn't for my height! After reading all the comments on this page I am starting to realize maybe my height is actually good. I have been scouted for modeling before and I like the way people instantly respect me. Maybe in a few years I will come to terms with my height but for now, I kinda see it as negative.**5'11" Brianna wrote (February 10th 2010)**I'm 5'11" and not thin, more average size. I am too large to be a model unless I want to be a plus size model. And I hate that term, plus size. Anyway, I don't like sports either and so

I don't play basketball. Everyone always expects me to play basketball because I'm tall. I'm a freshman in high school and I get noticed alot more than anyone else. Sometimes this makes me self-conscious. But not by guys. Most of the time I hear tall girls says they like shorter guys, but not me I prefer a guy that is taller than me. Most of the time tall guys seem to like shorter girls. I guess they are intimidated by a tall girl. Finding pants long enough are a challenge and my feet are so big I have a hard time finding shoes. I like being tall most of the time but sometimes I don't.

6'3" Jheri wrote (February 6th 2010)When I was a teen I used to worry about fitting in and wishing I was average. I think most teenage girls think about that and see themselves as misfits. The funny thing is the ones who are average want to be something else. The trick is to come to like and love features about yourself and also concentrate on who you are as a person rather than the physical. The best parts of me are not the physical pieces, but I do like the unusual parts of me. I'm not a raving beauty, but I have nice eyes, great ears, silky long blonde hair, my thinness and my height. I used to hate my thinness and my height. I'm still so-so on being thin (model thin) as there aren't a lot of curves on me, but I really love my height. It gets attention and also commands a bit of respect. No one treats me like a "dumb blonde" There are some people who don't like my height, but they aren't my friends and I wouldn't want to be around people that shallow anyway. The only part of being tall I dislike is that some things don't fit. But that gives you the opportunity to be clever and solve those problems. It takes time to figure out who you are and to learn how to love yourself. People can sense who is self confident and who isn't. Self confidence is very beautiful.

5'10 ½" Kara wrote (February 5th 2010)Does anyone else just get this overwhelming feeling of hopelessness thinking to yourself WHY IN THE WORLD COULDN'T I HAVE JUST STOPPED GROWING 2 OR 3 INCHES SHORTER!?! It's a small amount but would make such a difference. I feel so down today. I get so many compliments on how I look but I want to be normal. I want to be the hot girl than any guy (short or tall) would want... help?

6'0 ½" Mary wrote (February 3rd 2010)I'm 51 years old and am still turning heads when I walk into a room. Take care of yourselves, girls. I know I still look better than any petite 25 year old.

5'10" Michelle wrote (February 2nd 2010)I'm 23 and an even 5'10". I thank God every single day that I'm finally done growing! Still there are times where I really wish that I was 5'5" or 5'6" again. But 5'10" isn't too bad. Yeah, I'm tall but I can still find clothes and shoes in regular stores. And I have a pretty face with nice curves so at least I'm not tall and skinny. Many men admire me. Whenever I feel bad about myself for being this height, I simply remind myself of other tall women such as [Tyra Banks](#) and [Khloë Kardashian](#). They are both around the same height as I am, beautiful and have good men in their lives.

Joerg says: Tyra Banks is [5'11"](#), Khloë Kardashian is [5'10"6'0"](#)

Lisa wrote (February 2nd 2010)I love this website!! I used to hate being tall as a kid. At High School I was 5'9" and the tallest girl in my year. I used to get picked on and teased, it didn't help that I also have red hair, lol! I didn't grow to 6'0" until I'd left School by which time my Mum (who is 6'2") had instilled into me to be proud of who I am. I am now confident about my height and my 5'10" boyfriend loves my height! The only time I feel self-conscious is when I wear heels. I just prefer to wear flat shoes but it's my best friends wedding in April and I will be wearing my new sparkly, sexy gold 2.5" heels proudly with my gorgeous bridesmaid dress :0) I can honestly say I am happy in my skin now and being tall is all good :0) xXx

5'11" Sonia wrote (February 1st 2010)I'm 18 years old, and just recently I realized that I shouldn't be ashamed of my height... my boyfriend is shorter than I am and when we first started dating, I could never keep my back straight. I just want to say to those girls / ladies that get called the "green giant" to not be ashamed... eventually those who put :[, will one day realize that. Being tall is a beautiful gift we have.

5'11" Jesenia wrote (February 1st 2010)I at times like being tall, but it's so hard to find a man taller than me. Usually tall men like short girls... it's frustrating.

6'3" Jheri wrote (January 31st 2010)This is important I think: A lot of us complain about things not fitting. Mostly it is clothing and shoes, but there is

so much else. Now a small company has made something just for tall women from 5'10" and up, but there is very little interest. They have some other ideas, but it is important for them to understand why this is or isn't useful. If you are interested or not, could you take the survey? It isn't often that someone is trying to make something just for us. I put the survey together for them (I don't make any money from this, I just REALLY WANT to see products for tall people that are useful). It should only take about 5 minutes, maybe 10 if you haven't looked at the web page and video. It does ask for the height of your countertop. No contact information is asked for. They just need to know what is right and wrong with the idea. <http://www.surveymonkey.com/s/9B8GTCH> Thank you!

6'3" Jheri wrote (January 31st 2010) Go [Jayde](#)! One thing about heels if you haven't walked in them much is to spend some time practicing. Have a friend tell you how you are doing or watch yourself if you can. It isn't too hard to get down right, but it is also easy to get it very wrong without noticing. I live in Europe, [Megan](#), so I can't be of much help for specifics. I grew up in Alberta in Canada and there was a Tall Girl shop in Calgary. They didn't have anything that I wanted - I am very thin and they didn't go down in size enough - but a seamstress where I lived was able to alter a dress for a formal event I still get clothing altered a lot. You might try writing to some of the women who run tall women clothing blogs. A few good places to start are: <http://tallclothingmall.blogspot.com>, <http://talltrends.blogspot.com>, <http://tallexpression.com>, <http://sarahvainandtall.wordpress.com>, and <http://tallandtrendy.blogspot.com> If you live in a city like LA, Chicago or especially NYC and are very thin (say size 2 or 4), you can get show samples for very little money. They might take some altering, but most are made for women who are 5'11 so it might be close. I did that when I lived in Manhattan. One thing I wish I could do was sew better. It is a lost art for most of us. If a tall woman is inclined to doing crafts, this would be a wonderful one to learn and learn well. You can make anything and to a perfect fit if you are talented enough. There may be amateur dress makers in your area and you might look around to find someone who has the same taste you do. I have good luck finding some students at the Fashion Institute of Technology and Parsons when I was in Manhattan. I have never learned these skills, but wish I had them. When you think about it, before "ready to wear" started to become important in clothing, most clothing was made to actually fit the buyer - at least if you had a good tailor or dress maker. In search of convenience and lower prices we have given up fit. For women of different sizes this has made life much more difficult. I have found a very good seamstress who can modify and tailor clothing that almost fits. Another woman is a dressmaker. I can go to her with photographs or even paper and pencil and we can sketch out something interesting. Then you find cloth and go from there. It takes time and is more expensive than ready to wear, but the fit can be perfect if you find someone who is good.

6'2" Megan wrote (January 31st 2010) Hey guys, so junior prom is coming up this year and I'm having major problems finding a dress, getting a date, and everything else in between. The dresses are too short and I feel like being tall makes you undatable in highschool, which makes me think I'm not pretty enough for guys. And it seems that being tall only makes this worse. If anyone could give me some advice that would be so helpful. **Joerg says:** You should take a look at the [PromGirl](#) website. According to them "Our long dresses are 57" long unless otherwise specified in the size chart. Some of our beaded dresses are available for additional length to be added." Maybe they've got something you like.

6'1" Jayde wrote (January 30th 2010) Aha! What a great group of women :) I was having a dilemma; next week I am to go with my fiance to a formal event for his work. Now, I am not what you'd call a ,formal' type person, in fact, the closest thing to a formal event I've ever attended was my aunts wedding, when I was 10! I am what I would call a ,metalhead', that is, I wear black, leather, spikes, boots, and band t-shirts. Well, I wanted to wear something to this event that would be a departure from my regular getup: going for a simple black dress was too ,safe' I felt. So I decided to get something coloured. After walking in and out of every single shop in our local mall (I am currently living in a small town in sweden) dissappointed I finally found

what I thought would be the perfect outfit: a gorgeous purple ,billowy' mid thigh length topish thing to go over some tight pants I have. I went to try it on. The shoulders fit, the sleeves fit, the bottom portion was anything but tight (which is good as I have put on some weight since being in sweden. I am now 95 kilos, when I used to be about 80, oops!) BUT the boobs! The boobs weere all wrong! Too tight AND not a big enough space between the armpits and the ,under-boob-bit' (it's one of those tops that is tightest under the boobs and then is flowy from there)Well, my friends, I got it anyway. I figured I'd couple it with a minimiser bra and not lift my arms up too high, ha! (it is a gorgeous top afterall and NOTHING else fit me). This was the first of my problems. I now had to find shoes to wear. Ugh! Finding shoes that I like AND that fit me? Impossible. Absolutely impossible. Most shops don't even go up to my size, let alone have shoes I would be caught dead in. Then I remembered a pair of heels I fell in love with and bought a few months ago, knowing at the time that I don't wear heels and justifying their purchase with a resolve that as soon as I lost weight and went back to my normal size I would wear them. I brought my purchases home and tried everything on, including the heels. Gorgeous. Amazing. I couldn't take my eyes off myself. "Okay, this is what I'll wear... Honey are you sure I don't look like a transvestite in these heels?... Positive? Hmm okay, I'll wear this then" Cut to today: I'm thinking about this formal dinner "Will people make fun of my height in these heels?" (this is all an emotional throwback to being in school and being bullied constantly, called the worst names under the sun, just for being tall! I guess when we are vulnerable [me being in a new country and not knowing anyone] then our old insecurities can arise, plus I never really wear heels, as I mentioned) Well, I decide to google "[can tall women wear heels?](#)" knowing that I would find some positive reading on the subject, and, voila! Here is this amazing group! Well, as of the last hour, doing some reading of this site and others, I have decided, You know what? I will wear any damn shoes I want to wear, heels or not, because I deserve it. And I'm not the only woman in the world who has trouble getting nice clothes or shoes ([and I'm NOT the only one whose back breaks chopping vegetables on a low counter in the kitchen!](#)). I am not alone in the world and shops not catering to my size is THEIR problem! So I will rock this outfit next week and damned if I'm gonna let insecurities (or slight boobage problems) get in the way of being a confident, beautiful woman!Peace to all you gorgeous ladies, (and sorry for the long windedness) xx**5'10" Lydia wrote (January 29th 2010)**Wow - I just was surfing and found you... it's as if the mothership was calling me home! I love this website and am a tad jealous that im the shortest one here (LOL). I've been told by my taller friends that I'm short for a tall person! It seems as if I'm done growing - according to the growth calculator thing. But who knows... I'm only a freshman! To all tall ladies: Let it be known that your first boyfriend may come later than others... boys will catch up in high school. And if not, don't worry. Everyone knows tall girls are hot! Flaunt all your fine fierceness. Make up your own supermodel walk and try it out because you'll love all the compliments!!!**6'3" Jheri wrote (January 29th 2010)**[Kathy](#) - most people seem to think any tall women is six feet tall no matter how tall she is. I live in Europe and we use metric, but when I'm in the US people say "wow, you must be six feet tall!" all the time. The same thing happens to a friend who is much taller than me :-)**5'11" Grace wrote (January 27th 2010)**Even after reading all these comments... I know it's a good thing being tall, yet I still don't like it =**5'11" Kathy wrote (January 26th 2010)**I am seen by most people as a tall woman, an amazon woman because I am not considered petite! People always ask me if I am six feet tall and I say I wish I was! I always wish I was six feet tall even, and not just 5 feet 11 inches. I felt cheated out of one inch! Not a big deal....but you know I dance, walk, live like a regular sized woman I really dont think about my tallness, except when walking, talking, with a shorter person because it is harder to see them and hear them when you have to bend down! I try not to bend down when having a photo taken of myself with a shorter person! So here goes my quote:I always wish I was six feet tall and not just 5 feet 11 inches, because people always say ,you must be six feet tall" and I say , no I am only 5 feet 11 inches!**6'1" Amanda**

wrote (January 25th 2010)Hey, I'm 15 years old and I'm a sophomore in high school, and 6'1". I've always really hated being tall, even when it comes in handy, like in basketball. Whenever we have away games I walk by the bleachers and I always hear people making comments about my height. But for some reason, I'm also intimidated by those who are taller than me, and I want to be taller than them. Maybe it's because in truth I really like the attention. But I also feel good when we have formal dances and everyone's in heels and I wear flats, and people actually come a little bit closer to my height! I think after visiting this site though, I realize that I should appreciate it more. Everyone I talk to tells me they wish they could be as tall as me, and if you're tall and someone says that to you, just say "yeah, everyone does" and smile (:**6'0" Mariama wrote (January 24th 2010)**Hey, I'm 20 and 6ft too. I love being tall for a number of reasons:When I get into a room, I fill the space, people notice me and I can see admiration in their eyes.

1. Every tall girl should wear heels, its so elegant and you just feel fabulous in them.
2. My height intimidates some men for sure, though I love the effect I have on them, makes it easier for me to lead them on. LOL

In a nutshell, being tall is fantastic masha'allah. Though I didnt always love my height, I remember when I was younger, about 10 years old, there was this horrible short woman who told me ,Good Lord, Maria, you are a giant!!! I was like OMG, how can she say that, next thing I knew I was alone in the bushes and crying over her comment. Funny thing was, she was way shorter than average. BUT now, I couldnt be happier to be that tall!!! People around me keep saying how I should be a model, very flattering indeed.**6'0 ½" Roxxy wrote (January 24th 2010)**Hi, I'm 17 and I want to be a lawyer when I'm older. My mum thinks I will dominate the courts with my height and looks. HAHAHA. I love being tall as people tell me all the time how gorgeous tall girls are. However, it obviously comes with its downsides. I have only recently found that boys are becoming my height (6'0 ½") and even then, after to talking to people, I find guys are sometimes intimidated. :(But I have my eye on one guy at the moment ;) and I love my headteacher at school as she insists I must be a model. So go out there girlies... be BEAUTIFUL and show the rest of the world how GORGEOUS we are!!! And GUYS too!!! Because tall people are beautiful and don't you let anyone let you believe different! x**5'11" Corrine wrote (January 22nd 2010)**I'm 16, a junior in high school and I am so self-conscious about my height! In a small town I'm taller than every girl and most of the guys. Recently I met 6'5" guy who is adorable. He makes me feel so good about being tall. Reading all of your comments also helps me. I'm still trying to gain confidence about my height, but my mom has always told me to stand tall and never be ashamed. :)**Joerg says:** Your mum is absolutely correct, Corrine. Give her my regards!**6'1" Vyneasha wrote (January 21st 2010)**I was always the tall "white" chick, even more so since I grew up in a mainly hispanic neighborhood. I was always so uncomfortable with my body until I got older. I began getting modeling gigs, burlesque gigs, and realized something. Being 6 foot one isn't that bad. It made me unique and got me noticed. If I was this tall I probably wouldn't have had some of the opportunities that were presented to me. I do date a lot of short men and I find those who can comfortably date a tall woman very confident and sexy. I'm 6'1" and my long term boyfriend is a 5'8" hispanic man ;) **6'1 ½" Kelly wrote (January 19th 2010)**I am 16 years old and I am one of the tallest girls at school. It gets annoying at times when people mess with me about it. They like to call me amazon woman and godzilla, LOL, and every time I meet someone they always ask how tall I am - like they have never seen someone 6 foot. But it has its advantages, like being able to eat so much and not gain a thing! :) I am starting to love being tall :D**6'0" Alicia wrote (January 18th 2010)**I love being tall and I'm glad that the clothing industry has began to accommodate our height. It's just where I'm from dudes are closed minded to having a tall gurl. Although they may be taller than me they prefer 5'2". They don't realize the lovely [Tyra Banks](#) isn't short at all ([she's 5'11"](#)) and neither are the ladies in the [WNBA](#)!!!**6'3" Jheri wrote (January 17th 2010)**Last week I mentioned a

friend's high five video. Since then I've tried it in public a few times and now believe it is a FANTASTIC way for tall women to feel good about themselves and bring a lot of smiles to strangers you meet on the street. I think this would work very well for tall teens, but some of you may have to get your nerve up. Here is an email I sent to some people I know based on what I tried last week and yesterday: Colleen is taller than me and gets all of the stares and comments. She has found a way to turn some of that into happiness. When she approaches someone walking and they start to look, she gets their eye contact and then says something like "you look like you could use a high five" ... then she raises her hand and does it. She told me she feels fantastic for the whole day when she is doing this. Last week she asked someone to follow her with a camera and made this youtube video: http://www.6footsix.com/my_weblog/2010/01/high-fives-for-happiness.html I was walking a large pedestrian street at noon and the weather was sunny with no wind. I tried Colleen's high five on several people. I would wait for eye contact as we approached I would smile and say "dav med dig, high five?", which is the closest Danish for "hey there, high five?". If they were younger I would just say "hey there! want a high five?" because English is common and more cool and there is no Danish for "high five". Almost everyone smiled and did it back. I saw a lot of smiles and high fives happen in an hour. 15 or 20 maybe. One guy looked like it was so much fun that I yelped when we did it. I noticed other people watching and smiling. It is really fun to do this with little kids. What worked for me is getting their mother's attention and then smiling at the kid and saying "both of you could use a high five". The kids watch as their mom does it and get very excited. Then you bend down and give them a little high five and then make them jump for the next one like Colleen did. They get so happy! Some of the people will chat afterwards, but most just go on with a smile on their face. Colleen is right. This is completely natural and wonderful, even in places like Denmark. I think this is perfect for tall girls and women. It may be a little hard to get your nerve up at first, so you may want to go out and try it with friends. And, of course, those of you who are single can do this with guys :-)

6'0" Charlotte wrote (January 15th 2010) Honestly, I love being tall. I love being looked up at, I like the feeling of being different in my quirky awkwardness. What I don't like: Finding long enough pants; Being busty and having people be at my boob height; The impossible task of finding a guy. But I would never ever want to be short. It's boring, its average. We are not average people. We are tall!

6'2" Megan wrote (January 12th 2010) Hey everyone!!! I love being tall, it took me a while being 16 to like being this tall but now it's so much easier if you face life with confidence. You can't change how tall you are so why worry about the fact that you are tall? You are beautiful!!! Guys see so much more than just you being tall. I get told all the time that I am very pretty and should model. In fact, one of my good guy friends, being 5'6", asked me if I would ever date him. I told him no but it let me know that guys don't really care!!! Although I would prefer finding a boy taller than me to date... Otherwise I love being tall, blonde and sexy!!!

6'0" Karen wrote (January 11th 2010) I am 50 years old and 6ft. tall I love it I was the tallest girl in my school. I work in a factory I am the tallest women there it does not bother me because I was raised to be proud of who I am. True friends will love you, no matter what. I got called names in school too. Even teachers teased me, my dad 5'10" was my biggest supporter in school always telling me stand up straight walk tall show confidence when you go places Leave a good impression people will always remember you :)

6'0" Mya wrote (January 11th 2010) I love my height. I didn't know that I liked it until I got into highschool. I think being tall is beautiful. I'm 16, 6 feet and lovin it.

6'1" Lindsey wrote (January 10th 2010) In response to what [Amy](#) wrote I use to get called the Jolly Green Giant so I know exactly how you feel. Ever heard of "short persons syndrome"? Well, most likely the people calling us those names have it. :p I also sometimes get called an Amazon because I have long hair as well as being tall. I actually take that name as a compliment - almost! Haha! Recently I had a job interview and, of course, I was going to dress nice and I was sporting my new high heels. The hiring manager after the

interview just had to ask me how tall I really was. He was 6'3" and I was the same height as him with my shoes. So who knows... maybe being tall like him will get me the job? I hope so!

6'1" Amy wrote (January 9th 2010)I'm 14 and and I get called green giant and people say stuff like "how's the weather up there?". It used to bother me but it doesn't anymore. I'm the tallest girl in my year at school. It's annoying cause everywhere you go it's like a straight line of people and then there's me sticking out in the middle. It doesn't bother me as much now cause people that STILL call me green giant need to grow up big time and start picking on someone their own size. LOL

6'3" Jheri wrote (January 9th 2010)Two of the facts of life that you can't get away from are people staring a bit and some questions and comments that were old when you first started hearing them as a preteen. You can turn this around. When someone stops me to make one of those comments I try to say something nice about them to shift the subject and leave them with a good feeling. Some very nice conversations have started this way and I've even made some friends. Colleen decided to try something that makes people smile and works even better if you are tall. This is such a simple and beautiful idea. I'm going to try it later today: http://www.6footsix.com/my_weblog/2010/01/high-fives-for-happiness.htmlWhen someone is approaching get their eye contact and say "hi five" and see what happens. It completely changes what is happening and leaves everyone with a smile. Imagine if this spread!

5'11 ½" Kenya wrote (January 8th 2010)I am 20 years old and I have a 3 ½ year old son. I'm very pretty and I love my height. Guys love to look at me. When I walk in the room all eyes go on me so I have to be flawless... LOL

6'5 ½" Alice wrote (January 8th 2010)It took me 13 years to finally learn to love and accept my height. I'm 6'5 and a half. By age 13, I was 6 feet tall and hated it. By age 21, I was 6'5 and a half. Now I'm 26 and finally done growing. Anyway, I now love my height. I love when people tell me how tall, shapely and beautiful that I am. I also get lots of encouragement from my new boyfriend who's an even 6 feet tall and my new friend who I met online. Both of these people tell me how lucky I am to be so tall, beautiful and unique. I hope that one day you all can feel the same as I do.

6'3" Yvonne wrote (January 6th 2010)Growing up I absolutely hated being tall. I was the tallest in all my classes at school and would get teased a lot but now that I'm in my late teens I realize kids at school were just envious and wanted a way to bring me down. Just recently I have lost some weight and grown into my looks and you know what I love being so tall. Seeing all these little short girls makes me feel like I am something new, something different.

5'11" Lizzie wrote (January 6th 2010)I'm 15, and I'm tallest out of all my friends - girls-wise. To add on to the uncomfortableness I'm also taller then quite a few of my friends who are boys. However I've learnt to embrace it, as - let's face it - the only way is up! I'm starting to like my height, as I get noticed. There's nothing more annoying than the first conversation you have with a new person is ,wow, you're really tall'. But I'll live :) I've been scouted for modeling before, and for me that was a slap in the face for anyone who have criticized my height. Also clothes fit me better, and I can get away with more adventurous outfits which perhaps my smaller friends would not feel comfortable in. I need to stop slumping my shoulders when I walk, as really its not very attractive. And after reading some of the comments on here it's made me realise, being tall is a gift not a curse :)

5'11" Cherise wrote (January 4th 2010)Hey, I am also 17 years old and I am 5'11". I absolutely love it except when it comes to wearing heels. I feel anxious before I go out but when people compliment me about my height I kind of feel good about myself. I have learnt to love my height as I've grown up because when I was in school I would usually tower above all my friends but now as a young adult I have met alot of other tall women so I feel I'm not alone! The only thing that bothers me is that I'm always attracted to shorter guys! Finding a guy that's taller than you is difficult as well. It would be nice to talk to you, [Sophie](#) to share our experiences! Advice to all tall girls: EMBRACE IT BECAUSE YOUR HEIGHT IS BEAUTIFUL :D

5'11" Esther wrote (January 4th 2010)Hi, Happy new year for all the tall people and tall admirers! Maybe those extremely tall men looking for short women don't want

to have extremely tall offspring as themselves. A short girl makes up his height in that way. Because a very tall man with an also tall woman surely will bear tall or very tall children. If that's the reason, I can understand it because even if I like been tall, it also brings about a lot of problems. **6'3" Jheri wrote (January 3rd 2010)** I get a lot of pain when I'm bending over the low counter in the kitchen. My friend Colleen has even more to bend and she and a friend came up with a raised height counter top. It is much cheaper than having custom cabinets and counters put in. They found a manufacturer and a product will be announced in soon on her blog. The length and width can be custom and the height is set by a measurement to your elbow. If you're in an apartment like me or your budget is tight, this may be the best way to get some back relief. Watch the outtake video on her blog :-

) <http://www.6footsix.com/colleenify/2010/01/the-first-colleenification-videos-and-a-safety-tip.html> Jheri out Oh, a friend who helped out on this wrote some about his, which is for

someone who is 6'1: <http://tingilinde.typepad.com/starstuff/2009/12/a-bi-more-on-colleenifying-.html> **6'0"**

Sophie wrote (January 2nd 2010) I'm seventeen years old and six feet tall. I've always been the tallest girl in my class and rarely have I met a woman who is near my height. I absolutely love being tall! Because not only am I tall I am also pretty thin (my dad calls me Stringbean). Haha. People (men and women alike) ask me if I have ever been interested in modeling or have been modeling. Sometimes I do feel extremely self-conscious about being so tall compared to other girls. I tend to slouch. My family and friends remind me of how lucky I am to be so tall. I mean, I can eat as much as I want and look as if I haven't gained anything! I have been interested in modeling, I know I am tall enough. [: I love being tall! And even though most guys are shorter than me, I feel good knowing that guys envy my height! Like I said, I love being tall! [:

Tall Quotes 2009

6'3" Nkonye wrote (December 31st 2009)

Hello, I'm a tall curvy woman who is constantly described as an amazon. Believe it or not, most men ARE attracted to tall women. Those who reject you usually feel they are not ,up to your standard', if you excuse the pun. Height makes no difference when it comes to love, a REAL man does not care. My husband is 5ft 11 and we've been married 15 years. Here's a photo of us:



5'11" Pamela wrote (December 31st 2009)

I am 40 yrs old, and too have struggled for a long time with being tall, and know have a 11 yr old daughter who 5'8" and she is catching the blues in school. Young ladies let me tell you something. I was in a really bad car accident and had to learn how to walk again. I started to notice all the people around me in wheel chairs with amputee legs, and started to feel different about walking on these tall legs. Well, I said to myself I can still walk and stand tall. I learned to be thankful to God for what he gave me. Life could always be worse.

When someone says that you are tall think like this: God made me like that statue of Liberty... unique and beautiful...he created no one else like me, because i am special. Love yourself know matter what others think of you!

P.S.: Love does sometimes come in small packages.

5'11 ½" Shannon wrote (December 31st 2009)

Wow, does it ever make me feel good to come across this website! And to think of some of the people on here I would be considered short! I am seventeen years old, and have been 5'11" since middle school, which I think means I am done growing. I am in my last year of highschool, and I went through every year of school single. I thought having a boyfriend was the most important thing, but I never came close to getting one. I always blamed it on my height, and wished I was a few inches shorter. In the past year I have become more comfortable with my height, and have been getting interest from guys. I have learned that it was not my height at all that was the issue, it was my confidence level. Now that I am gaining confidence, guys are taking notice. Wearing heels has also been a huge no for me, until recently. I have ALWAYS loved heels, and I finally bought a really hot pair I

had been eyeing. Why not?! I am tall, I am beautiful, and I will walk in those shoes with all the confidence in the world. :)

6'1 ½" MaKayla wrote (December 29th 2009)

Hi, my name is MaKayla. I'm so happy I found this website. It makes me happy to know that there are other girls like me... I'm 16 and am over 6'1. I hate it so much but then I realize that people are always going to talk about my height. They're jealous! Who doesn't want to be tall? DOES ANYONE want to be short? Tall girls are ALL beautiful. I guess that I need to learn that myself. I think that no one should be ashamed of how tall they are. I just hate it because everyone is constantly telling me that I should play basketball. Ugh! I am proudly beautiful and I'm working on being proud of my height.

5'10" Emily wrote (December 28th 2009)

I hate being tall. It's hard to find a boy. I'm 15 but my doctor says I should be done growing. Thank God... but I feel so weird when I'm next to people and I'm taller than everyone.

Joerg says: What's happening lately? Why does everyone who's 5'10" or 5'11" suddenly believe they're (too) tall? What about the women out there who are, say, 6'6"? I'm lost!

5'11" Courtney wrote (December 28th 2009)

I'm only 13 and I'm 5'11. I feel so bad about my height sometimes at skool. I don't really get teased but sometimes I do. I get called names like "giraffe" or "the twin towers". Some boys are taller than me but I'm the tallest girl in skool. But that makes me different from everybody else. My best friends are all short and they love me. God loves me and I love myself sooo just because you're tall doesn't mean you're weird. It's a gift from God. Use it. Love yourself. You're exceptional the way you are. You don't need to change for anybody. You're incredible. When will you believe that? Anyone can see that you are nothing but exceptional.

When I go to the mall I hear comments like "Oh, look at her. She's soo tall and lanky." Sometimes I feel bad about it but then I get over it because everyone is different in their own way. You have to love yourself. Wake up in the morning, look in the mirror and promise yourself that you will love your long legs. It was very hard for me to get over my long legs. Still kinda is but I'm over it now. You have to love yourself. I'm tall and proud and you should be too.

5'10" Audrey wrote (December 27th 2009)

Ok, so I have to admit that the whole height thing was hard for me growing up and it is still hard. I think the problem isn't me so much it is others who always prod with questions and say hurtful comments. Instead of listening to them I have just started to be really rude in some cases because their comments are rude so who says I can't be rude back??

I'm 5'10" I have measured myself, I have been measured at the doctors office, I have had others measure me yeah I'm 5'10"! I hate it when people especially guys say I'm 6'0 or 6'1" not because it is taller but because they make it out like I'm insecure and lying when it is actually the other way around! I swear I'm going to start carrying a measuring tape in my purse and ask people if they really want to see! :p

I have come to the conclusion that most people have no clue how tall they are and just make up whatever sounds good. If a guy is shorter than me and is insecure he will insist he is 6' because that is what most males wish to be and what is most sought after. Therefore I am taller I must be 6'1 blahblah it is useless.

This may sound mean but some people just want to be right about something or argue with you. I have found this especially true with girls who are shorter than me and argue with me I am shorter/taller than I am.. I think I would know better than them!

As for extremely tall men seeking shorter girls - it does make me mad sometimes but I think it is because:

- a. They are used to being tall and getting attention and if they are with a tall woman the attention gravitates towards her as it is more unusual for a woman to be tall than for a man.
- b. They are insecure about their height and they think if they are with a shorter girl they will appear shorter (which is totally the opposite they look freakish if its a large difference)
- c. They are intimidated by a tall woman and thus have deeper issues.
- d. They really desire to have a bad back when they grow older.

Tall is beautiful do you ever see petite girls modeling or in music videos? Maybe rarely.

I think things are always easier if you have other tall friends to talk to and relate to. It is also nice to have friends who are tall to go out with you feel less gawky but tall friends can be hard to come by.

Dating is hard I have been rejected a lot more than any girl of normal height. But I just decided I had to look my best and do my best. I am successful and if I don't meet a man its not the end of the world I can always adopt and still have a family. If I meet a man that would be great too.

5'10" Charlotte wrote (December 21st 2009)

I'm 15, and hate my height. Even though I get alot of good comments from older people boys my age don't seem to show any interest. I have long legs and sometimes do enjoy my height. But I am incredibly paranoid and constantly monitor it. I would love to just fit in at 5'5" and get boyfriends. Being tall is not easy. I get called a man, beast, shrek all the time. :(It's horrible.

5'10" Stacie wrote (December 21st 2009)

I'm tall and used to hate it. I accept it now. I have big feet - I guess that comes with being tall. I wear a mens size 12!. It's a horrible job finding shoes!

5'10 1/2" Catriona wrote (December 20th 2009)

Hey, I'm 19 and I have always been paranoid about my height but this site has helped soo much! I have an absolute passion for high heels and cant stop myself browsing for them when im shopping... only thing is I've always stopped myself buying those really high ones that would make you feel a million dollars - but not now! :) I was once out with friends one night and a girl asked me "why are you not wearing heels?" and I replied to her "because I'm too tall" and she replied to me "but you're beautiful, you don't need to worry about your height" and I thought that was so nice. She hadn't even looked at my height and was more aware of the fact I wasn't wearing heels! Heels can make a girl feel powerful and if a guy says you're "too Tall" or feels intimidated by you then they sure as hell ain't worth it! You will stand out and be noticed and have legs that run for miles and what does a guy not like about that? So girls who fear heels - stop and be attractive wearing them heels you have always wanted to buy!! :)

5'10" Remedois wrote (December 17th 2009)

Hi! I'm very glad that I found this website because even though on here 5'10 is the lowest limit, I do feel very tall since I very rarely meet women taller than me. So I was always interested in meeting other tall women and hearing on what they have to say about standing out from the crowd and just being different. I'm also very glad that many quotes here are very positive! Because I think that's the only right outlook on life - to always try and be positive, otherwise living will be very hard and depressing! I like how this website emphasizes accepting yourself and accepting that you are unique. I found groups for tall women before on facebook, with names such as "Tall women are sexier" but I never joined them because I don't think they were getting the right point across. I think the point is not to try proving to yourself that its sexier/ better to be tall, but I think the point is to understand that no matter how you look like, you are still a person, and not worse than anyone else just because you look different. I do think tall is sexy, but I don't think that should be the emphasis of this group. Think, for example, about people who are born without an arm, should they make a group which discusses why its better to have one arm instead of two? I suppose that in a physical sense, two arms would be more useful, but even if the body is not physically complete, it says nothing about the quality of the soul. Every person has a soul and no soul

was born to be better than another, it only depends on you and what you will make out of yourself. For girls that had more negative quotes: if you are self conscious about being tall and are worried about fitting in, think about this: people who don't accept you because of your height are very shallow, why would you want to fit in with them anyways? If you feel like the society doesn't really accept you, it doesn't mean they are right. They are humans just as you are, so why do you think they would know better than you how a person should be? If the society says that "The Da Vinci Code" is the greatest book of all times and "Borat" is a movie full of great sense of humor, it doesn't necessarily make it so, does it? Some time ago everyone thought that the Earth was flat except very few people that thought it was round. Well they turned out to be right and everyone else wrong :) But if they would have listened to everyone else opinion and didn't pursue their own ways, perhaps we would be still thinking that at the North pole there is an end of the Earth from which you can jump of into space :). So be unique, accept the way you are, accept other people and don't be shallow. And don't read "The Da Vinci code". Just kidding.....

6'0" Tawana wrote (December 17th 2009)

To all the teenagers who are struggling with your height... the pain won't last always... you will come to a point in life where you will embrace the fact that you're different and that you stand out. Trust me, the boys will come around. Please don't rush into any relationship for the sake of having a boyfriend, you're special and that special person is right under your nose. Remember you're not just tall, you're a GLAMAZON!!!!

5'11" Esther wrote (December 16th 2009)

Hi! I've read almost all the quotes and I see very often that tall men like short women, I think maybe it's true but I can't understand it. It's so uncomfortable walking, talking and doing everything with a short partner! They have to be always bending down to approach the girl and must suffer from their backs and necks, maybe they are masochistic! I used to go with short friends when I was younger and it was very unpleasant, cause in Spain the average height for women is about 1.60m (5'3", I think). When I see a couple like that I think what a waste of a tall boy, I must recognize it bothers me, but curiously you never see the contrary, a tall woman with a short boy. When I've asked some men that like that women they answer that "they are easily handled" what a stupid thing! As if they were a tool! But also many women like that attitude, being handled, taking up like a baby by a strong and big man, it can be seen in dancing or skating. Maybe that's why we tall women don't fit.

6'5 ½" Alice wrote (December 15th 2009)

I have never liked being 6'5". However, there is nothing that I can do about it. And I'm slowly beginning to accept my height and stop complaining about it. I have a good friend who I've been talking to lately. He loves tall women and to him taller is better. I also have a few good friends and a good man in my life who all encourage me whenever I feel down about my height. They tell me that I'm curvy, beautiful and a good person. My advice to you tall ladies out there is to surround yourself with positive people and to ignore the negative people. You can't please everyone so just work on pleasing yourself first. And I guarantee you that your self-esteem will increase in time. You may even begin to love your height.

5'10 ½" Alex wrote (December 12th 2009)

Hi, first of all, I have read almost all the quotes here I kind of relate with a lot of cases; and I still don't feel good about my height, of course the thing that most bothers me is that I'm almost taller than everyone at my school (Mexico). I have problems with guys, on dating, guys have liked me in the past, but said that I'm too tall for them. And something that makes me really upset, is that I'm 16 years old, and I really don't want to grow any inch more, at all. I would like to know if there's something to stop growing for real. Please reply if I know, Thanks =(

6'0 ½" Marianne wrote (December 8th 2009)

I am 14 years old and have just recently gone to my doctor and found out that I will be 6'2" or 6'3" (perhaps taller!) - taller than my two OLDER brothers!! I feel extremely depressed. I look at my future and see no hope. I have always wanted a husband and children and to be a kindergarten teacher. What man would ever want me being this tall? How am I going to be a kindergarten teacher if I am bending down to the children, breaking my back? I feel horrible about myself, and it does not help having my tallness being pointed out by my classmates, as if it is a new topic for me. It is so annoying. What do I do?? I need some help!!!

Joerg says: Well, first of all you need to keep your wits and your head up. You've probably noticed that there are loads of women who are even taller than 6'3". I know plenty of ladies who are 6'5" and above. And they're still delectable and, as far as I know, happy with who they are. It's always tough for teenagers like you but remember... you're not alone out there.

5'10" Deirdre wrote (December 7th 2009)

I would just like to say that it's simply not fair. The world is not made for tall women. I was at work the other day, and they make us wear mens colored polo shirts, anyways and I was bent down under a display and some dumb idiot walked up to me and called me "Sir" to get my attention. Once she saw my face she was like, oh I'm sorry. Just because we're tall doesn't mean we look like guys right! How many of you are so fed up with not being able to walk into target and buy some pants that aren't high waters? And, yes, the shoe thing. It's like taking away our rights as women. We can wear them, sure, but it makes us even taller. And let's face it the cutest shoes are the highest heels. I am also, extremeley fed up, with the tall man short girl problem. My ex-husband who was 6'4" ran off with his 5'0" tall waitress, divorced me, and married her. I would have felt a little better if he would have married someone a little more his height. It should be a law that short girls can not marry tall men. What's wrong with the 5'11" man? It's amazing how that works. It kind of leaves us out in the cold. Luckily, I seem to manage to find boyfriends who are tall, but my self-esteem and body issues always get in the way. Anyways, I feel your pain. Next time someone calls you tall tell them they are short. :)

5'10" Ren wrote (December 6th 2009)

Hey everyone! I found this page not so long ago, and I am so glad i did! I'm (half) Hungarian, and here in my country women are mostly between 5'0" and 5'6", and the guys aren't so tall either... so anyway, it makes me feel GOOD to know that I'm not extremely tall (180cm), even though I am kinda, comparing myself to the other girls here. I'm not ugly, overweight, and my body isn't ill-proportioned, i'm just... tall. I have this height since I was about 14-15 years old, so I guess all of you can imagine what my childhood was like being surrounded with dwarves (is it spelled like this?). I'm not saying that I wouldn't mind being shorter a bit (dating is an issue), but I guess this is the way I am. It's also nice to know that the top models, famous sports ladies and actresses are at least as tall as I am :) Thank you so much!!!!

6'3" Christine wrote (December 5th 2009)

I am 6'3" and so frustrated. I love being tall, I do - don't get me wrong. But every guy I meet just wants to ,sleep' with me, they never seem to want a relationship with me. Short guys just want to sleep with me cuz they wanna see what it's like and so on. Tall guys always go for short women and I'm just fed up to be honest. I'm tired of the comments, I get them everyyyyday, especially because im a police officer. And yes my height does work for my job but getting a guy.... ya no!

6'2" Megan wrote (December 4th 2009)

Hey guys! Just wondering what you guys thought about the whole issue of dating guys taller or shorter than you?

5'11 ½" Alysha wrote (December 2nd 2009)

I am a tall high school student who dances ballet. Growing up I was never the tallest girl in my class. Until grade 8 when I shot up 7 inches! It became very difficult to control my long limbs when dancing. Being so tall I was never casted in any performances because I did not resemble the other dancers. This lowered my self-esteem and made me really really hate being tall. However, I have been inspired by other tall professional dancers to use my height as an advantage (travelling across the floor). This year I was casted as one of the "tall swans" in Swan Lake. I realized that wishing I was shorter didn't benefit me but once I started to love my body it improved my dancing. To all those tall women out there, of course it's difficult to be different than those around you, but embrace it. Being tall is a unique gift, and whether you love it or hate it you have to believe that its beautiful. I get really upset sometimes when people come and ask me how tall I am, I would never ask a short person how short they were. But I realized people ask because they admire it, because they too want to be tall! Good Luck to you all!
Alysha

5'10" Jazmine wrote (December 1st 2009)

Hi, my name is Jazmine. I'm the tallest kid in every class and I'm taller than my teachers and I'm only 11 years old. People don't like me cause I'm tall and the comments really don't help. I'm tired that they get mad when I call them a name and elementary I'm so mad that I'm tall - I wish they only had a world for tall women.

6'1" Marilyn wrote (November 30th 2009)

Hi, I'm 6'1" and I love being tall. It never bothered me as far as boyfriends most of them have been just as tall or a little shorter - that has never bothered me. My current boyfriend is 5'10" so when I wear heels I tower over him but he doesn't mind. He is always buying me lingerie. One day he bought this red outfit for me with matching shoes. The heels were 8 inches. Yeah, I love being tall. Marilyn

6'2" Megan wrote (November 27th 2009)

Hey guys! Just wondering what you guys thought about the whole issue of dating guys taller or shorter than you?

6'3" Jheri wrote (November 26th 2009)

Hey Elanor. There are a lot of places that will make pants to custom sizes. I used Burgess Custom, which is in the Western US. I think their normal size 0/2 are under 30" inseams, but they do custom for extra. Mine has a 38" inseam (my barefoot inseam plus an inch) and is about a size 2. It wasn't cheap, but the quality is good. Get in touch with the custom shops. Some of them will do real custom, but you need to have a serious talk if you go that way because there are no returns. I went with this one because I saw some in Banff and liked them a lot. The girl wearing them said she went custom, so my ears perked up. They are stylish, but work well.

Joerg says: I received another suggestion from a guy (6'9" Eden): www.beyondclothing.com

6'3" Elanor wrote (November 25th 2009)

Hi, I am searching for tall athletic gear. Not the look pretty kind but the real kind. Specifically for ski / snowboarding. I know of a few places that make them in size ,tall' but all are still TOO SHORT! Go figure. Has anyone come to you with good quality snow pants for tall women, the kind I can go winter camping in -20 celcius weather?!? I wear a 38inch inseam pant, but am still too skinny to fit a medium / size 10 waist. VERY FRUSTRATING! Or a place that does custom length snow pants???? Any advice would be MUCH appreciated!

6'1" Sara wrote (November 24th 2009)

Ugh, I'm 14 and 6'1". I hate it. Like so much, I can't find clothes. I feel like a man. I feel like im not pretty, and boys don't like me. My confidence has always been low, and I just feel lonely. I love to dance sooo much, but when I went into a hip hop dance class, I looked like a freakshow, when everyone comes up to my chest, and I'm sticking out like no other and I look really awkward. I don't know what to do. I wish I was shorter so bad.

Joerg says: What about your "support network"? What do your parents, teachers and friends say? They're supposed to look after you. I bet everyone loves you and I believe you know that too. Trust me, in a couple of years you will feel a lot better and much more confident. There's nothing wrong with sticking out. You just need to get used to it. And you can. You're not alone, Sara.

5'11" Kandi wrote (November 24th 2009)

I'm tall and proud. TALL GIRLS ROCK :)

5'11" Esther wrote (November 23rd 2009)

For Megan: Sure you won't find them in Spain. I'm 5'10" or 5'11" and can hardly see a man taller than me. And moreover they are said to prefer short girls and it seems because you may see very often couples in which the man is very tall and the girl short. All of you should be thankful not to live in Spain or in a latin country. Life is not easy here for a tall woman. I'm sorry to repeat it but it's true. My sister is about 6ft and now she's fat and ppl very often insult her and make fun of her, besides being reddish haired and freckled (what is pretty rare here) the

poor has lived a life of "torture". I tell her she has a pretty hair (now blond with copper hints) and childish face, but she hates her physical appearance. She has never had a boyfriend and is sure she won't.

6'2" Megan wrote (November 22nd 2009)

Hey guys!!! I'm 16 and I absolutely love being tall!!! It's really great except when you try to find clothes. Luckily I found Buckle, which sells the most amazing jeans ever. So that's been less of an issue now. I'd only like to know where all of these girls are finding these tall boys? Cause it seems like there are none where I live, and it's getting very frustrating trying to find a boyfriend. :(I'd like to know how to find tall boys. Any advice? Other than that I love being tall and curvy. Sometimes being tall makes you the center of attention.

6'1" Lindsey wrote (November 22nd 2009)

Yep, I'm tall too! And I actually love it, well besides the fact that it's extremely hard to find clothes that fit right! I love shopping, but sometimes it can make me really angry. I recently had to find some black pants for my new job, I went to every store that I could think of. I went into Gap and was looking for long pants and the lady that was working there was of no help at all but to make me feel like a freak. Of course I couldn't find any long pants, and she asked me to try on average length, I was desperate at this point so I did. I opened up the dressing room door, and just shook my head. She looked at me with this disgusted look and in a rude tone said "you're right, those are too short." This lady was probably around 5 foot nothing. But I eventually did find some, I had to order them online, but I did find some 37" inseam pants!

As far as dating goes, my boyfriend is 6'8" and when we go out we are constantly stared at. We were in an elevator once and this other couple stepped in after us, of course we towered over them. The guy looked up at us and stated the obvious "wow! y'all are tall!" My boyfriend and I just looked at each other and were like "yes, we are tall" I love the fact that we are so tall, we would never lose each other in a crowded room. I can wear heels as tall as I want, and he loves the fact that I'm tall as well.

5'10" Alice wrote (November 20th 2009)

I'm 23 and a little over 5'10. I'm tall but not too tall. My only complaint is finding pants and shirts. Other than that I love being tall and curvy. My younger cousin is only 15 and 6'1. Damn. That girl is going to be about 6'4 by the time that she's 20.

6'3" Jheri wrote (November 19th 2009)

For Sarai: I'm sure several women will reply. A lot of women love to dance.

Dance is something I am passionate about. I love to move and dance makes me incredibly happy. I dance for fun, I may not be the most graceful person there is, but I work with coaches to get better.

I don't think there is any such thing as an ideal height for standard types of dancing. Some types with very acrobatic movements favor shorter people, but world class dancers in pairs dancing come in many sizes and size differences. There have been several world champion ballroom dance teams where the women are taller than the man. There have also been couples where the guy is much taller than the women.

There have been 185 cm (6'1") female ballerinas, which would be taller than you.

You can learn quite a bit on your own, but to get good you need to find a good teacher or coach who can teach you and your partner the positions. Sometimes it is considered best if your legs are roughly similar in length, but you can learn to adjust and it will be just fine. I frequently dance with guys who have much shorter legs than me, I think leg length is a bit more important than height, but you can adjust for either. If you learn to do this with a variety of dancers, you will become a better dancer. I think casual dancers never figure this out.

For the past year I have been going to a swing dance club that is very friendly. Some of the dancers are seriously good and there is a lot of teaching and coaching that goes on. It is incredible fun and is often the high point of my week. I even had a "zoot suit" custom made to fit me.

I am the tallest one, male or female. No one cares and we just adjust. I'm very light, so I'm easy to throw, but the guy needs to adjust how he holds me when I'm a half head or more taller. The effect can still look very good.

In some dances I take the guy's part, which helps you learn even more. Some guys mind that, but not the good dancers.

There are many things other than height differences that prevent people from being good dance pairs.

I am well known for dancing for the fun of it - in private or in public. If I can feel the beat of dance music sometimes I will grab a partner in the street and start dancing. Usually it doesn't work, but when it does it can be magic. Enough that I keep doing it. People who know me know they are going to be danced with if I'm in the mood.

Plus it is great exercise. I run and two hours of constant swing dancing can leave me feeling like I go after my hour run in the morning.

I tell teenagers that they should find a passion and work on it so they can figure out who they are and be proud of themselves. I don't care if they are tall, short, fat, skinny, or anything that is different - or even average. When you find self confidence most other things fall into place. For some tall girls it might be sports, but we're all different and we have our own passions.

As that shoe company says: Just Do It!

6'0" Sarai wrote (November 19th 2009)

Hi, my name is Sarai and I'm a sophomore in highschool. Right now I'm struggling a lot with my height because I really want to be a dancer and I know that because of my height finding a male partner would be extremely difficult for me. Especially when it comes to things like lifts. I would really like to know if there are successful female dancers my height. This is something that is very important to me and it would help a lot for me to not give up on my dream if I knew that it's not unheard of. Thank you!

Joerg says: I'm not into dancing and don't have a clue whatsoever. Can you help Sarai out? Let me know...

5'10" Kara wrote (November 19th 2009)

Some days I feel like I'm sexy AND ON TOP OF THAT I'm model height. HOW LUCKY AM I!?! But on other days I wish I could be shorter so that I could just be that "perfect woman" that every girl and guy would envy. My bf is 5'7" and I feel like we are a really hot couple until I remember our height difference. Most likely people only look at us thinking we look weird together but I hope to God that's not what they are thinking. His sisters are TINY and tell me all the time how lucky I am. But when it comes to events where I have to wear heels I get a little bit of anxiety. If my bf was as tall as me I don't know if I would worry at all about wearing heels. I'd probably wear them everyday! I'm rambling on but just wanted to add my two cents.

5'11" Kate wrote (November 19th 2009)

I'm 5'11" and 17. I've always hated being tall until about a year ago. I go to a school that has insanely short people, I swear... especially the guys. Most of the guys are around 5'8" and if they're taller they're still only interested in shorter girls. The worst thing about my height is going to parties and awkwardly towering over everyone in a crowded room. I also hate when my friends are talking and I have to bend over to hear them - I feel like a freak. My best friend is 5'0" and weighs 95 pounds. She's literally miniature and I'm so jealous. So about a year and a half ago I met my current boyfriend and he's 5'9". The weird thing is neither of us would generally identify with being attracted to people of opposite heights but for us it works. Having him being so confident in our relationship and so proud and supportive of me has completely allowed me to forget my insecurities. As sad as it is that I had to rely on a relationship to help my self-esteem I think it's safe to say that interest from the opposite sex boosts everyone's self-esteem. So just don't waste your time being self-conscious or letting rude comments get you down (my personal favorite was being asked if I was Bigfoot!) there are people out there who don't care at all so embrace it and your confidence is all people will notice.

6'0" Shelley wrote (November 18th 2009)

I'm 6ft and absolutely love being tall. I love the fact that my legs look so much better in a pencil skirt than the average woman. I get so many nice comments out at night from men who are tall and checked out hehe. Short guys always look up at me, stare or say "wow, you're tall!"... but I honestly think they're jealous that they're not as tall as me. Skinny jeans, shorts, skirts and knee high boots all look so much hotter on long legs!! I don't think to myself as tall or freakish. Generations are getting taller and society more accepting. Me and my best friend (shes 5'11") love being tall and blonde. It attracts so much attention and we don't blend in like the average height girls (this is useful at interviews as they won't forget us). I used to get anxious about wearing heels. Try and stop me now. I recently bought these 5 inch heels (do the math) and I love it. Why should I miss out on lovely shoes because I'm tall. My boyfriend is 6ft maybe 6'1" (we regulary try and beat each other... but I have short days.LOL) and he loves my height and my propotions :) I wear heels with him and he doesn't mind... just think Elle McPherson is 6ft and she is hot. Don't be embarrassed about how tall you are! Embrace it! Trust me alot of girls are jealous of my height and girls at work say "oh, I wish I were taller!". Work with what you've got girls!!!

6'2" Megan wrote (November 17th 2009)

Hey thanks guys!!! In the past few days I've realized that I just need to love myself for who I am. I've noticed that when you're confident, boys start to notice it, even if you're just as tall as them, and I like being able to rock the super long jeans that girls I know would die to wear. I know I'll grow (hehe) to love it, even if it takes me some more time. If anyone has any dating advice that would be great as well! :)

Joerg says: The best dating advice I can give you is "be open-minded". Don't rule out a guy just because he's a little shorter than you. Make sure to stay away from men who don't see your personality but just your height. Date guys who don't talk about your height all the time. If they're romantic, caring and generous you will want to take a closer look at them. Most importantly make sure the guy respects you. You deserve the best.

6'2" Susan wrote (November 17th 2009)

Good for Emma, love the self confidence, and she is beautiful too. You go girl...

5'10 1/2" Rachel wrote (November 16th 2009)

My beautiful daughter is 12 years old and just hit 6'2". She is thrilled with her height. Her Grandmother was 6'4" and her Father is 6'10". I am not exactly short either at 5'10" and a bit. How do I keep her self esteem up when everywhere we go she is treated as a walking side-show? I am just starting to notice that she is starting to bite back at the STUPID people and the constant STUPID comments. Up until now she has let them slide. I am also worried that young men 16 - 18 are taking a very big interest in her, and although we have had a lot of talks about this, I do worry that she will have problems with men thinking she is a lot older than she is. She refused to play netball this year due to the ignorant parents on the sideline putting in a complaint that she was too tall to play in her years league, and she constantly got pulled up by the referees for obstruction even though she was well outside the 3 foot guidelines. Are there any teen girls or young women on here that would be willing to share some advice with Jennifer, as currently the "ignore them" line from me, isn't helping. Thanks Rachel.

Joerg says: For starters you could let her read the article about 6'5" Emma from England. Hers is an inspirational story. I'm sure you'll get a few replies from other tall ladies so watch this space.

6'3" Jheri wrote (November 15th 2009)

Megan, I think most teenagers have problems with something. The trick is to somehow feel good enough about yourself that you don't worry about the bad comments and people want to be around you because you are positive. I certainly wasn't positive when I was a teen and I think having poor self esteem is something other people sense and they end up treating you worse.

I never became happy with myself until I was about 20. A lot of people don't know how to react to a tall girl, so what I do is to use that as a way to start a conversation. I usually answer with something positive about them and then move the topic away from height. It works pretty well for me. The people who keep giving me a hard time about it aren't worth knowing anyway and this is nature's way of helping me identify people I shouldn't waste time with.

I was and still am very thin. Believe me - that isn't exactly good either. Try to get to a weight your body is happy with and learn to dress for it and love it. I find it difficult to love my thinness, but I'm pretty comfortable with myself now.

Esther, I visit Italy and France several times a year and Spain about once a year on average. I find the guys in those countries stare and comment more than those in Northern Europe. Another silly guy thing in the culture. The best way for me to deal with those people is to be super confident. You are at a very desirable height for many woman - about average for a runway model in Europe and on the high end of average for one in America. A very nice height to be.

One of my friends is very comfortable with her height. She has a strong confidence and doesn't worry about the heights of her friends male or female. She is tall enough that fitting into the world is a bit of a problem, but she approaches it with a good attitude and humor. She just has a blog post on the issues of being tall that some of you might like: http://www.6footsix.com/my_weblog/2009/11/colleenifying-the-world.html

6'0" Pat wrote (November 14th 2009)

I have always been tall, 6'0", hit my max in high school and it was a small town so naturally I was the tallest girl. Add to this red hair and freckles, and I can tell you my self-esteem was horrible. I was depressed all the time and used to cry myself to sleep because I was so different. Then one night I had a dream that God spoke to me and told me the only way he could make me smaller was to put me in a wheel chair. I am not a religious person, nor am I crazy. Do I believe God spoke to me? I don't know, (I wish I was that special), but what I do know is that it helped me to accept the one thing I could not change and gave me some perspective on what is important. I am 47 now and on occasion I wish I wasn't as tall as I am, mostly when I have to shop, and I would probably hate that still if I were short. What I can tell you is that had I known in my 20's what power I had being tall and a red head, wow, not sure what I would have done but the options were there, just to naive to see them (probably a good thing). My point is, make the most of what you have, because whether you know it or not, you have it all! :-)

6'2" Megan wrote (November 13th 2009)

Hey guys!!! I'm 16 and 6'2, and it's been really difficult. It seems like guys only like the short girls, and as being the tallest girl in school you feel like you're by yourself with no chance with anyone. I play sports and yet I'm not one of those super thin tall girls, and it's so hard for me to feel pretty because I'm not thin like the other short girls. And I'm sure you guys have gotten tons of comments or snickers about being tall, but some guys can be just mean! If anyone has any advice that would be so helpful for me!!!! :)

Joerg says: Have you read about 6'5" Emma from the U.K.? She's your age and has got a lot to say.

5'11" Esther wrote (November 12th 2009)

Hi, I'm glad to have found this page about tall women, and have seen that there are women taller than me in the world! It's great. But on the other hand I'm a little sad of hearing the stories of some of them, who suffer the same scornful comments, insults, rejections from men etc. as I always have. It's unbelievable, I thought it only happened in Spain!! I was sure of it! But I see this is a very strong sexist prejudice deeply rooted in all societies all over the world (it seems). Maybe I'm not too tall in this blog but in Spain where the average height for women is 5'2" (1,60m, I think) life can be very difficult or maybe hell. Comments as "you are good to collect fruit" or "How is the weather up there", or "your boyfriend needs a ladder to kiss you" are the usual and many other things that make you feel discriminated and rejected from society. You can very rarely see a couple in which the woman is taller than the man, but on the contrary, the man being quite a few inches taller is very common and well consider, and nobody feels shocked about it. So finally we the few tall women here feel like a freak and get lonely and hide from society, at least this is my case and my sister's and maybe not all but I think a lot. But what has stricken me the most is the fact that in other countries like the north of Europe, The States, Canada etc, where people are taller in general and supposed to be more civilized this things happen as well! I honestly like my height because I personally find it attractive and better looking than shortness, but I wonder if it's worth so much suffering. Thank you very much.

6'0" Sandi wrote (November 8th 2009)

I'm 49 years old and through the years I've heard numerous comments about my height. Now when people say things like, "Wow, you're tall!" I usually say something like "Yes, it's great being this tall, I get more attention than shorter women." Of course, if the person is really obnoxious with their comments, then I just look down on them like a bug I'd like to squash and move on. I personally have liked the attention I get - and if you conduct yourself like a true woman, then you will find a true gentleman. I've been married for over 27 years to a 6'2" guy, and I have 2 tall sons. I'd rather be tall than short and overlooked.

6'2" Lisa wrote (November 7th 2009)

I don't really notice my height unless I am standing right next to a really short person. I get several comments from strangers about how nice it is to see a tall girl stand up straight. Honestly, I don't know where the good posture came from, it is just natural for me, but I do notice a lot of tall girls who slouch (I'm assuming in an effort to appear shorter). The major annoyance as far as comments go is the same person saying "Wow, you're tall" on several different occasions. Then I tend to get a little snappy and say "and tomorrow I will still be tall". A (short) supervisor once said, "You would be good at basketball" - I jokingly said "you would be good at miniature golf". Recently at a wedding there was a guy that I wouldn't have given two thoughts about, but he (at 5'3") had the guts to ask for my number. I thought he deserved it, LOL! He turned out to be a very interesting guy, although spooning was a little awkward. Just friends now, but an experience I wouldn't want to give back. Once while looking for tall jeans at the gap, the associate there couldn't find any and said "are you sure you don't want to try our averages?". I looked him in the eye trying to see if he was joking, and when I realized he wasn't said, "What part of 6'2" do you not see?".

5'11 1/2" Daniella wrote (November 7th 2009)

I'm 20 years old, almost 6'0" tall and I LOVE IT :) I grew up in a tall family, so I guess that's how I learned to live with it and accept the fact that I'm not gonna change, even if I wanted to. LOL. My friends are not only short, but PETITE, so I get to call most of the attention, wherever we go :) Yes, it is annoying to hear people's comments sometimes, but I guess it's something we need to live through and learn to overcome it. That's what I've done :D

6'3" Jheri wrote (November 6th 2009)

Before I get started something for Erika. Go out and find some comfortable heels and practice getting a good walk with them. Nothing looks more ridiculous than a woman who can't walk in her heels. Once you have that down, you will be much more confident. I'm probably taller than you in my bare feet than when you are wearing heels and that doesn't bother me. If you think about it there are a lot of women who are taller who aren't bothered, so just jump in and don't worry about it. But find something really comfortable or it will look horrible.

And now for my comment: I'm up way too early this morning, excited by the first run after a week with the flu. As a very thin woman, I feel I should react to the "say no to size zero" project. Believe it or not I will link running to this. For what it's worth my BMI is under 18.5. I don't like that, but can't gain weight even though I eat over 3000 calories a day.

Anorexia and bulimia are terrible eating disorders. It is true that some models have them and some diet on their own out of craziness, but others are naturally extremely thin. It is fine to recognize that some are not thin naturally and should seek medical care, but it is also very important to realize these are psychological disorders and removing public images does not address the underlying causes. Get rid of all of the thin models and movie stars and we'll still have obsessive eating disorders.

I worry more about the other side of the coin. In the past thirty years obesity in America has become a serious epidemic. Type 2 diabetes and heart conditions for teenagers are both skyrocketing. Not that it is desirable, but having thin models doesn't seem to be causing the average teenage girl to become thinner.

It would be nice to see serious overweight and obesity treated. Make people happy and joyful about something in life and perhaps eating disorders - overeating or undereating - go away..

I strongly believe they should be promoting activities that build the self image of teenagers. It might be athletics, drama, music, volunteering - these things can make a young woman feel better about herself. My experience has

been that people who are actively engaged in some adventure are not terribly worried about "deficiencies" in their bodies and have healthy self images.

Because of my height and thinness I am regularly called a man or a transvestite. Very few guys are interested in my height or my lack of curves. I have had three guys tell me they might go with me if I had a breast implant operation. Some people are upset with me because I can't hear well. This all rolls off. I figure this is just nature's way of telling me which people I should stay far away from. Maybe my differences are a gift to help me find wonderful friends. I have amazing friends, love my height, and love my adventures.

I finally figured out how to make my life an adventure. It took years to figure out, but you just have to find things you love and work at them very hard. It is all about passion. That is what I want teens to search for as that was a horrible time for me. I was very depressed by my thinness and deafness mostly, a bit by my height, and the fact my family didn't have much money. Such silly things. I have good health and this life thing is an adventure. I want others to feel that electricity.

So I will listen to these people who argue about treating symptoms rather than causes if they can keep up with this way too thin young woman. I don't have a car and bike everywhere and run at least an hour five times a week. I consider my run a failure if I can't do the first 10k in under 42 minutes and I can go under 38 minutes if I am only running 10k. So if these healthier people can keep up with me during a run, I will give them my attention.

The bottom line to young woman, too all women. You are born with the body you have, Learn to love it and get it in the best shape you can so you are as healthy as you can be. Then find something to be passionate about and forget about having the perfect body type. No one has one of those. It is just an illusion.

Oh yeah - a lot of people tell me I should model...

5'11 ¼" Erika wrote (November 5th 2009)

Hey you all. I'm 17 right now, and I really don't like being tall. I'm 1.81m now (and I really don't know what that would be in feet and inches, maybe you can tell me?). I have no confidence, and though I looove high heels I'm afraid to wear them, because I'm tall already.

Joerg says: You are 5'11 ¼" and therefore one of the shorter ladies on here. No reason why you can't wear heels as far as I am concerned.

5'11" Tracy wrote (November 4th 2009)

Hi Abbie-Gail, I understand what you are going through. I and others on this site went through this as well. Please don't let people that make fun of you and hurt your feelings about your height. They are ignorant and not worth your time. They have to put others down to make themselves feel better. Don't let them take your self worth. You are beautiful and unique. Any guy that doesn't see that isn't worth your time. If he won't go out with you just because your tall, that's his problem. You wouldn't want a man that was afraid of being shorter than his girlfriend anyway. A real man will see how beautiful you are inside and out. He will accept and love you for who you are. I know this is a hard time for you, but just know it will get better.
Tracy

5'11" Abbie-Gail wrote (November 3rd 2009)

Hi, I'm exactly 5'10" and I'm 14. I just discovered this website and I will keep coming back! Honestly I'm not happy with my height (as a lot of girls aren't). I wish I was about 2 inches shorter. My friends are 5'3", 5'8" and 5'2". I have plenty of days when good looking guys walk up to me and are like "Hi! You're pretty... and I would totally go out with you if you were shorter than me" or they'll just say to me every single day "Oh my god you're such a giant!". I get so sick and tired of fighting all the time because of them so in return I get really angry and start taking it out by teasing short ppl (even though I know its wrong). I have the good days when I get a lot of compliments that I'm pretty and beautiful or whatever but it never adds up to the bad days when they say GIANT or BIG HANDS or BIG FEET or GIRAFFE. My confidence level is never up and I always walk with my head down and knees bent just to be a little shorter. The only place where I can be myself is on the volleyball court and... that doesnt even matter because I seriously hate my height.

5'11" Esther wrote (November 3rd 2009)

I am a Spanish woman who is 40 years old. I'm 1.80m what I think equals 6 feet (5'11" actually says Joerg), but I'm not sure. In Spain it's really hard to be a tall woman because the average height is very short. You have trouble in finding clothes, beds, boyfriends (cause the men usually want women smaller than themselves). Many people look at you as a freak, even insult you or at least always get struck of your size. But even though now I'm proud of my height because that makes me special, nice, almost unique. The problem is not me it's the other's thin mind that can't put up with the difference. I have suffered in the past but now I would like wearing high-heeled shoes if I could bear them! Thank you very much. Bye.

6'4 ½" Joyce wrote (November 2nd 2009)

I didn't know that we are a lot of tall women. I'm 42years old but I still feel shy about my height. Please let me know if there is a meeting for tall women so I can gain confidence. I would love that.

Joerg says: Since you seem to be located in the United Kingdom I recommend you take a look at the Tall Persons Club Website. I hope this helps.

5'8" Autumn wrote (November 1st 2009)

I'm 5'8" and 13. It really bugs me and I hate being tall because of all the rude comments and people telling me I'm too tall. I'm really sick of it! It's like... I think I know I'm tall. Nothing really helps but I still need advice... PLEASE :]

Joerg says: Normally I wouldn't have published your quote / request because you're too short remember that I define "tall" as being 5'10" and over). But since you're only 13 I'm going to make an exception.

5'10" Louise wrote (October 29th 2009)

To Sadie (Oct. 24): High school is tough, but trust me - it's tough for everyone! You'd be amazed at the teens in an eating disorder clinic. Many of the girls are of normal height and quite pretty, but they still blame their bodies for whatever is wrong in their lives. If you saw one of these girls in school, on the surface they'd appear to have it all, but remember... they may be just as uncomfortable as you, for their own reasons. Repeatedly tell yourself that you are perfectly wonderful just as you are, and before you know it, you will glide through life effortlessly, and be the envy of girls all around you!

5'10 ½" Lisa wrote (October 25th 2009)

Some people here have mentioned that tall people have the potential to have a higher income... which is very true, so now when someone asks me about my height I tell them it's a sign of wealth... and then I look at them and say "sorry" and move on.

Joerg says: Nice comeback! 🍷

6'1" Bridget wrote (October 24th 2009)

I go to a college where the average height of girls is 5'6" - 5'8". Not only is it annoying but the men who are interesting view me as some sort of oddity that cannot and is not attractive. Now I live in a city where models are common place and I can wear what I want without people looking at me. I hate that my home views my height as a blessing while my college views it as an oddity.

I've never been angry about being tall, I've always been proud of it because there is no other way to be. What influence did I have over what I look like now? Make the best of it and be the best person you can be, despite the height-phobia that some people seem to have. My school's basketball team still looks at me like I'm an alien, so I'm close to telling them to deal with their insecurities and stop starting at me like I've just emerged from a space craft. I'm glad that I'm not alone in feeling this way, and that you all are here to support me.

Go tall amazon women, we are higher up on the food chain anyway. We get paid more and we get more respect in the work place than some short woman. Nobody messes with us, but those who get close realize that we are at base women and have womanly needs. We are teddy bears in the casing of amazons. Never forget what you are.

6'1" Susan wrote (October 24th 2009)

I can relate to all of the comments on the site, I have been there! but I am thankful I had wonderful parents who loved and accepted me despite what people said. I am now 56 years old (this month 10/10), divorced but I do not lack confidence or happiness. I walk proudly in my 2 inch plus heels and boots. Do not give anyone the power to make you feel bad about who you are... we all are created for purpose and our height is not a mistake. Walk it positively thru your life... the baggage you carry will only add a hump in your back. LOL

5'10" Sadie wrote (October 24th 2009)

I'm 15 and I'm 5'10". I seem to have really big issues with my height, like I'm paranoid about it everyday! Some days I feel completely comfortable with it and walk with my head high, but most of the time I just wish I could be a few inches shorter. I know there are more important things in life and I know people have real issues, but I think growing up and constantly worrying about my height and standing out has taken it's toll on me and I'm only 15! I pray that I don't grow any more because I just don't have the confidence compared to these amazing women I read about on here to stand any taller then I already do. I've cried and worried about my height long enough, but I guess when you're surrounded by smaller people 24/7 you're gonna have a certain point of view.

6'3" Nada wrote (October 23rd 2009)

When I was younger walking in any place, people used to laugh at me and say some dumb comments. I used to cry and go tell my mother "Everyone keeps makin fun of me cuz I am tall... I hate my height". But now and after I thought, I found out that it is a real gift that not every woman or girl gets, and found out that I am very unique. I love my height and I thank God for giving me this gift.

5'10" Zoe wrote (October 20th 2009)

Hello everyone :) - my name is Zoe and I'm 5'9 ½" or 5'10", but everyone says I look taller. I'm a senior in highschool. No I DON'T play basketball, and I have very mixed feelings about my height. I guess I just stand out in general, very light skin and big curly auburn hair, and then my height to top it all of, hahaa. It's really nice to stand out and look different and everything, all supermodel status, but sometimes I wish I didn't attract so much attention! Like all the comments - "you're so tall!" by complete strangers. WHAT?!? NO WAY!?!? Hahaa. Walking in the halls in school and being one of the tallest feels kind of awkward sometimes, even standing up in class and walking across a room. Like I have my homecoming dance coming up on friday, and all of my cute shorter freinds are wearing gorgeous heels... and I feel like I HAVE to wear flats. Especially since most guys are my height or shorter. My height is a love hate relationship. But I'm so glad I found this site and I no longer feel so alone! Haha, thanks!

6'2" Stephanie wrote (October 20th 2009)

So I have always been unsure about my height... mostly around men actually and this website has been a wonderful inspiration. Quite recently I met this fabulous guy at the bar named Sam who is a rugby player. He was fabulous, tall, charming, very athletic and hilarious! So this saturday night we were out and while I was in the bathroom he was talking with a couple of my friends... he asked how tall I was and they answered six two, he paused and then told them that if only I was two inches shorter that it could have worked out. This was one of many snide, jerkish comments that I receive from men over the years. Why does it matter if I am taller? I know that I am only 18 but I haven't had a serious relationship mostly because there have been no decent guys around! I don't even care if they are shorter than me as long as they will treat me with the respect that I believe I deserve. It's just hard when you get discarded over something that you have no control what so ever over!!

6'2" Hope wrote (October 19th 2009)

I'm TALL, BEAUTIFUL and ok just the way I am. It took me years to learn this affirmation... accept yourself for who you are... love yourself... stand tall with your head held high. We are head and shoulders above the rest... enjoy your life... life is too short but I'm not. LOL

6'1 ½" Angela wrote (October 18th 2009)

Don't ever be ashamed of your height! I absolutely love being tall! I'm a holy terror on the volleyball court and I wear 2 inch heels when I go out on weekends. I get a lot of looks because as a tall, confident woman, I command attention when I walk into a room. Never slouch for anyone. Just be comfortable with your wonderful gift of height and work it, girls!

6'0" Brittany wrote (October 17th 2009)

So I happen upon this site while trying to find a hilarious costume for tall girls. I was instantly hooked on this sight when I realized what it was. I am 24 years old and have loved being tall my entire life. I could always reach the items on the top shelf, guys have always loved my legs... and yes!!! I wear heels whenever I can. And not the kitten heel type. I whip out the 4 inch heels and rock them out if I can. The only one who can make you feel insecure about your height is you. And when people come up to me and point out the obvious that I am tall I simple make a smart a\$\$ comment like, "What... I wasn't this tall 5 minutes ago, that's weird." Or "I know and I'm shocked you can even make that observation with all that idiocy in your head." something like that. Also a fun thing to do if a shorter guy is hitting on you while your sitting, stand up and they usually get the hint. Anyway the point is being tall is not a curse or a bad thing. Stand up straight and strut your stuff ladies cuz our height is just another thing that makes us extraordinary!

6'2" Octavia wrote (October 14th 2009)

HI! Im 16 and 6'2"!!!! And I love being tall I absolutely love who I am and can't and never will change it. But people always tell we I'm tall for no reason and I am a waste of height because I don't play basketball or any kind of sport. It's not just me... I tell that to them and they say "you could get a college scholarship for it". I just tell them I don't need that kind of scholarship cause I am in the top five percent of my class. It doesn't bother me to much when others say "Ohhh, she's so tall" and such but I can't help to think about it when they say i have a waste of height. I get also annoyed when people say WHY ARE YOU WEARING HEELS!! THEY SAY IT SO LOUD and totally overreact. But I still were my 2 inch heels sometimes to school with my uniform. Thank you so much for this website it feels really good to know I am not the only one who feels this way.

6'5" Loren wrote (October 11th 2009)

I was 6' when I was 12 and I always stood out. Kids at school would tease me telling me that I would never find a guy or ever get married. I have now been dating a wonderful man for over two years and he is 6'7" and I couldn't be happier. Yeah, people look at us when we are out but it doesn't bother us. Also, thanks to my height I am now looking at a professional career in Volleyball which I never would have started if I wasn't so tall. So for all the girls out there who think that being tall is the worst thing ever, it really isn't it's a blessing so be proud of it.

6'3" Jheri wrote (October 10th 2009)

When I read through the quote section there are a lot who have issues with being accepted as people and others who feel accepted. Those of us who are comfortable with our height tend to write with suggestions, but there are always many with problems and I'm sure these problems can be very depressing.

I think this goes much deeper than being tall, although being tall forces the issue for some of us. In the end we are really after is respect, friendship and love.

I think a lot of this must come from within. It is very difficult during the teenage years because so many have matured. But even as adults it can be hard when you see yourself as different and not fitting in.

Today I was reading a friend's blog and she talks about the holiday season. What she has to say is it can be very special if you focus on a few deep friends and try to do something from the heart rather than just buying something. Invest time and love in them and you will find it repaid, maybe many times over.

Here is her post. Read it and see if you are inspired to do something. It will take time, imagination and love, but now is the time to start. When you do this special kind of work you'll feel better about yourself and the world.

Colleen is a wonderful and caring person. She happens to be tall - to her it is a gift, but she focuses on other things in life. Her blog is excellent and a good read for anyone interested in seeing someone put together a happy life that even has a bit adventure. She is making her story as she travels along.

So many articles, blogs and websites are about problems and frustrations of being a tall woman. It makes me smile to see one that shows that when you aim at adventure and being happy it shines through and people love to be around you.

I'm sure there are others like this too. These are great role models for teenagers and the rest of us.

6'3" Jheri wrote (October 9th 2009)

Sophie, high school is bad for many girls. No one is perfect and many of the people haven't developed social skills and are incredibly rude. If you were short skinny, heavy, flat chested, too busty, too smart, freckled or a thousand other things, you will be bothered by someone. Your height will get you noticed so you have to feel good about yourself. My recommendation is having a few good friends and getting involved in some activity where people can appreciate you for who you are. I was not good at either until later and suffered, but I have met many women who figured this out and had a great time.

Just go out and do what you want to do, Kelsey, and be yourself. It may be more difficult finding a guy to go out with, but they are there. You may have to be the one who asks. One thing is that some of the taller guys are shy, I think a lot of tall women expect taller guys to just like them and end up feeling rejected when they see them with a short woman. The tall guys I know don't think about height nearly as much as the tall women and don't really consider it much in a woman. Since there are so many shorter women the chances are that will be who they go out with. So just approach some and talk. And there will be guys your height or even a bit shorter who will like you. Do you have any activities you are passionate about that have other people doing the same thing? I know someone who has found more than a few dates working in her community garden. If you are doing something that brings great happiness, other people will notice that and being happy is very attractive.

Maybe you can remount your mirror at a different angle, Deena :-)) I don't like tall clubs, but some people love them. It is interesting to be in a room where more than half of the people are taller than you. There is an unspoken rule in some that you don't talk about your height so everything is normal except that you are looking people eye to eye or even looking up with many. I find too many are looking for dates and I'm not interested in that kind of environment so it isn't for me, but tall clubs probably vary and the different perspective may be good for you.

A lot of us have tacky putdowns running around in our minds for things people say. Many of us don't say them because it doesn't seem right, but if you get someone who is very aggressive about bothering you it makes sense to use them. Most people who comment are just curious and don't know how to make comments, but there are some women who love to make nasty comments and some mentally disturbed guys who have a fetish. Go ahead and say what you want and feel proud for putting them in their place.

You can also use your height for dealing with people who are being rude for other reasons. My short apartment mate had a guy who thought he was her boyfriend who would try to come over and bother her. He was pretty short too and apparently my height bothered him a lot. So my apartment mate made sure I was around when this guy would show up and asked me to be rude to him. It isn't my style, but I was helping her. So I made comments about how cute and petite he was and that it must be fun to be child-sized because people would think he is younger (I was a head taller than him). I felt a little unclean doing this, but he was a jerk and needed to be put in his place and this worked very well. I was surprised I did such a good job.

You should probably get Adrienne Cohen's "The Tall Book" I think it is a bit heightist, but maybe that would come through in any book on the subject. You should probably be mature enough to talk about sex if you read it - I wouldn't recommend it to a 9th grader, but anyone who is a bit older will get something out of it.

6'0" Kelsey wrote (October 8th 2009)

Hi, everyone! I have always been extremely insecure about my height growing up. I am now 23 and I find it nearly impossible to date. I think for some men the idea of being with a taller woman is exciting but when they get the chance to they are too insecure to actually go out with me in public. I am so frustrated that taller men

don't even look my way. I'm slim built and I consider myself relatively attractive with a good personality so what's up with these men. As far as heels I bought my first pair today. I'm tired of not doing what I really want just because I'm afraid what people might think or say. But my height has never really benefited me so I struggle with it daily.

5'11 ½" Deena wrote (October 8th 2009)

Wow, this website is a blessing. I am a 42 year old woman who is still insecure about her height. As most of you, I have my good days and my bad days. As most of you, I get comments about my frame every day. I have never had problems with men. My experience is that men were attracted to me BECAUSE of my height, not DESPITE of it. My problem is that when I look in a mirror, I STILL get a shock about how tall I am! I love everything else about myself. I think I look rather good. Thank you all for making me feel better about myself :)

6'4" Sophie wrote (October 6th 2009)

I'm in high school and completely get the poop took out of me for being tall. It's horrible, it seems like you have to be just perfect.. They pick on the teeny people and the tall people. Apparently we aren't "normal" :-S

Joerg says: You are probably perfect but don't know it yet. Don't let nasty people get you down! Your road to more self-confidence starts here, young Lady!

5'10 ½" Sam wrote (October 5th 2009)

EW, I hate being tall. I'm in highschool and I'm taller than all of my friends. All my friends are short and cute they are all like 5'0"-5'2". It's so unfair.

5'10" Linda wrote (October 5th 2009)

This is in response to Alina's comments. When someone says "wow you're really tall" just say "I know, I got lucky"!!! If they know you're not bothered by your height, why would they say anything more to you? Everyone wants to be tall, especially men! They feel bad about themselves so they have to bring someone else down. Confident people don't have a problem with someone's height.

6'0" Alina wrote (October 4th 2009)

I think I am 6'0". To be honest I haven't checked my height for years because I'm scared I am taller. I am 38 years old and today I have left work crying, because of this. One guy said he recently went to a house inspection and that the ceilings were so low that I'd probably hit my head on them. Then another guy said ,you should call her Ginormica' from some film that's out at the moment. I just couldn't believe it. I have had so many height-related comments where I currently work. One girl said ,you're a tall, big girl'... I am quite slim, so don't know why she had to throw the ,big' in. I've had to say a couple of times I'm not 8 foot tall. I've had more comments on my height at this job compared with any other job I've had. All of the guys at my work are quite short, so that is where the problem lies I think. I have a gorgeous boyfriend who is my height, plus quite muscular, so I'm lucky in that respect. I don't really mind being this tall, but would never dare wear high heels. I get too much attention as it is. The Ginormica comment really got to me today. This is coming from a 40 year old man. Another guy asked me what was wrong. When I told him he said he didn't mean anything by it. The guy who said it didn't realise his rudeness, but still it really upset me. I never make comments about other people's weight, height, baldness, skinniness or whatever. Occasionally if someone says ,You're really tall' I'll say ,Do you really think so?' as though I'm so surprised and have heard that for the first time.

6'3 ½" Sue wrote (October 2nd 2009)

Hi, Fellow Tall Girls - I'm 53 years old and 6'3 ½" - my height is not that unusual now, but when I was young, I was quite unique. After middle school when I was adjusting to my stature and was kind of shy, I always found my height as quite an asset and now I am an executive at a Fortune 500 Company. BE PROUD TALL WOMEN - you really have an advantage now. I am married to a wonderful man who is 6'7" tall and have a daughter who is 6'6". All of you, stand tall, be proud, be happy and smile! We are beautiful and strong. Sandy Allen is surely an inspiration - just ordered her autobiography. Be proud tall sisters! Please let me know where you find size 14+ shoes and long pants. Take care!

Joerg says: Have you taken a look at the Clothes USA and the Shoes USA sections?

5'11" Kaitlyn wrote (October 1st 2009)

I haven't always been tall, in elementary school I was of average height. But now at barely 16 years old I tower over a lot of people at 5'11". At times I hate it, but I believe there are positive sides to it. Although it may be hard to find jeans that are long enough and always being asked if I play basketball (I don't), being this tall is something that some girls hope for everyday. Being tall makes you look thinner, and why do you think everyone is trying to wear the tallest heels they can find??? Because they want their legs to look longer, and to be taller!!! Weird, right?! Although, I do feel like I stick out like a sore thumb next to my older sister, who is four inches shorter than me, and my older brother who is only an inch taller than me! I sometimes feel like some sort of giant and that I'm just disgustingly tall, but God made me this way for a reason! I figure that I should just embrace it while I can!! I even have turned to modeling and have found that i love it!! Maybe that's my purpose! All I know is that if your feeling down about your height, just know that there are plenty of other girls out there just like you!!

5'10" Ally wrote (September 30th 2009)

I know what you guys mean... The other day I was sitting with a girl I had just met recently and she suddenly starts talking about how skinny and tall I am. I have a fairly athletic build, which I don't think is too skinny, I weigh around 135 lbs. Anyway, she keeps going on about how i'm tall and skinny and laughing about it. I didn't know what to do at all. I felt a mixture of embarrassment, hurt and anger. I came home and cried about it and I talked to my best friend who told me that she was probably just jealous and after awhile I felt better. Usually I don't have an issue with my height, I love it. I just wish I could gain a little weight I guess. Anyway, you ladies are all lovely :) Joerg, keep up the good work with this website, every time I come back to it, it's even better!

Joerg says: Well, thank you... I'll try my best. It's most certainly a worthwhile cause! 🤔

6'5" Rhiannon wrote (September 30th 2009)

Hi, I'm Rhi. I'm a 19 year old woman, and 6'5", 185 lbs. I'm a lot taller than average, even than most of you... I'm beyond the normal standard of what is considered tall, and people just love to tell me that! Not always complimentary, but just to point it out. Over the years I have made comebacks etc, but now I just do not care. I'm the tallest in my family, and being taller than my older brother by inches, I am used to being different.

People always ask me if I play basketball, but I play volleyball. I think its funny that people think it is necessary to assume that I play a ,tall person's sport' (although I do)... I do a lot more than just play sport.

Unfortunately, there are always those people that seem to like making me feel like being tall means there is something wrong with me. What does it say about our society when I am walking through the mall, and see a lady grab her toddler and loudly proclaim "Look at her! Look at the tall lady!" I mean, really... If I was different in any other way - a little person, or obese, or a different race - would she feel that this was ok?

I'm 19, and my most annoying question that I get is "how do you find a boyfriend??" Surprisingly, guys are not a problem. I am confident in my own skin, I love being tall and curvy, and I know it is that confidence that attracts men. To all those tall girls out there that have trouble finding men: 1. the height doesn't matter as much as people seem to think it does 2. tall is beautiful, and it is you, so you must love your height before anyone else will.

(P.S.: Yes, I do own heels... and yes, i do wear them. But only when I am out with my fellow tall women!)

5'10" Carol wrote (September 29th 2009)

Hi guys. Well, I have never liked the comments I get from rude people... comments, not compliments. I think I stand out in my clothes much better than shorter girls and I wear nurses scrubs with pretty prints on them - and my patients always compliment me and love it. Well anyway the other day, out of the blue, a supervisor type nurse ask me how tall I was, yelling it down the hall. I just shook my head and then she said "you make me feel so short". This rude nurse is about 5'7" herself so she was trying to be mean. Oh well... I had a good cry in the staff bathroom and then gathered myself together and went back to work. So if I could get over the rude

comments like some of you guys do and have a good comeback for rude people my height would never be a hangup for me at all. Hugs and thanks for this great website.

From Carol

6'3" Jheri wrote (September 29th 2009)

To Arianna. It can take time to get adjusted. I'm about your age and had a bad teenage period, but started getting comfortable with myself in my early 20s. I think having friends who really cared about me and didn't pay any attention to my height was the key. That and coming to the realization that many people don't know how to act when they see something different - very tall, very short, very something. Once you realize that it stops being personal.

I know people watch me more than a woman of average height, so that makes me pay more attention to how I dress and I do worry about good "street fashion", That is actually fun. I don't worry about shoes as long as they are comfortable and look ok.

I wouldn't worry about 3 inch heels - that would take you to my height and I certainly don't have problems with living there.

5'10" Kara wrote (September 29th 2009)

I'm 20 years old. One day I go to the doctor they say 5'9", the next time they say 5'11" so I even it out by saying 5'10". LOL. Anyway i have always been a popular girl. My best friend is amazing she always tells me when guys she knows tells her how amazing and hot I am. She always wants me to feel good about myself. The only thing I hate is heels. I do wear them sometimes but sometimes I think it would be easier to just wear flats to avoid the awkward feeling of being 4 inches taller. Anyway I'm engaged to a man who's about 5'7". It never really bothered us but he gets the odd comment when I meet his friends or family like "DUDE! SHE'S TALLER THAN YOU"... and he responds with...."Are you jealous?" HAHA. The main insecurity I have is short girls around my fiance. Thats when I feel enraged with jealousy to the point I just want to cry right then and there. He says he's lucky to have a tall girlfriend but I know he'd love to have a cute little girlfriend that would look up to him even when shes in heels. Every day is different. Sometimes I feel good and sometimes I feel bad about it. I try and just accept it and live my life though.

6'0" Arianna wrote (September 28th 2009)

I can't tell you how great it is to discover this website. My entire life, there have been more days than not when someone says "wow you're tall". I am just echoing the comments of others I have read here but it rings so true!!!! People just seem to comment out loud what is going on in their heads, because for them I don't think they think of it as necessarily a bad thing, but it's not always a compliment either. It is weird. They don't stop themselves from sharing it with you because they don't think its an insult. But its so weird when perfect strangers decide to talk about something that is a physical attribute! I really, really hate that.

I am 26 and to this day I still don't know how I feel about my height. I am an actress and a singer and the reason I even found this site today is because I was researching other tall actresses to see what kind of work they'd done! In theater, being a tall woman is like shooting yourself in the foot. You simply get typed out of almost everything you do, and with me not being a very good dancer, the whole graceful showgirl thing is out. At the end of the day though, the parts I have gotten usually suit my height, though many times it is in a comical and visually unflattering capacity, I have very sharp elbows and am a master at moving them awkwardly, and have even originated a "pterodactyl" dance for my friends at very special occasions; maybe acting like a clown has been a good way sometimes of feeling accepted by the groups around me that have never known where to classify me in social situations. But at the end of the day, Im not so sure I would have gotten the roles i have without my height. It sets me apart, sometimes in a good, sometimes in a bad way. I have never felt super graceful, I've been bad at sports, and I think I thought I was worse than I was at a young age because of my height! I found my refuge in music.

My boyfriend is almost 5'11", and I think me being taller is a bigger issue with me than with him. And it's not too big of a thing with us, he is a pretty built guy, and his wide shoulders and muscular frame honestly make me feel smaller, and I like that. I've dated guys who are only 5'9"! But truth be told, I have had problems with not

feeling "feminine" enough in those situations. Now I understand being tall is not the biggest ailment in the world, there are much much much worse things! And I admire and draw inspiration from the ladies who say they've never felt self-conscious about it. Good for you, honestly. Because my high heel buying goes in and out like the seasons. My feeling about it is so ambivalent! I can only hope that I will continue to foster my positive view on myself over the years, and that I can use what I've been given as a gift and an advantage. When I finally grow into myself (no pun intended) fully, I hope to bust out those three inch heels and wear them with pride down a red carpet someday!!!

5'10" Steph wrote (September 26th 2009)

I have always loved being tall, probably due to my family being tall. I married a tall man (6'5") and have tall daughters (6'1" and 6'2") who also love their height! All their lives I've told them tall is wonderful and they KNOW it. Of course, there are challenges (mostly inseam lengths!) but heck, they are not near as bad as some (maybe being short?) Just kidding, but both my girls are proud to be tall, they're self-confident (one is almost 30 and one in college), and neither has a problem wearing heels. Love this site and glad I found it. :-)

6'0" S wrote (September 26th 2009)

How do you handle "little man syndrome."???

I have a job where I am responsible for software development and just got a new boss. When we met for the first time, all he could talk about was how tall I am and how short he is. He has been challenging me in most of the meetings we're in, and it is obvious that he wants everyone to see that he is in charge of me. He actually told me to keep my mouth shut in front of co-workers because he didn't want to entertain my opinions = in only the third meeting I was in with him. He doesn't treat anyone else like this, and I have been employed at the same company for 10 years so others have told me that he always mentions how tall I am when I am not in the room. This guy has a real problem! I tried to challenge him and ask if it was about my work, and he changed the subject to my height!!

How have others overcome this?

Joerg says: As you can see that's not a quote but a question. If you have any advice for S email me so I can forward your thoughts to her.

5'10" Alice wrote (September 26th 2009)

Well, it's really great reading about all you tall and proud women. I'm about 5'9 and ½" or 5'10". I've been told both at the doc's office. But I don't like being tall, I never have. I look at high heels and sigh wishing I could wear them. I envy the 5'5" girls. I dated a guy who loved my height, he was about 5'11" and always told me to strap on heels... he said I was like dating a model without the bitchiness. Haha. It made me feel great and I bought a couple pairs, red, blue, black. Unfortunately the confidence I had then has seemed to have worn off. I even feel awkward standing up to get things in class, or to give speeches. I'm just not attracted to shorter men, even though I haven't had a problem attracting them. I always wish that one morning I can wake up and just be shorter. I'm really glad to have found this site... It makes me want to be just as proud as you all are. So we're tall! So what!? Right? I hope this site helps me build my confidence and not feel ugly anymore. You guys are all an inspiration!

5'10 ½" Bella wrote (September 23rd 2009)

I had no idea that I'm not alone! Almost everything people said here is exactly what I thought about myself. After reading this I now feel like I can buy heels! I don't have to say "No, I can't wear that shoe, it has a heel!". I can be proud of my height and I don't have to stick to flats and flip-flops. Thank you so much!

6'0" Jayne wrote (September 17th 2009)

I hated being this tall as a teen. I just wanted to be normal. Don't really get many comments about it now. I'm now in my mid-forties. Having said that, I don't really socialise that much - probably because I'm quite shy and self-effacing - a result of the experiences I had when I was younger. I always found it irritating when people approached me & stated the obvious: "Aren't you tall!"

My husband of 22 years is not particularly tall for a man - 5ft 10 ins. We have two children; a son aged 10 - who is going to be tall. He is already 5ft tall. When he was born he was 24 ins long & weighed 11 lb 4oz. He was centre of attention on the maternity ward. An unfeeling aunt of mine commented that she thought he was "too big". I should have asked her what she thought I could do about it but I didn't bother to waste my breath on her. Our 7 year old daughter doesn't seem as though she will grow to be particularly tall woman. She is only a tad above average height for her age - thankfully. It's a novelty to be able to buy clothes for her which are age appropriate.

6'0" Tomorrow wrote (September 16th 2009)

Hey everyone. Well allow me to introduce myself... My name is Tomorrow Smith, I'm 6'0". I'm not the average height. At times I feel sad and worry because of my height. I'm 18 years of age and I really "STAND OUT". I always tell myself I was born to stand out from others and I'm different even when it comes down to my name. I'm just unique all the way around. I look very nice. I keep myself up and I also dress nice. I am a good weight even though at times I feel myself gaining more weight. I have to really watch my weight because a tall female should. I'm very noticable and if I get big I'll really "STAND OUT" (LOL) in an bad way so I try my best to keep up my figure... and I hate it as well when people ask me how tall am. I say to myself "DOES IT MATTER?" LOL BUT THEN... I just say "Oh, well - it's me. Why not like it?" I could never change. At times it's like I want to neglect myself but I'll be really disrespecting myself so I just say to myself "I'm me. I'm tall. I stand out. Oh, well... I'm beautiful. I'm different. I say that and move on with my life. I love myself... at times when I am with my sister and my home girls I feel like I'm just tooooooo tall but I say to myself "I'm noticable, everyone sees me, I look nice, I'm dressed nicely. Who cares? So I just try to pay it no mind.

Let me describe myself: I'm tall as you guys know. I'm pecan, tan, I'm very beautiful. I'm classy, love heels and the bad part about it is: I don't feel right wearing tennis shoes. LOL. I just can't do it. I feel funny and I also feel like I'm walking wrong... THAT'S BAD! LOL. And flaps after I wear them a certain amount of time they hurt my feet...

To sum it all up: It's a lot that comes with a tall person - especially a female but, hey, love yourself. It's only one you enjoy life. Live for today and your future. Don't worry about what people say and dress to impress, to stand out more. That's my advice. Take it. Us tall women - we were made to be different. So why dislike it? We are here so be you and don't feel bad when a person asks your height. Say it with pride. You're you. Forget about what people think. Love! yourself cause noone could love you like you love yourself. I've been worrying about my height for years but now I look in the mirror and say "one day this height is going to take me faaaaaaaaaaar. So, ladies. Be yourself. Who cares that we are different? We're different. "We was born to stand out". So why try to fit in... Toodlez. Lovin myself! Oh, yeah. I wrote a lot. It's 4 am so if some things are misspelled, sorry. Love! I'm out!

5'10" Kathleen wrote (September 14th 2009)

Just like most of you on this site, I too hated being tall when I was younger. Once I became an adult however, I really fell in love with my height! It really is true that tall women really stand out - in a good way. When I walk into a meeting at work, people pay attention. As long as you are confident, being tall is very much an asset. I do hate it though when people ask me how tall I am. I think this is really rude. When people ask me how tall I am, I ask them how much they weigh!

5'10" Louise wrote (September 13th 2009)

Dear Nab (Sept. 6), I LOVE your comment... you feel like ,a piece of art'. That is so great! I'm artistic, but I never thought of describing myself that way. So clever. Thanks; makes me feel incredible about myself! And as for being uncomfortable with your feet and hands, I can totally relate. But get this - my boyfriend, who is shorter than I, has told me more than once how beautiful my feet are! He's right, they are beautiful, even if the shoe manufacturer's don't know how to cater to this beauty!

6'0" Madison wrote (September 9th 2009)

I love being tall! I'm 13!

6'2" Alex wrote (September 8th 2009)

It's hard being 16 and 6'2... people always stare and whisper. But what I do is pretend that I'm a famous model and I'm walking down a runway. I'm constantly being asked how tall I am and if I model, which I guess is a good thing. Sometimes I love being tall and sometimes I hate it. Plus it's hard to find a boyfriend! But I always try to walk with my head held high.

5'10" Nathalia wrote (September 7th 2009)

I know I'm not that tall, but here in Puerto Rico people are normal height... girls are 5'3"-5'5" and boys are 5'7"-5'9" so basically I'm above them all! Hahaha! In my high school graduation I almost the last one and standing among many men. I've only met few women who are as tall as me, but I do have a lot of friends and I LOVE my height ! It's such an attention catcher and HIGH HEELS are made for tall women and their long legs. Take advantage in any way you can ;)

5'11" Nab wrote (September 6th 2009)

I've always been tall! I have experienced both low self-confidence and pride. When I was younger, I felt uncomfortable standing with some of the girls at school because I felt so big. I felt especially uncomfortable around the boys because I didn't feel feminine. Now, I feel so beautiful! I can't imagine being shorter, I feel like a piece of art :) I still struggle with the issues of finding clothes, especially because I'm NOT a size two. I wear anything from size 12-14, so it's difficult to find pants! I also need to get over feeling a bit uncomfortable around men shorter than me. When I see a cute guy shorter than me, I think "awww, too bad he's shorter than me." I am getting there though! I want to be able to feel so comfortable that I can date any man I am attracted to regardless of his height. I sometimes even feel uncomfortable about my feet and hand size. But, I have learned to embrace myself so much and I am so happy to be different. Regardless of your height, YOU NEED TO STAND TALL AND STRONG WOMEN! You're all beautiful :)

6'2 ½" Ina wrote (September 5th 2009)

I am 6'2 ½" and I love my height. Everywhere I go I am always noticed. It's just that some guys make silly comments about being intimidated. But that's their personal problem.

6'3" Kelli wrote (September 3rd 2009)

I'm 21 years old and I'm 6'3" and have been since I was a freshman in high school. By the time I was in the 7th grade I was 6'0". I had people crack so many jokes about my height, I got called the jolly green giant way too many times. My height is something I used to be really insecure about. I played sports all through out school and was rather successful thanks to my height. I get stopped multiple times a day by random strangers that want to know how tall I am. My height now is something that I'm extremely proud of. I walk around standing tall with my shoulders back many people would kill to have the height that we have ladies, so walk around with you shoulders back and you're head held high. Height is a beautiful thing so be proud of it, ladies cause I know I sure am!

5'10" Nicole wrote (September 3rd 2009)

I'm only 12. It really sucks. I do have a boyfriend, but he's in 10th grade. So, he's taller than me. Only by two inches though. I feel like a freaking Sasquatch and I model. Everyone tells me I'm so pretty, but I strongly disagree. If you don't believe me check out my Myspace page.

Joerg says: Sorry, but I can't publish a link to your Myspace page. I would recommend against it if you were a grown-up but since you're still a teen it's a definite no-no.

6'0" Charlotte wrote (August 31st 2009)

Hey girls, I just want to say I love being tall and it's so nice to see most of you do too. I have got one thing to say to all the girls who hate being tall, you are stuck with it your whole life so seriously learn to love it!!!! If I am going on a night out I will wear my heels and do it with pride and confidence. People defo look and comment, both positive and sometimes negative, but what I find is that mostly the people who make negative or sarcastic comments are simply doing it because they don't have self esteem and are trying to make themselves feel better.

Remember being tall is fantastic!! There is a reason models are tall so just embrace and enjoy your height. A lot of people would give anything to be tall!!!!

6'1" Joy wrote (August 26th 2009)

Hi Ladies, I haven't been here in a while! Crystal, keep your head up...and wear heels if you want to! No matter where you live there will be ignorant/jealous people trying to make you feel bad about your height...don't let them, and just keep rocking the stylish clothes because we all know they look so much better on our bodies...they were made for us :)

Also just wanted to share a funny story about a few months ago, when I was in Vegas and this short little guy literally RAN all the way across the club through a packed dance floor just to ask me how tall I was (I was wearing 3.5 inch heels :P)...and then just nodded and walked away, satisfied, once I'd answered. Hahaha... what IS it with people? Did he go home and write my height down in his diary? Maybe he and his friends had drinks riding on whoever had the closest guess? Who knows... I am still trying to learn to take these things in stride, but that one was just funny because it was so ridiculous.

I just try to remember that for the most part, people are just really genuinely curious and totally unaware that they're the 10th person to comment on my height that day. Plus, I love when random (short) girls on the street look me up & down and then glare at me... it's not my fault they'd need 6-inch heels to look as good as me ;)

6'3" Sunny wrote (August 25th 2009)

I love being TALL! Absolutely love it. I walk into a room and people stop to figure me out or wonder if I'm famous or something. It's great. Also, I am very into fashion/style, so I never slack when I know I am truly going to be in the public eye. The first question people ask me is "Did you ever model?" Actually, I did when I was in college, but I still hold myself to the highest and keep my chin up at all times because tall is beautiful. Besides, I love not looking "average." My kids are tall and they love it too. My daughter always says that she hopes she's as tall as me. Keep reaching for the sky. Have a great day!

5'11 ½" Crystal wrote (August 23rd 2009)

Hello, I love this site because it gives me courage. I am 22 and 5'11". I don't think I'm growing anymore and I pray I don't but I understand where you all are coming from. All through my highschool and middle-school years people would talk about me. I received the nickname "six nine" and until this day I still carry that name with me. I actually like it - it makes me feel good about my height but then I feel bad when people look at me funny like they are tryin to determine whether I am a female or male. LOOL. I tried basketball but it wasn't for me so I joined the marching band as the banner girl and I loved it. I hate when people ask "Do you play ball?" I'm like ughhhhhh, please no, just cuz I'm tall doesn't mean I should play ball. Sheesh, I'm a female and i like to dance... Take pictures, shop... u know, normal female things. I've been called everything: "Giant, Tall Freak, Big Lankster, Lisa Leslie. I really want to wear heels but in my area which is Washington DC they will talk about me so bad they make u not want to come outside.

My boyfriend is 5'7" and I had a complex about short men for a while. My boyfriend before him was 6'4" and I enjoyed it. So I try to dress cute and have different hair-styles and basically dress in style. It's not hard for me to find clothes. I shop at Styles, LVLX, Alloy, Delia's... Wet Seal places like that - I only have a problem with shoes. I normally wear flats but I like to wear cute heels. I know I will have to get a size bigger - I wear a 10 - so I would have to get a 11 so they won't hurt my feet. But I have a complex about my shoes looking long or big but I'm gettin over it. I have low self-esteem but I'm trying. I've just been scared and there are hardly any tall women of my age and race in DC. I've always said I was going to move to New York or L.A. where I will be treated normally or even better.

Joerg says: You will probably be surprised to hear that I know a couple of 6'5" women in the DC area. Keep your chin up, Kiddo!

6'2 ½" Becky wrote (August 22nd 2009)

Hi. I have always loved my height and have never ever been depressed about it. I am 17 and I am a senior this year at my high school. When I was in 5th grade though, I was topping out at about 5'11" and I HATED it. I was

known as the jolly green giant, I wasn't the skinniest, if you know what I mean. But I have learned to accept it and move on.

5'11 ½" Tori wrote (August 21st 2009)

Hey, I'm Tori. It has been hard to be tall. There are a few Toris at my school so I am known as "Tall Tori" or "freakishly tall girl". I mean I can never find tall enough clothes, or tall enough guys (or guys who don't care that I am tall), and I have always been put down because I am tall. All my friends are shorter than me. I always have to duck down to be in the pictures with my friends. I have asked a guy to dance with me but he said no because I was too tall. But I guess I am not the only one who is going through the same problems. So I am going to stop complaining. Thanks every one for posting you quotes!!

6'1" Bren wrote (August 21st 2009)

Tall Is Beautiful!! I didn't use to think so. Growing up was tough,tall and thin was definately not "in". was taller than my older sister (she must have hated this more than I). There were no long and lean skinny jeans etc. I now have a daughter who is not yet a teen and she is to my shoulders. She is gorgeous, tall and slender. They are making jeans longer, sleeves are longer on the arms of shirts, Heels are NOT just for short girls! You're Tall, You're Beautiful show the World you know it by walking with confidence!

5'11" Lauren wrote (August 20th 2009)

I just turned 13 and I'm 5'11". It does get really annoying when people are asking every day "How tall r u?" Even my best friends obsess over it every day and where do u find jeans? Tell me where u can find lond legged but skinny waisted jeans...

Joerg says: I guess you haven't visited the Clothes USA section yet? There are also some recommended links on the Tall Teens page.

6'0" Sarah wrote (August 18th 2009)

I've always loved being tall because it's useful for sports. (I'm a competitive high level basketball player). When you reach the level I'm at, you're actually not all that tall though. When I was younger, I used to play center (the tallest position) but I've gradually switched to being a 4-5 (second tallest-ish) and then a solid power forward (even shorter). I now play swingman, and am about mid-height on my team.

6'3" Jheri wrote (August 18th 2009)

I don't know why, but there is a tendency for women who have not worn heels much to get the tallest heels they can find.

I'm pretty good at walking in nearly anything, but that came with a lot of practice and I tend to stick with what is comfortable. You look **much** better when you are comfortable walking. A women in tall shoes who has a bad walk just looks wrong. There is bad posture, poor motion and she just looks clumsy. It looks worse if you are tall.

I find mid sized heels, maybe 4 to 6 cm, can be comfortable all day if they are wide enough at the heel and the shoes are well designed. A slight heel for me is more comfortable than a flat. Everyone will have different feet so brand recommendations don't make much sense - but I love Danskos for comfort and they come in a size that fits me. I do wear insoles for more comfort. They also work well when I ride my bike :-)

Having my feet feel good is important as I run every day. It turns out training shoes have a slight heel of about 2 or 3 cm to cushion the foot as it lands. These shoes have no style, but are much more comfortable than flats for me. The other thing about high heels is they will damage your feet.

My podiatrist says anything over about 8 cm can cause permanent damage if you wear them a lot. A platform is probably the safe way to go if you want height, but a lot of women can't walk smoothly in them.

5'10" Elly wrote (August 18th 2009)

Heeey, I'm 5'10, and I'm 13, and I haven't stopped growing :}

6'1 ½" Alisha wrote (August 18th 2009)

I'm 24 and 6'1 ½" - I sort of like being tall, I don't get remarks cause a lot of people think I model but I don't. I guess I'm a little lucky with shoes as I fit into size 9 ½ womens but I was born with a club foot so it's hard for me to wear heels even though I wish I could. As for clothing I like it, there is lots of Tall Women Clothing in Australia so it's not to bad. One problem I don't like is walking next to my gf's - they are so small and I look like a giant and people tend to stare :(

5'10" Rachel wrote (August 17th 2009)

First let me say, thanks so much for setting up this site! It's been a big confidence booster! :)

I've just gone 17 and have bought my first pair of heels to wear to a party but they're 4" and when I have them on I feel like a giant (it doesn't help that my best friend is 5'4") ... but after reading everything on this site I'm no longer worried about wearing heels and I'm gonna wear them and "strut my stuff". I just wanna say thanks again to everyone who wrote stuff... it's nice to hear from ppl who have / had the same insecurities as me - unlike my mom who is only 5'1 ½"!

xxx Rachel

5'11 ½" Polly wrote (August 16th 2009)

I'm a 20 year old woman. I just want to say: people try their whole lives to look remarkable, except when we are teenagers! I know it's annoying to get comments, but it can be great attention from guys! I went through a time at school as the 'lanky' girl but the worst thing you can do is lack confidence, stoop down and try to fit in. Men love confidence, it really is the key! Being a teen is difficult whoever you are. Be positive and try to enjoy the most confusing and difficult time in your life! Luckily it helped me develop a personality and now I consider myself the funny leggy girl who has had some very enviable boyfriends! LOL. Although some have had to stand on a phone book!!

P.S.: I completely agree with Jenn - seeing the band at concerts rocks!

5'11 ½" Jennifer wrote (August 13th 2009)

I'm 15 and I love my height! I love having long legs, my dream is to be a model and I have the right height for it! My advice to any tall girl who is self-conscious - be proud of your height. I could think of a 100 people who wish they were taller than they are!

6'2" Catherine wrote (August 12th 2009)

I've always been the tallest girl in my class, and even now that I am in grad school, I still stand out. It's not a bad thing, though! People take a tall woman much more seriously. I've been given a lot of opportunities and responsibilities during my studies, and I think it's partly because of my height. I love to look classy/elegant, and I'm pretty obvious in a crowd - I've been asked so many times to represent the school at meetings/banquets, to take on a teaching position, etc.

Don't let your height get you down! It will attract people's attention, and if you follow up by being a reliable and confident person, you will find yourself admired by many; people will look up to you, and not only in a physical sense. Height is not only beautiful but empowering!

5'11" Isabella wrote (August 11th 2009)

Hi, I'm Isabella. I always kinda thought of myself as the odd one out. I'm tall. All my friends are shorter than me. It made me very self conscious. I always hated being the one that had to duck to get in pictures or the one that

couldn't wear heels cause it put me over 6 foot. It didn't help when people made comments about my height. It just made me feel more freakish than I already thought I was. But now, those days are going away, and I'm accepting my height, I can't change it, so I might as well be happy with it! It's just good to know that I'm not the only one who struggled with it.

6'2" Mikhaila wrote (August 10th 2009)

Hi, my Name is Mikhaila and I am 16. Quite frankly I don't know how tall I am because when I go to the doctor they tell me I'm 73 inches which would translate to about 6'1" if you round it, but I stand next to my father and he is 6'2 and I got about a good ½ inch on him. Anywho... I really hate it when I tell people my passion which is to act and produce music and they basically tell me I can't do it and to play basketball (even though a blind and deaf person probably would have better coordination and skill than me). But that makes me doubt myself and being my height is really not a plus seeing as the majority of actresses are like 5'11" and down and see how all of my friends are shorter than me it feels like I'm alone and it feels like everyone is trying to dictate my life. Even though I live in New York I don't really see that many tall people. One of the things I love about being tall but can get really annoying is that I love the fact that when I go out people are falling over trying to see how tall I am or breaking their necks when they are walking the other direction.

5'11" Fatma wrote (August 6th 2009)

My name is Fatma, I am an 18 year old high-school student from North Africa. I'm 5'11" and most of the time feeling so uncomfortable and awkward around people... I really loved this web site, it feels so good to know that I'm not alone, that there are other girls just like me, so I'm not a freak anymore. Being the tallest girl in my class and family used to be so difficult especially when almost everyone else is around 5'2" to 5'6". I hated the looks on people's faces when they saw me walking in, whispering and laughing about my height... also askin' me the typical question: "Do you play basketball??", "Are your parents as tall as you?" etc

Well, I don't play any sports. My father is 5'7" and my mum is 5'1". I'm not a freak. I'm actually a very smart student who loves taking regular classes like everybody else... actually in the last 2 years I started to accept myself and ignore other people's opinions - they don't matter because in reality they don't really know me. I also felt much better when I found my 6'6" loving and caring boyfriend. He helped me find my self-confidence and made me feel good about myself... yet, I never wear heels!! And I really wish I can find the courage to do it. But my problem now is not my height, it's my weight. I'm very skinny, I tried almost everything to gain weight but it never happened!! :(

Anyway, I love myself and I'm proud of who I am now. I'm trying to convince myself that I'm special and not freak!! ;)

5'10" Amy wrote (August 5th 2009)

My advice to all tall women is to look your best and be approachable because you are going to stand out anyway so let everyone look at something positive! As for the teens it simply sucks. I was thank God I became pretty in my late teens with big boobs and long legs so boys liked me however they always challenged me more than the other girls. My height would eventually come up with them and I know it made even my most confident boyfriends feel insecure. I also feel that they were tougher with me and would sometimes force confrontations and try to make me not ok with myself. The real reason I am writing you is because I am motivational speaker and consultant but my real passion is to motivate and mentor young girls that have body issues. I love that someone addressed what it feels like for a woman who is as tall if not taller than most men. I would give my services freely if there is any thing I could do to make them feel better about themselves.

6'3" Jheri wrote (August 1st 2009)

For Joy: I believe height is a silly requirement for a husband. Finding someone you truly love is much more important. I think it is more important to focus on him rather than future children as if the relationship isn't right in the first place, it will be bad for the kids.

Even people of average height have a difficult time finding the right partners. It gets much more difficult if you put a height restriction on the guy. There is too much of a chance of never getting married or having a bad marriage.

Worrying about what "society" thinks is pretty lame.

We all have our criteria for what we want in a guy. Height isn't part of mine (although I would be uncomfortable with someone who was a head taller or shorter than me). I have other criteria that might prevent me from finding a guy. It may be that height is one for you and, if that is true, you may never be happy with a shorter guy.

Oh yeah - and the guy has to like you too!

Oddly enough I think women who are tall, but closer to average height have more of a problem with a height difference than taller women. Do others find this true?

6'3" Jheri wrote (August 1st 2009)

I looked at the quotes section and see several teens who are not completely happy with their height.

I'm in my mid twenties and, having survived my teens, say that most girls and guys are very insecure about their physical appearance. The guys are even worse because most of them haven't figured out how to talk to girls. It will get better as you get older.

A few worried about being thin. If you are eating well and getting exercise don't worry about it. Many teenagers are much lighter than they'll be as adults, so most of you will change eventually.

Some won't - I'm extremely thin (54 kg or about 120 pounds), but am very healthy. My family is super thin too, so it is in my genes. I run for more than an hour a day six days a week and ride my bike everywhere (I don't own a car). My doctor tells me I'm in great shape even though I'm technically underweight.

For those of you who are thin there are benefits. Many clothes will look great on you (actually once you learn to dress for your figure, you can look better no matter what your shape). Many people stop me and tell me I should model:-) I think people accept a tall girl if she is thin better than if she is heavy. It isn't fair, but it seems to be the way things work.

So go out there and find something to do that you can be passionate about and you'll probably make friends who won't notice how tall you are. Exercise and eat right and you'll look the best you can for whatever body type your genes have given you. Don't push your body to be something it isn't - very thin by under-eating, or very heavy by over-eating and not getting exercise.

Get great posture and walk tall. Katherine talks about heels. I'm probably taller than you in bare feet than when you're in heels and I have no problem in public. One of my friends is much taller than me and she is also ok. Don't worry about it! Wear whatever shoes make you feel good and don't hurt your feet - you'll look terrible if you are in pain no matter how cute the shoes are. I usually wear running shoes because I run so much, but my normal "good" shoes are Dansko Norahs with a 7cm rise (a bit under 3 inches). They look good on me and are very comfortable with no foot pain at all. Not for running :-), but great for everything else.

5'11" Joy wrote (August 1st 2009)

Krystal: You bet guys out there are intimidated by tall women. It takes a bold and really understanding guy to date a tall lady.

Katherine: Wearing heels is something most women I know love doing. I used to avoid heels and had this pal of mine who once asked me why I shouldn't yet Naomi Campbell, Tyra Banks and the likes of them do so ever so often. There is a way the heels gives a touch to how you walk and self esteem. I figured, I have only got one life to live and I decided not to worry about what other people would say- its about me!!

Ariel: You sound so like me ten years ago. Its okay even if you shoot to over 6'0", there will be a ready prince waiting for you.

Hey y'all, being tall is really s'thing, but would you want to have children as tall or taller than you? would you go for a shorter husband for the sake of having what the society considers normal? please give me your very honest opinions and advice.

5'10" Krystal wrote (July 31st 2009)

I am 17 years, nearing 18 and I hope I stop growing by now. Personally I have no problem with my height but other people, like boys, make me feel oddly displaced because of my height. I really bet they're jealous of us tall girls and feel somewhat intimidated. The second worst part is that I am skinny. SKINNY AND TALL... LOL... worst... and the boyfriend issuse is the worst case ever... sigh... but best thing is that I am starting to accept myself. And it is fun looking down at those short people.

5'11" Katherine wrote (July 30th 2009)

When I was younger, I was always the tallest in my class. Now there are some girls who are taller than me, but not many. On the side of guys, I have 2 guy friends who are taller than me. It can be frustrating at times to be tall, like being in high school and trying to find a guy who can handle the height and is a great guy all-around. What I was just wondering though is how all you other women worked up the courage to wear your heels? They are literally my favorite thing ever to wear, but I haven't wore them in probably 2 years because they make me soo tall. I am actually wearing them right now, but I don't know how I could possibly where them out in public. Only a junior in high school, but trying to get the courage of a grown woman...

5'10" Ariel wrote (July 29th 2009)

I am 15 years old and struggle with liking or disliking my height. Some days, I actually love being 5'10! I walk around the grocery store or the church with my head high. Then some days? I wish I was normal. 5'9 and 5'10 really isn't so bad. But what I'm dreading is that I'll probably shoot up to 5'12 or even 5'13 (yes, I avoid the number 6 ;)) because my mom is 6'0 and my dad is 6'2.

Annoying things!:

1. Tall men. With short women. This drives me NUTS!!! Just the other day, this guy at youth group who is 6'2 was hanging out with all these SUPER SUPER short girls, like 5'2 maybe? Just short. Why do I see sooooooooooooo many tall guys, with the shortest women ever? My 5'4 friend is seeking to court her 6'6 guy friend. Save some of those for me!

2. Strangers who love pointing out the obvious. "Wow, you're tall!" No, really? I didn't know that! Thanks soooooooooo much for the enlightenment! I seriously had NO idea!!!! I wish I could say, "Yes, I'm tall. I kinda already knew that" only I'm too polite. :) And then there's those people who ask you if you play basketball. EXCUSE ME?!?! NO, do you play MINI GOLF??

Besides all this, go tall women. And thank you so much to the creator of this website. I need it. Also, side note— are there any small chested tall women out there or am I the only one? :)

5'10" Jeanine wrote (July 27th 2009)

I am 15 and HATE being tall!!! The guys are always like "Whoa, you are tall!". I admit that I am blessed having small hands and feet for my length only wearing a size 7 shoe but seriously! I am tired of being the tall girl! And more than that because of my length I ALWAYS weigh more and I hate it! It's an advantage with my netball but that is all!!!!!!

6'2" Susan wrote (July 22nd 2009)

Kudos to Melody, the height is definately a BIG blessing. Hannah, I would give you the advice of appreciate the gift of height that you have and you really do have a gift. I am 41 and have an 8 year old daughter, who is the better part of 5ft tall, and gorgeous (and she loves it). Hannah, alot of the problem is the way you view your height. Granted it is not easy being "different" esp. in high school. Also, what is normal? In my world 6'2" is normal... As I have said before, the Lord loves variety obviously, He loves different sizes, shapes and colors and what a boring place this world would be if we were all the same size and shape.

Don't let the ignorance of some people (and it is ignorance) get to you.

Many hugs - Susan

6'2" Melody wrote (July 20th 2009)

In response to Hannah's comments:

Hannah, I am 6'2" and 31 years old. I know exactly how you feel. I, too, have endured those stares and felt angry about my height. However, there are millions of people each day that go unnoticed and will never stand out in a crowd. What a shame! Being tall is beautiful. Every day I make a conscious decision to appreciate my height. I pay no attention to people who stare. But, if someone is really persistent, I make it a point to respond to them with an observation of my own. They say something like, "Man, you are tall!" and I reply, "Thank you. And you are not. What a shame." or "Thank you. And you felt compelled to remind me. How unusual." Now who feels awkward? I married a man who is 6'6". We have two kids. My daughter is 6 and is sooo tall! Everywhere we go people comment on her height. I respond, "I know! Isn't she lucky?" Our bodies are temporary and life is too short to worry about what other people think. Make the most of your height. Think positive and never be ashamed. Tall is beautiful!!! Chances are if you were average height you would be seeking some way to stand out in a crowd anyway! God gave you this gift for a reason. Don't waste it by letting strangers make you feel inadequate. You are blessed.

6'3" Hannah wrote (July 17th 2009)

I am 15 years old and 6 foot 3 inches tall. I used to HATE it. No matter what people say, you NEVER stop catching the "tall girl" jokes. Kids think it's funny, but it really hurts. Just today I went to Six Flags. I got stopped by AT LEAST 7 people and was asked questions about my height. IT'S ANNOYING!!! LET US LIVE OUR LIVES!!! You don't see us stopping a midget and ask them how short they are, do you. NO!!! Because that would be rude. It's the same way with tall people. IT'S RUDE!!! Clothes? Try having a 49 inch inseam and see how easy it is to find jeans. I wear a size 15 in womens shoes. I can NEVER wear cute shoes, because I don't guess the shoe designers think that there are any tall people. It gets on my nerves!! just last week, we had our athletic banquet at school. All my friends were dressed nice in their heels and dresses. Guess who had to wear tennis shoes because they don't make shoes in a size 15? How embarrassing. Being tall has it's good things. But, what people don't notice is all the things you go through as a teenager. It sucks. I would trade my height in ANY day. I just want to be normal. And the society today isn't helping that out any.

6'2" Catherine wrote (July 13th 2009)

I'm 17 years old, 6'2" and loving it. I have a loving, adoring boyfriend who is 6'1", and he's less self conscious than I am! [about height at least...] My father is 6'6", but my mom is ONLY 5'1". My best friend in the world is only 4'11". The only problem I personally have about being tall is not being teased but find clothes and more so shoes! I wear a size 14 woman's...T_T...If anyone could give me sites as to find cute, CHEAP [like under \$30 and size 14] shoes, I'd be very grateful... and yes, I have checked out the shoe pages... [I live with my maternal grandparents on their retirement money and I still have another year of high school left...]

Joerg says: I'll see what I can do...

5'10" Amy wrote (July 6th 2009)

Hey there! I'm 15 and I'm nearing 5'10". OK, I'm not quite a "tall woman" yet, but I'm getting there! I used to absolutely HATE being tall, and having to look down on my boyfriends, never being able to wear heels, and generally feeling a prat in P.E coz of my "lanky" frame. But do you know what? My boyfriends can wear stacked heels if they feel short, I'll wear stilletos if I want, thanks, and having long legs is an advantage in every sport I can think of! I'm not a "Freak". I'm just a normal girl, who's fantastically and wonderfully tall. Jealous? :P

6'0" Jenn wrote (July 2nd 2009)

I have been tall for as long as I can remember as I come from an extremely tall family. There was one point when I was younger where my parents thought I was going to pass up my older brother in height. I will admit that middle school, junior high, and high school were all extremely difficult for me as there was only 1 or 2 other

girls that were as tall as me and of course all the boys were shorter. I would slouch all the time to try to hide my height... I hated it. I used to always wish there was a way to make myself shorter... I tried drinking coffee thinking it will stunt my growth, well it never did! I hated being tall. I felt awkward and like everyone thought I was a giant. I always had a hard time finding pants long enough for me as well as shirts long enough to cover my torso. I had a deep inner battle going on with myself, always wishing I was a "normal" height... I ignored most of the comments I received and attributed it to other women being jealous of my height, but when people would tell me they wished they had my height I used to say "No you don't!" But not anymore...

It wasn't until I was around the age of 21-22 when I finally accepted my height and began wearing 2-3 inch heels. Now at the age of 25 I have no problem showing off my height. I'm a big fan of jeans and high heels. I also LOVE getting dressed up for weddings and such because I stand out much more than many other people because of my height. I find it amusing now when people stare at me and ask me if I play basketball. I never played any sports, but should have learned how to play the piano because of how long my fingers are. Most of the shoes I own have at least 2 inches of heels on them and I DO wear them! Being older, I don't mind the attention I get due to my height.

My wonderful boyfriend of 4.5 years loves my height and everything about it. From the length of my legs to my fingers and torso. Everything about me is tall/long and he loves it. I still have problems finding clothing long enough to cover my torso and legs but I no longer have my insecurities regarding my height. I find it a bonus at times! Like when at concerts (I can see over most people!) and shopping (I CAN grab that item off the top shelf!)

To the young girls and teenagers that are insecure about their height... I've been there and know exactly what you're going through and feeling. But know that you are BEAUTIFUL and should be proud of your height. It may take some getting used to but once you accept it, life will get easier. When you're an adult and walk into a room being 6 feet tall (or taller!!) wearing 2-3 inch heels people will stare, but their staring at your courage and your beauty, for you are beautiful and they are probably jealous! :)

I am so happy to have found this website! It's great to see my fellow "Amazon Women" proudly displaying and discussing their height. :) :)

6'1" Valentina wrote (July 1st 2009)

Francesca: My boyfriend is also 5'6" - I think its best not to judge people based on your height. Believe me, its probably just as difficult for him as it is for you. Being a short guy merits just as much self esteem issues as being a tall women can, at times. For me, I think I was lucky that a guy I liked was actually willing to date a girl that towers over him. Every other guy I've liked has refused me because of my height. Feel blessed that you like someone and he likes you back. Love knows no boundaries! You're breaking a social norm that is pressed into women's minds from a younger age that a man should be taller than his girlfriend. Being taller than him should be empowering. Enjoying - and give him some credit. It takes some major cahones for a short guy to let a tall woman kiss him.

To Rennie: I'm glad you like being tall. When I was 13, I hated it. But its not always the most esteeming to play a sport when your tall. When I was a kid, I was always told to play basketball because of my height. But all the girls on my team were way shorter than me and I was picked on for being tall and clumsy instead of tall and graceful. Eventually I figured out that I sucked at sports and by playing them I just reinforced the stereotype that tall women are always sporty and manly, which is how a LOT of people looked at me. I think I can speak for a lot of people when I say I get tired of people asking me if I play, as if being tall automatically means I'm only good for playing basketball and like the only quality I possess is my height. I relish in telling people, "No. I work at a normal like everyone else and enjoy shopping and music like any other girl my age. Thanks." But the fact that you find yourself good at sports and that you found other tall women is great! It sucks to be alone, and even when I played sports I was still the tallest person i know. I suppose my opinion is biased in that sense.

5'10" Louise wrote (June 28th 2009)

Francesca: as far as being partners with a shorter guy, think of it this way: You are helping to break the mold... the ,couple' mold, that is. The more of us tall gal-shorter guy couples there are, the less unusual it will be. It's like with same-sex couples - because it's not seen as often, when it is present, heads turn. My boyfriend is shorter than me, and like you, it didn't bother me at first, but as time went on, it bothered me more and more. Sometimes I'd think I'm past it and its all good, and then, that stupid gremlin in my head would pop up again, and I'd see

fault in his being shorter than me. He is so in shape, though, (and I'm jealous of his perfect feet and their perfect size!) and I've come to love the fact that this sexy hunk wants me! all the time!!!! If I'm a little uncomfortable when we stand up and kiss, so what?! There's always the choice to avoid kissing when standing, and then do it often when you're sitting and really enjoy it!

6'2" Rennie wrote (June 22nd 2009)

I'm 6'2" and 13 and I LOVE it! It can be difficult to be so much taller than all your classmates and have people always commenting on it, but if you think about it as a positive thing that makes you different, not a negative, you'll like it better. Another thing I recommend for tall girls is to play a sport like volleyball or basketball. If you start playing, you'll meet many other tall girls who are your age and just as tall (or taller) than you! Playing a sport and getting good at it definitely helps you see being tall is great!

6'3" Jheri wrote (June 20th 2009)

To Francesca: Just be creative. That isn't a lot. The best kissing boyfriend I had was 17 cm shorter than me, which is over six inches. If the tables are turned guys have to be creative, so you'll work it out.

To Kellia: I believe that most teenage girls have confidence problems about something. The best way to deal with this is to find something fun to do that builds a lot of confidence. The person I know who had the easiest time during her teens of any girl I know happens to be two meters tall. She is very good at sports and her whole school supported her. It may not be sports, but there is something your daughter can shine at and become super confident.

Confidence never came to me until I was about 20 and I regret that. Now I am very confident and proud and encourage girls to find something as early as they can so they can develop a pride in themselves and have others be proud of them too.

To Malin: The important thing to realize about teenage boys is they are less mature than teenage girls and many of them are even less confident. The trick is getting to know them as friends. You are learning so it doesn't matter if there are some failures. Just go out and have a lot of fun and try to be friends. It doesn't hurt to be the one who asks rather than waiting around.

5'10" Kellia wrote (June 18th 2009)

This site is such a blessing. My daughter is in the 5th grade and she's a bit taller than 5'10". She's a beautiful girl with a very kind spirit. The last year ½ has not been that easy for her. She is really in need of knowing other tall youth and women. I am not all that tall but I try to wear heels a lot, not only because they make me look taller and more sexy but also for my daughter. I know it was kind of hard for her when she became taller than me. I am just a bit under 5'9". My daughter's father is 6'5" but he is no longer with us, so she does not have that tall parent who comes to her school and everyone then becomes clear about where she got her height from. I am so so happy to have found this site and to hear about all of you beautiful tall women. Thank you!

6'1 ½" Sam wrote (June 18th 2009)

I never knew there was so many tall girls out there. I'm glad to know that I am not alone dealing with all the problems there is to deal with, with being tall... clothes, boys, lights etc. glad they made this site =]

5'11" Francesca wrote (June 18th 2009)

Hey all! My name's Francesca! I'm 17 years old and 5'11"! I recently just became a couple with one of my good friends who's... eh ... a bit on the shorter side. He's 5'6.5". Now I've kissed him a few times now and, at first, I didn't really mind kissing a guy shorter than me. So I had to slouch and bend my neck a bit. It wasn't a big deal. Lately, though, I sort of wish that he was taller and even though he stands on his tip-toes when we kiss, it still isn't tall enough for me. HELP!!!

6'2" Shawna wrote (June 17th 2009)

I am so glad I found this website! Not only will I enjoy it but so will my 7 year old daughter who is already 5ft5in and wears a size 10 in womens shoes and 12 in womens pants. Doctors say she should end up 6ft8in with my height and her 6ft11in father. I just want to make sure she feels confident and gets plenty of support which I did not get that growing up. I was 6ft in 6th grade in a small town and called so many names. I wish I had this site then! Thanks so much!

Joerg says: Well, thanks for the kind words. I am glad to be of assistance!

6'0" Malin wrote (June 16th 2009)

I am so grateful I found this site! It feels really good to know that I am not alone about having problems with my height. As a 17 year old girl, boys seems to be the biggest problem. They seem to be scared shitless of girls who are taller than them. It's like "The boy are supposed to be taller than the girl" and it also seems like it has become some sort of rule. I really hate that!

I have always felt ashamed of my height, but after reading all the comments here, I feel so much more confident! Thanks to all of you!

6'1" Missy wrote (June 10th 2009)

Thank you for your wonderful words. I finally called my own mother and told her how I have been feeling and she was shocked. I hold so much pain towards her because when I was being bullied at school for 12 years she did not do one thing to help me. She didn't call a teacher nor the bullies' parents. She just said "get over it". We had a great talk and now I am taking steps to look at it in a positive way. Oh, and thanks Joerg, you are a wonderful person.

Joerg says: Well, thanks. It's much appreciated. But that's what I and this website are here for.

5'10" Linda wrote (June 10th 2009)

This is for Missy. By you being insecure about your height, your daughter will feed off of your insecurity. You have to lead by example and boost her self esteem. Help her to be proud of her height, not hide it like you seem to be doing. The kids who are teasing her are jealous! Everyone wants to be tall! Haven't you learned that by now? Get your act together, stop feeling sorry for yourself, be grateful you have 2 legs to get around on, and don't let your daughter down by letting her see your insecurities. You will do your daughter such a HUGE favor to boost her self esteem now! If you don't, she will have a hard time in life. Good luck!

5'11" Traci wrote (June 10th 2009)

This is in response to Missy:

I'm so sorry that you are going through this tough time. I understand what you are feeling. I get the stares as well. It's taken me a long time to not let it get to me. I have talked to a therapist about my self-image issues. It has help tremendously. I recommend this, only if you are ready.

God doesn't make any mistakes. You and your daughter are unique and beautiful just as you are. Maybe you can help her deal with the teasing by having her join a sports team, ballet class, or another activity that she may enjoy. This will help her self confidence. I pray that you find peace with being tall and that your daughter will be able to deal with the teasing.

God Bless you both,
Traci

6'3" Tia wrote (June 9th 2009)

I used to be like many tall teens, and peoples annoying comments still happen (though now I always have a snappy comeback, especially when wearing 3-4 inch heels). I take great care of my beauty and body, and dress well. It all matters. You cannot just focus on your height and think that people judge you entirely on height

alone. There is a big difference in being super tall and wearing worn out flip flops and crappy clothes and being super hot and investing the time into yourself because you are worth looking every bit a hottie. I'm 27 and am engaged to a 6'5" hunk who has dated many women taller than me even. Many of the tallies he dated modeled. I'm not jealous though, cause I got an 8 carat engagement ring!

He gets a bit upset if I don't wear heels on dates, he buys me pairs all the time. He cannot stand how so many girls want to ,fit in' and loves to stand out.

So, suck it up, look drop dead gorgeous, and flaunt it!

6'1" Missy wrote (June 9th 2009)

Well I can't stand it anymore. I am 34 and I am starting to stay more and more in my home and not wanting to go out into the real world. Slowly, I am becoming trapped in my house. I am tired, so tired, of the stares and questions. I am desperate right now and I don't know how to get over this whole height thing. It seems my entire life has been based around my height. I think about it 1000 times a day. Now my daughter, 8, is having the same thing happen to her. She will be so tall like me. I feel guilty for having her. She is a foot taller then her entire class. The name calling has starting and I feel like a failure for not being able to stop it.

5'11" Courtney wrote (June 3rd 2009)

Hey there, I'm just ending my freshman year of high school and I'm 5'11". I've been this height since 7th grade and I was 5'8" when I was only 10. I've always felt like an outcast because I've always been so much taller than my friends - and guys, and because of how hard it is to find long enough pants. I've always struggled to get over that, so I'm extremely excited I found this website. It's good to hear about other people's stories and how their thoughts about height have changed over the years. I'm hoping I get there soon :) So thanks everyone!

5'11" Angela wrote (June 2nd 2009)

Although it was a long time ago, I remember being 5'10" in eighth grade, by the next year was 5'11", and I was never teased by anyone, not once. I think this must be because I was totally comfortable with my height, and I think bullies can "smell out" their victims, and they won't bully you unless they know you have an insecurity and won't stick up for yourself. I feel that over the years, being tall has helped me attract tall, good-looking men, and I also feel strongly that clothes hang better on taller women, which is why models have to be so tall.

My own person challenge, is that in spite of the thousands of compliments I've gotten on my height and clothes etc, the ones that stand out the most are the very few negative ones, ie. when I was in high school and the principal told me he thought I loved playing basketball because it made me feel like I could blend in more with my height (what a loser) or when I was shopping and the sales lady in a store actually told me that she wouldn't wish my height on anyone. Yikes!

I have to say though, that I see the overall population growing taller. It's not uncommon for me to see girls or women my height or taller, and most of the main-stream stores in Canada carry longer pant sizes. I can find pants long enough for me anywhere now. Size 11 shoes are a bit harder to come by, by getting a bit easier.

Thank you to the wonderful girl who came up with this web site!

Joerg says: Well, I'm not a girl. I hope that doesn't come as a big disappointment.

5'10" Katya wrote (May 30th 2009)

I'm just going to say that, like everyone else, I am so so happy I found this site! I had a major growth spurt when I was about 14, and grew four inches which left me at 5'8" for my elementary school graduation, and well over six feet in my heels. I was SO nervous and embarrassed, and was extremely grateful that I accepted my certificate on stage with a male classmate who was 6'4" haha.

Now, at 17, I have come full circle and no longer hate my height as it's part of me AND my heritage (I'm German. German's are tall. My dad is crazy tall.)I love being tall now, and though I have fully and entirely

embraced my body and myself as a person, I am still a tiny bit scared of wearing heels. However, these comments give me courage!

One fellow tall girl to another ;)

6'3" Jacqueline wrote (May 30th 2009)

Hi, I just accidently found your site and wanted to let you know being tall is beautiful. I've been tall all my life. When I was 4yrs old I was at my mother's shoulder. I was always the tallest in the class. I was 6ft when I graduated from high school but I grew another 3 inches. I stand 6'3" and I love my heels. I wear 2 inches or more. People very rarely see me in flats. My feet looks so good in heels. You must always hold your head up. I learned as a young lady that things you have no control over don't worry about it. Your genetic make up is who you are, every inch of it. I've always been proud of my height. you know it is an attention getter and you should learn how to use it to benefit you. You do know that literally we are every man's dream. Enough for now. I will visit again. Thanks for allowing me to leave a message.

6'0" Valoy wrote (May 27th 2009)

Today I started my fight against my hunched back. I think I look more strange playing the paragraph, than being just so tall ;) cross your fingers! I'm 22 years old girl from Poland. I have the problems like (almost) everyone here. The one what hurts the most is problem with too short furniture. How NOT to hunch if I have to hunch to write at lesson? I'm trying to be straight all day and it's really hard! Everything is too low for me and I know I'm not the tallest. It's not a world for tall people! We don't have any tall shop or tall clothes/shoes collection in Poland. Everything is for mediums, shorts have the problems too. If any cloth is longer, it's also wider. I wear EU size 38, it's probably US 6 and UK 10 (I'm not sure). Tall girls like me have to decrease the clothes or go to the tailor and sew something. Some of us buy clothes in the netshops, but it's not popular. Shops are horrible! The assistants are often skinny short 18s and they look at you like you were a monster. Grrrrr!

Greetings from PL for all the tall girls! :)

6'0 ½" Candis wrote (May 25th 2009)

I live in South Africa so shopping for me is a real nightmare. I wear a size UK 8-9 and the only shoes that really fit nice are the old granny shoes. To shop for long pants and long sleeve tops and jackets is very hard as most of them are about 5cm too short. On top of all this I also have people staring at me and I have just convinced myself that I am stunning. I have just recently learnt to embrace my body. I have role models like Kimora Lee Simmons, Tyra Banks, Queen Latifah, Brooke Shields and all these women are 6'0" and over and they wear high heels and that has given me confidence and I now also wear 3 - 4 inch heels as well.

6'1 ½" Janae wrote (May 24th 2009)

I'm 28 and it breaks my heart to hear young ladies hating their height. I've always been tall (5' in 2nd grade, 6' in 6th grade) and I know how socially difficult grade school can be for tall women. I had a lot of friends, but I was still teased and felt very uncomfortable towering over everyone. And it really sucked not to have a date because no guy, not even the taller ones in high school, wanted to date me. I'm a very pretty girl and it wasn't because of looks. It was because I was "too tall for a girl" and "a freak of nature".

WELL, my beautiful, tall women, I just wanted to stop by and tell you that life gets SOOO much better. I have men tripping over their feet to come and talk to me. And can you believe the male attention gets WORSE when I wear HEELS!! Hahaha... I love it. So, young ladies, it's hard at first because boys need to mature to become men. But, once they do, you'll be beating them off with a stick!

5'11" Tuuli wrote (May 23rd 2009)

Hey, I am 16 and extremely happy with my height. Only this week, when boys got to choose girls to walk with in the finishing of the school I wasn't picked because I am too tall for guys. When I am wearing heels I am taller than all boys, but they care about that too much I think. I hope they'll grow out of this. In Estonia where I live it's quite sad story about clothes and shoes bigger or longer. Finding jacket with enough long sleeves have been mission impossible. And no shoes over size (US) 9 ½ are rarity. This year I went to one dancing party and I wore

3" heels (I usually wear flat shoes) and I danced with a guy who's 6'5". I wore these shoes for the first time so for the last dance I took them off because I was hurt too much. And when I took them off and danced I first time in my teenage years felt I was sooo short and wanted to be taller. That party changed my attitude about being tall. It all depends. I so hope all girls who are not self confident yet will have their experience to change it :D

6'3" Annaliese wrote (May 23rd 2009)

I have always thought being tall was such a blessing, who wants to blend in? Not me! I enjoy putting on high heels and stepping out with my husband of 18 years who is 6'3 also, what a presence we are together. Sometimes I forget why people are staring at me and then I remember it is because I am so tall for a woman. The best thing we can do is stand up straight, teach our daughters to be proud of what Father God has given them and walk like the queen that you are!

6'0" Sherri wrote (May 22nd 2009)

I've always been tall, but didn't reach 6 feet until after I turned 40. Now I'm a fabulous Amazon woman. I wear dresses most of the time, love to wear heels and frankly... I don't care what other people think. My boyfriend is 5'9" and he loves for me to wear heels. He finds my height sexy. Along the way a few people have said to me "It must have been hard for you to find someone to date, with your height." I always laugh at that. Men LOVE tall women. I do relate to the woman who mentioned people staring like you're a freak. However, they may be staring because they find you beautiful and different. That's not a bad thing at all. It's something I can't change and I don't even think about my height anymore. If someone has a problem with my height, the reality is that they have self esteem issues. That is something they need to work on.

Yours in music & light...
Sherri

5'11" Hannah wrote (May 20th 2009)

This is probably the coolest site ever. I'm 16 and 5'11" and have pretty recently gotten more and more comfortable with being tall. I love to wear heels sometimes just because I love to show all the "fun-sized girls" see what sexy really is.

6'0" Amy wrote (May 18th 2009)

Hi, I'm so glad I found this website!! I'm 18 and 6ft. I used to feel really self-conscious about wearing heels at my height, but now I really don't care. I'm a size 7 and always wear 5 inch heels!! They make your legs look great especially when they're REALLY long legs :) Just go for it girls!!! xx

6'1" Amanda wrote (May 11th 2009)

Firstly, I am so glad I came across this site. Being self-conscious about something physical, like height, may seem shallow or vain, but very few people know the extent of it. People stare, make comments - like you're a different race or just some kind of circus freak. I've never cared about my height, I've always been indifferent. But with people constantly throwing it back in your face, you do get annoyed. It's just a measurement...get over it. As well, I sympathize with so many of the comments posted earlier, in that it's hard to feel feminine and be tall! I love to wear dresses, make up, all the traditionally "feminine" stuff, but I can't help but feel that my efforts are undermined when all someone notices is my height.

6'0 1/2" Cassandra wrote (May 11th 2009)

I've been tall my whole life. When I was twelve, I was already 5'8", which is above average height for a grown woman. In high school, being taller than most of the guys was what made me self-conscious. Hardly any of the guys were taller than me and I felt out of place.

In college, I finally embraced my height. Yes, it's hard to find tall pants and shoes in a size eleven, but I love being tall and standing out in a large crowd. I love when people say "Wow, you're tall!" I just answer them "Yes, I know and I love it!"

My favorite tall celebrity is Jordin Sparks. She's gorgeous, talented, and tall (6'0"). Partly due to her, I was able to break out of my shell and flaunt my height. I even wear heels sometimes just to seriously tower over people.

When it comes to boyfriends, I got over the whole "he's gotta be taller than me" thing. It's all about the guy's personality rather than how tall he is. My current boyfriend isn't taller than me and I love him :)

So to all tall girls, always flaunt your height and stand tall :)

5'11 1/2" Jess wrote (May 8th 2009)

I am so glad I am not the only one out there that has these problems like finding shoes, tall enough boyfriends, and jeans.

I am from California and Mexican American so I get remarks and stared at about everyday. I really hate when people point out the obvious and say, "You're Tall", that's got to be the most annoying thing for me. I always wear flats even though I LOVE heels but they are either too high or there's no size 11.

6'0" Kat wrote (May 3rd 2009)

I would like to say it's lovely to find a website to help those who are taller. Personally, I find it impossible to find shoes and have to drive down to London every time I need a pair of non trainers and even then they are ridiculously expensive. I like it that you have also highlighted bullying as I was always bullied when I was younger, but now I hang out with the smart guys who are almost as tall as me, some taller!

6'0" Anna wrote (May 2nd 2009)

Hi! I'm so happy that I found this site! I'm from the UK and I'm 20. I've been 6 foot for about 2 years now and I have now accepted my height. I have a 5 foot tall best friend which we find really funny and always joke that I will give her some of my legs. I have got to that point where I don't care if my friends don't like me in heels, I'm way taller than them anyway so I might as well tower over them more and it does have its uses when we are out in clubs and I can find people over the crowds. It bothers me when people say I wish I was your height just because they have no idea how difficult it is to buy clothes for me especially as I am a UK size 8 (US size 4). The only other problem that I have is that there are never any tall guys around (I mean 6 foot and over) so I find it difficult to find boy friends, luckily I am now with a 6 foot 5 boyfriend and I'm happy.

6'4" Steffi wrote (April 29th 2009)

Being tall is hard - I am 6 foot 4 and have recently turned 16. I personally don't have a problem with my height... I am healthy and I don't feel like I'm ugly... because I am in proportion. However the hardest thing I have found about being tall is social acceptance... especially in my days currently in high school where snide remarks follow me wherever I go. I am not a mean person, but because suddenly I don't fit into a stereotype... and am different, people choose not to give me a chance and this is the thing that upsets me the most about my height - 6 foot 4, or for you Americans - around 194/5 cm.

6'1" Karima wrote (April 24th 2009)

I am tall and very athletic but thick! I love being tall but it has its downsides, but in the long run, there's nuthin to be ashamed of. You stand out and your beauty shows more and that can build you self-esteem and confidence.

5'10" Dee wrote (April 20th 2009)

This site is awesome - makes me know there are others out there like me. I had some problems growing up: absolutely no size 11 shoes available and pants being too short. I never really gained confidence until I got to college (when all the attention turned to me and every guy wanted to date me or be my friend). I absolutely loved it!!!

I still desired to end up with a guy my height or an inch shorter. However in the last couple of years I have only been attracted to guys 6'0" to 6'5". Now, I'm crazy about a guy 6'3" - feeling is mutual and I wonder if our kids would be more than 6'3" if we ever get married.

I love my height and I look stunning in heels. Online shopping is also absolutely the best. DSW and K&G all carry shoes size 11, not only Payless. You can also get tall sizes from Alloy, VS, Express, American Eagle, Gap, Old Navy, etc online stores.

Random fact: Tall people are always successful no matter how bad the economy is so get your swagga on!
Peace.

6'3" Jheri wrote (April 16th 2009)

Those of you who travel on business may want to see if your employer can get you into business class. I fly more than I care to think and was able to negotiate this a few months ago. It makes a big difference.

Recently I talked to a tall guy who travels a lot and he was able to do the same thing, even though his company has an "economy only" policy. He asked his doctor to write a letter on the medical effects of very cramped seating for hours at a time and that was enough.

A friend of mine is taller than me and usually is able to trade to a bulkhead or emergency row seat and sometimes is just moved up to business or even first class. She is very sweet and doesn't complain to the gate attendants and they sometimes ask for volunteers to switch seats with her.

Joerg says: Great advice. One of my favourite websites is seatguru.com - find the best seats on planes...

6'6" Tabitha wrote (April 15th 2009)

Greetings to all my fellow tall gals!! The last time I left a quote on the tallwomen.org website was in 2004. Well that was 5 years ago and I am proud to see how many have visited this website since then. I would like to comment on the tall women dating shorter men topic. I've learned through the years it doesn't matter how tall or short a person is. What really counts is that the person treats you like queen, with the respect you deserve, and appreciate you for who you are. My boyfriend does... he's 5'10... and I LOVE IT!!!

Joerg says: Thanks for the heads up, girl!

6'1 1/2" Sarrah wrote (April 14th 2009)

I am a very tall chick too and not @ all do I wish to be shorter and neither should any other tall gal. I want to think that my height is what has given me a lot of confidence. I love it and take much pride with walking tall every day. Guys used to be an issue but not any more. I have met almost just as many guys that are 6'5" or taller than I have that are shorter than it and right now I'm with an amazing guy who is 6'5" and I love it. But, yes, it makes it nice when your boyfriend is taller.

6'2" Rhonda wrote (April 14th 2009)

Hello... I want to tell all you girls out there in high school and college that you need to stand up straight and tall and be very proud of your height! If I could go back to high school and I knew what I know now about people and society I would have been a different person in school. Being tall is awesome! All the latest fashion looks great on you and you have beautiful long legs and not stumps for legs like the short girls do. Unfortunately, when you are young and in high school no one really appreciates your being tall and beautiful. Everyone thinks that only the cute, little cheerleader types are the way to look. When you get older, you will realize how being tall is a wonderful thing! It is a feeling of empowerment like no other!! I love looking over the crowds now (I know it has to be less claustrophobic than being a short person in a big crowd of people!) and I know that I will probably be a less likely target for someone who might like to cause me harm (like a mugger or rapist).

I felt very alone, too, in high school 20+ years ago when there were no other extremely tall girls like me. I really hated walking through the halls in high school and towering over everyone. In college I still felt a little self

conscious. I had been extremely thin, (about 140 lbs. at 6"1) in high school. In my first year of college I put on about 15 pounds and started to develop a figure that caught the eye of alot of guys. I dated guys that were about 5'11 - 6'. I never found that there were too many real tall guys that were interested in real tall girls. I think it is fine to date someone shorter if it doesn't bother you. I ended up marrying a man 7 in. shorter. He has always loved tall women. Don't be fooled. Even if guys who are shorter tease you about being tall, alot of times these guys probably are attracted to you, too. There are plenty of short guys with the SMS(Short Man Syndrome) and I would ignore the remarks they would make about my height. I know though, that there are plenty of guys out there today who love tall women! Don't ever give up hope! I wish all you single tall women out there the BEST of luck!!

6'0 ½" Sophie wrote (April 13th 2009)

Hey everybody. I'm from Denmark, just found this site by searching around on the net. And I must say. I'm blessed in some way. I'm tall too, and I hate to get all these comments about my height like "wow have you been growing?" or "omg, you're so tall!" But really... I'm not even that tall compared to a lot of the highest women. It's not that bad for me actually, I think. Who cares what other thinks. At least I hardly ever have to look "up" to anyone :P hehe. Anyway. It's wonderful to know that women out there are having the same issues or frustrations about their heights like me. It's not always easy to be a tall girl. Live it up girls! :)

Much Love
Sophie

6'1" Betty wrote (April 11th 2009)

OMG, Gret, tell me about it! I'm 6'1" and Mexican too! I attend a high school (in the U.S.) that is dominantly Hispanic and I TOWER over all the girls!

5'10" Louise wrote (April 4th 2009)

Gisele, I can imagine how you must feel. High school is really tough in many ways. Being taller than the kids around you is uncomfortable, no matter what anyone says. But the good news is, it DOES get better! I strongly recommend you try and find a tall club with members your age, so you have a strong support network. And whenever you do feel down, think of all your friends on this website... We are with you. You are not alone!

6'2 ½" Gisele wrote (April 2nd 2009)

OMG, I feel so embarrassed in school. By the way, I turned 17 in January and I just feel soo insecure sometimes - it's just too bad. Sometimes I realise that some of the boys like me but they get intimidated by my height. It's soo uncomfortable... it makes me wonder about my future husband. There are a few boys around who are my height and sometimes even a bit taller but they go 4 shorter gils and it's like "WHATT??" My ideal guy is at least 6'1 ½" or 6'2", my height. I need help people!

5'10" Gret wrote (March 31st 2009)

Hi! I'm a Mexican girl and 5'10" is way too tall for my country, yet, I love being tall and even kinda feel weird if I ever meet a girl taller than me. I just don't like to feel short!!! For all my childhood years I felt strange being taller than everyone else, but ever since I was in highschool and all the girls seemed to want to be taller, I learned to embrace it and enjoy it, and I LOVE pumps now!!!

6'0" Sheyla wrote (March 31st 2009)

Hi, Joerg. I'm 14 and 6'4" now. It really seems like I'm the only one out there that is really young and really tall! Who is the tallest girl u ever heard of my age or 13?

Joerg says: Well, there are some girls I know who were your height or taller at age 13/14. They've grown to be 6'6" or 6'7".

6'0 ½" Phalone wrote (March 24th 2009)

Hi, my name is Phalone and I'm very excited to have found this website. I always considered myself as a too tall person but now I know I'm not the only one. THANK YOU. I LOVE THIS WEBSITE.

5'11" Joy wrote (March 23rd 2009)

To Mo: In life try to always remember the compliments you receive, forget about the rude remarks. Don't ever give anyone the power to dampen your spirit. You can choose to ignore such people or shut them up, there is a link in this website on good comebacks, scroll down and you will find it. In a nutshell, you only have one life to live, have fun, be happy and have no regrets because LIFE IS BEAUTIFUL!

5'10" Margie wrote (March 19th 2009)

Hi, I'm 13 and 5'10". I know it sounds weird but it is the truth. It's kinda cool that everybody at school looks up to me!!! =)

Joerg says: Sounds good to me... Go, girl!

6'3" Paige wrote (March 18th 2009)

Hi, I am Paige and I am 19 years old, and I think it is awesome that there is a forum like this! It makes me feel better knowing that there are girls exactly like me going through what I am going through. If I could give any advice to younger tall girls it would have to be stand up straight and be proud, be proud that you reach things that most can not, be proud when people stare, JUST BE PROUD TO BE TALL!

5'11 ½" Mo wrote (March 18th 2009)

I'm almost 6'0" and a freshman in high school. It's always so hard to face people that make stupid comments about my height. Just yesterday, a guy came up to me and referencing a petite girl said "Oh no you're not small, she's just freakishly tall." It's the little things that hurt the most. At the moment, I'm in the learning process of becoming comfortable with the way I am and realizing that society tries to tell people that the closer you are to the "norm", the better. But being different has its perks. Reading people's comments on here really helps me. Thank you!

5'10 ½" Laura wrote (March 13th 2009)

I just wanted to comment towards all the young girls who are ever looking for some in style jeans: Alloy.com. I found the site when I was younger and a girl next door made fun of me for my awkward height with the proportions of my body. I'm 5'10 while only weighing 130 (on a good day). The site has a magazine you can order for free and they have teen fashions with inseams up to 37". I absolutely love them. When you buy the clothes they actually fit much better than you could ever imagine. They scale well with the actual sizes you would be wearing if you were shorter. You can select the size of the pants and THEN the inseam!

Cheer up girls, the sun does shine! =)

6'2" Lauren wrote (March 9th 2009)

I work in the restaurant business and the tall remarks never stop. I find that since I'm in a position that people don't always respect they feel they have the right to really push their luck. My father was 6'8 and always made it a point to have patience and quick comebacks for all the comments he got. I'd love to hear of some 'one liners' that won't offend people but will put them in their place.

Joerg says: Check out the "Things not to say to / ask a tall lady" page and let me know if you've found any good comebacks.

5'11 ½" Mo wrote (March 5th 2009)

Hey everybody!

I am 15 and 5'11" and some change. Not only am I tall but I only weigh like 146 pounds so I look very skinny. On top of that, I have a large chest that I don't think fits with my body personally... but everybody has things they wish they could change, right??

I get so frustrated when it comes to clothes. Being that I am so skinny, it is hard to find jeans that are long enough. So I end up buying jeans my size, taking the hem out of them and pray I didn't just ruin a brand new pair of jeans, or I have to buy a pair that is two sizes too big and just deal with it. It seems as if everytime I find a pair that I really like or spot online, they are all expensive... but maybe I am just cheap.

Another MAJOR issue for me is shoes. Most stores stop at size 11 and I am a true size 12... not an inch bigger, not an inch smaller... so Payless is like the only place I can walk in and out with a pair of shoes. Otherwise I have to shop in the boys section or go online.

Dating isn't that much as an issue for me though. I guess I have just gotten used to guys being shorter than me.

Last but not least I LOVE THIS SITE!! It tells me I am not alone in my problems. All of my friends are normal height with "normal" sized feet and can walk into any store and pick out a pair of shoes or pants.

Ooops...sorry guys one last thing. Summer is coming up and I need a bathing suit. As I stated earlier I have a small frame so bikinis are no issue... it's my chest. Not trying to be too open but my chest is a 36D-34DD... yeah, on my small little body... so finding a top that fits, is classy but not trashy, and cute, is a very hard and long process. I know this may be a website about height, but would anyone know of any site or store that I can go to and find a bathing suit that fits but isn't "granny"?? Let's not forget I am only 15.

Thank you so much

Tall women are just as beautiful as anyone else
-Mo

6'2 ½" Paige wrote (March 4th 2009)

Hi, I'm Paige. I'm 15 yrs old and I'm 6'2 ½" so yes, I'm tall. And I can honestly say I wish I was shorter. I have never really had any long term relationships with guys because they are always shorter than me.

Joerg says: I don't think many relationships last very long when you're in your teens. I don't believe it has got anything to do with your height - unless both you and / or the boy you're with can't handle it.

6'1" Alicia wrote (March 2th 2009)

Hey, I'm Alicia. I am 15 and 6'1". I play basketball and I'm hoping to be a model some day. Being tall is not that bad but when I'm around short people I feel nervous about my height. But then many people know me as the tall and pretty girl so I guess it's something I have to live with.

5'10" Lyn wrote (March 2nd 2009)

That which makes us unique is that which makes us magnificent. That's true whether the ,unique factor' is delightful-height, or the gifts and talents we were born with, or the beauty in the twinkling of our eyes, or the love, concern and compassion we feel for others. A tall stature is a ,gift' which I believe we were meant to enjoy, and carry with grace and pride.

6'5" Jimmie wrote (March 1st 2009)

Hello Loves! My name is Jimmie and I'm 6'5 ½" and I am proudly 20 years old now. Since the time that I was 12 or 13 I was having lots and lots of kids pick on me for my height. And for my weight. Now I am 6'5 ½" and I weigh now 295. But it runs back and forth between 290 and 330 because I get stressed out. But that's not really a problem any more.

And finally... I've met a man who is 6'6", almost 6'7" and this is what's funny. I used to think that I had to have a man around 24/7 to make me feel pretty or loved or something. NOT! When I finally got my job, I thought "Well, great. I have a job. I can pay for my school. I can get out of my safe little bubble." Well, as I worked the past year, I realized, I was just fine. God had made me the way I am for a reason. And you know what? I'm thankful for it. I'm Tall, I'm not skinny, but I'm not fat as all get out either. I can be graceful, and also I am a good worker. Not only did my work family notice it but also my customers did too. I'm a cashier for the moment and I am friendly. I like to have a small conversation with everyone of my customers. And it's small things like their kids or something to do with their purse or the amount of groceries they have. And whenever they leave me by myself with 4 or 5 other cashiers, it seems that they HAVE to call my people away so they don't have to wait in line. But no matter what, they always call me by name and ask me how I am. They have told me many times that I'm beautiful, tall and my smile makes every one else smile.

So if you think that you're "Too tall", or you're "Too big"... Don't think that. We are UNIQUE! And we are here to make a difference between the normal people and people who are just out there... we make people think "Wow.... Why couldn't we have some of their height or their looks?".

But I just wanted to say something for the new year 2009 and that I'm glad that I found Joerg to talk to and look after me. I never thought I'd be able to find a guy this sweet that's not my age. But then again... I think I'll ship my fiance over to him for a month or so, that way he can put my guy in his place ;-)

Love ya! And thank you guys for listening!

Joerg says: Hm, well, thanks for the kind words, Jimmie Girl. I didn't know your fiance needed sorting out.

6'3" Saliha wrote (February 27th 2009)

I am 23 years old. My dad is 6'9" and my mom is 6'4". You want to talk about attention... family outings seemed liked nightmares when I was younger. I must say my mom was the one who really taught me to proud of what God wanted me to look like and really realize that even though my height may be the only feature people may focus on it's not all that I am. People are so ignorant and the only thing you can change is how you handle daily situations and how you view yourself. Try being tall and pregnant. I have a slim figure and I'm 6 months pregnant. You can barely tell I'm pregnant. Do you know how jealous women of average height are of that fact? It's so funny to me. I always say "did u really think I would carry like someone of average height??". I'm 6'3" so trust me... you have your advantages, you just have to be open to them because they are there :)

6'3 1/2" Nicaise wrote (February 25th 2009)

Hi, I'm Chadian but I live in shanghai. I was the tallest girl in high school, and I didn't take it very well with the jokes and not finding my sizes... So when I turned 18 I decided to do something for myself... I started designing my own clothes... for all I had a new even if it was hard finding shoes... so now that I'm 21 when I enter somewhere I'm not just the tallest girl there but I'm the most beautiful girl in there. Who cares what people say - I have something they don't have and that's the big plus. I wouldn't be me without my 6'3 1/2".

5'11 3/4" Sophie wrote (February 24th 2009)

I'm 15 and I live in the UK. I find it really hard to find nice clothes and shoes (shoe shopping always makes me want to cry because most English shoes only go up to an UK 8-and I'm an 8.5-9) Clothes are also always too short! It bugs me like crazy and I have to get clothes for larger women and then try to take them in (being an awful seamstress this is often challenging!)I also have lots of short friends, they range from about 5'1" to 5'7" and I feel so dorky looking down at them. However, I don't really mind being tall - although I would love to be 5'10 which I think would be great. Another thing that I don't like though, is how much I weigh! I'm around 180 pounds and compared to most girls of my age I feel like a tub of lard when I'm not really fat. Just a bit... roundy. :)

It also sucks because I am an hourglass shape (the largest one ever-40, 30, 41) so I'm like a normal person stretched out! As my Daddy says, I'm huge (though he says this affectionately and not like the dumbasses out there who are horrible)

I really like taller guys more... But there aren't that many and I would love to wear 5-inch heels and not completely dwarf my future husband!

Sorry for all this incessant rambling and thanks for this great website-it makes me really think- "Yeah, being tall is good!" and mentally stick 2 fingers up to all the people who tease and bully me for being so tall.

Go height!

5'10 ½" Shayna wrote (February 23rd 2009)

Hi, fellow tall women!!

OMG!! I love this website!! I just wish that I would have known about it in high school because that's when I needed it the most! But I'm 23 now and 5'10 ½" and loving every min of it for the most part! There are times were I wish my legs (I wear the same size inseam as my father 34in) and arms (my wing span is over 5 ft) were a little shorter but I love them all the same! I feel a lot of the other younger girls pain on not finding clothes and shoes to fit properly but I'm 23 and my sleeves still don't fit, tall jeans never seem to be tall enough, and not a lot of places sell a size 11 women's shoe! I've just come to accept this because ladies it's not what you wear it's how you carry yourself! I've been out with high-waters and have pulled guys so don't worry just be confident and be your self! Yeah, people make comments but what can you do... so smile and keep it moving!!

I also wanted to share a few tips for people that may not be able to buy new clothes when you outgrow them: 1. If your sleeves are a little too short you can pull them up a little to look like ¾ length sleeves! (works wonders) 2. If your jeans are a little too high up where high-top sneakers it down plays the high-waters look! 3. Now the shoe situation!... sneakers and boots I buy in men's sizes and plus they make your feet look a little smaller. Now the pumps and heels I buy Nine West or in your favorite store ask when their shipments are and come to the store on the day and they should have the large sizes!!

I hope that this helps the younger girls a little!

Peace, Love, and Tallness!! LOL!!

6'4" Samantha wrote (February 22nd 2009)

I've been what people would call a big girl since I was 13. I lost somebody very close to me and the weight just piled on. But I was pretty small, then when the other girls stopped growing I started. I reached 6 foot 4. Then the insults started, people laughing at my height because no boy wanted a girl taller. I heard about Sandy and the way she took her height on her chin really inspired me to do the same. Now I don't allow myself to get cut up about men not finding me attractive. A boy called Sam Davies told me it was the soul that mattered, he was so right.

6'4" Sarah wrote (February 21st 2009)

Hi Gals! I am a 6'4", 21 yr old from California and LOVE being tall. It is so so unique! I just want to tell the taller younger girls, that I was in your same shoes when I was younger but I harnessed my height with sports and it changed my life. You can do anything you want, height should and is not an issue. Who cares what other people think? They are average =)

6'4" Felicia wrote (February 20th 2009)

Hey Girls!!!! I would like to say I am a Junior in High School and I love my height!!! Thanks for making this website. I love it!

Tall & lovely in the U.S.
Felicia

5'10" Ryah wrote (February 20th 2009)

I hope you don't mind hearing from an old lady (I was born in 1946). My height made me uncomfortable as a child and teen. I was a very late bloomer. Then... I lost weight and went off to college. I do enjoy my height, though I'm constantly afraid of stepping on little children if I don't look down when I'm walking!

Looking at all the beautiful tall young women on your site makes me so happy to see my sisters stepping out in so many areas requiring both beauty and brains. For my generation, I was considered very tall. Now I see beautiful ladies soaring to new heights! It makes me so very proud and happy.

The only thing that truly troubles me is that my big 6'3" son had to marry a girl who can walk under his arm!

Thanks for giving an old lady a place to speak up! Oh about the guy's jeans, in small town SC as I was growing up, the only way to get my length was in the guy's department. I also was blessed with my dad's backside (no hips at all) and all the ladies jeans were made for hips with saddle bags. It's a habit I didn't lose, except for a time when I could wear juniors. Now it's back to guys' and my sewing machine to slim the legs and lower the rise!

Hugs, Ryah

Joerg says: Everyone is welcome here, Ryah. Older ladies like you are in a great position to help out the younger visitors to this website. It's essential to have younger and older women alike sharing their stories. And I'm no longer a spring chicken either, by the way.

6'1" Brianna wrote (February 18th 2009)

I am a junior in high school and I have never felt so insecure about myself. Not only am I tall, but I am also a "big" girl. I get made fun of every day. I live in a town where EVERYONE is like five foot four. It's horrible. I've come to realize that it's something I need to learn how to embrace, something I need to learn how to love. But it's going to take a lot to learn it.

5'10" Barbara wrote (February 18th 2009)

Hi, everybody, did you know that not only the American but also the French First Lady is quite tall being 5 feet 10? Her name is Carla Bruni, she used to be a model and I think a singer. Now that she is married to the French Prime Minister Nicolas Sarkozy (about 5 inches smaller than she is) I think she decided to have some sort of career break.

Greetings from Germany - lovely website

Joerg says: IMDB lists Carla Bruni as 5'9". They may be wrong but I usually take their word for it.

6'0" Mikaela wrote (February 14th 2009)

I am a sophomore in high school, and being tall can at times seem like the greatest blessing in the world. My dad is 6'7" and my stepmom is 6'5" and I am so very thankful to have two great rolemodels to look up to because both of them ALWAYS hold their head up high, and anytime someone says anything like, "Oh my God! you are so tall," they simply reply thank you. So to every girl out there that gets the "you are so tall" comment at least 10 times a day, embrace it and say thank you! More power to ya!!

With love :)

5'11" Joy wrote (February 2nd 2009)

To Lisa: I can tell by your message how hard it is for you. All I can advice you to do is to read " THE SECRET " by RHONDA BYRNE. It is a lovely book and you can get it online.

Learn to appreciate your life, because you only live once- make the best of it. Don't spend your life worrying and stressing over things that you cannot change, instead be grateful for all the lovely things that you have.

The issue of finding a partner should not worry you. I believe that everyone has someone out there for him/her. Be open, you might meet a wonderful partner who is shorter than you, and he won't mind if you won't make it an issue.

LIFE IS BEAUTIFUL, ENJOY IT!

6'2" Katrina wrote (January 31st 2009)

I'm 23 and I was online today in hopes of finding a great website for tall clothing and I stumbled across this! This forum is great and could help a lot of young women help believe and discover themselves. It has taken me a while to embrace my height and wish I had something like this to read growing up. Keep up the encouraging words.

6'2" Lisa wrote (January 31st 2009)

I'm 22 and still struggle with my height. I play basketball and it is hard to feel feminine being tall with a muscular/athletic build. In HS, there was only a few boys taller than me and they always end up dating short girls... I hate that. Height has benefits in athletics and tall girls never get teased, but it really makes me worry that I will never find a husband who will make me feel like a woman. I am very healthy, but way about 200 pounds because of my athletic stature and I get jealous when I see women being lifted off their feet on tv.

So far, the thing that works best for me is reminding myself to be confident, or at least appear confident, even when I don't feel like it. I always catch myself slouching. Trust me, it may save you an inch, but everyone will still know you're tall... now you'll just be tall with bad posture.

6'0" Jen wrote (January 29th 2009)

It's nice to see I'm not alone. Being tall used to be a battle I struggled with daily. I hated it up until a few years ago and now at age 34 I embrace it and love it.

6'0" Sam wrote (January 28th 2009)

I especially hate it when guys claim to be taller and insist you don't know your own height. It happens to me ALL the time - I just want to shut them up. Haha. I'm 18 and haven't grown in almost two years. I think I'm done, but unfortunately I have done a lot of research and 6 feet is the MAXIMUM a lot of agencies look for. Some don't even take past 5'10". It's frustrating because we are all so tall and at least think we have a shot at that, or being associated with models, and in reality your height could STILL be ,wrong'.

6'2" Christine wrote (January 26th 2009)

For Sharon and Senna: I too am one of the "older" ladies on this site... I'm 44, and yes in our generation growing up as a tall gal was sheer HELL; BUT it is much more accepted these days; I hope this will encourage the young tall girls of today; when I was a teen it was INCREDIBLY rare. We have no choice but to embrace it. You know what? Being tall is kinda cool; even the word "tall" is nice... embrace it, what other choice do we have? Stand tall ALWAYS with love xoxo

Joerg says: Couldn't agree more. Well put.

6'0" Sharon wrote (January 26th 2009)

I am 62 years old, work out 4 or 5 days a week. I am 178 pounds, size 12 and would like to know if there are any other 50 or 60 year olds to talk to about being tall and what we go through in life.

6'3" Jheri wrote (January 24th 2009)

To Joy: The last thing in the world to worry about is the potential height of your kids. If you love the guy, go for it! Love is the important foundation for everything.

Kids can be all over the place in height. My dad is a half head shorter than me and my brother is a bit shorter than that and my mom is shorter still. One of my friends is at least a half head taller than her dad and brother and more than a head taller than her mom. I know another couple with adult kids who are shorter than either of them. Guess what? It doesn't really matter.

I'm as tall as the guy who proposed to you and manage to do pretty well as a person.

5'11" Joy wrote (January 24th 2009)

Hi,

I found this page when I decided to find out Michelle Obama's exact height just to confirm that we share the same height! You can imagine how happy I was to confirm the same. Since then I have been telling everyone who bothers to listen that am as tall as Michelle!!

However I have reached the age where I want to settle down and get married. There is this guy who has proposed to me already, the only challenge is that he is taller than me - about 6'3". I would love to accept his proposal but I wonder, will my kids end up being too tall - I feel responsible for their future and would not want them to have a challenging life.

Please, guys help me make a decision.

Joerg says: As far as I'm aware Michelle Obama is just shy of 5'11". She is 5'10 ³/₄" - at least that is what I have read. I can't be too sure about that though and who cares about ¹/₄ of an inch anyway. She's got an official Facebook page, by the way.

I think you shouldn't worry too much about the potential height of your kids. I know couples who are much taller and that hasn't stopped them from getting married or being happy.

5'11" Senna wrote (January 21st 2009)

I'm older (46 yrs old) than most of the ladies I've seen on the website. I attended school before the WNBA, when female basketball players were considered "masculine". Over the years with the onset of supermodels and the WNBA, I have been constantly approached by men and women complimenting my height & style. If you find fault with your height, place the emphasis on what you consider your "best" feature. Whether it's your eyes, hair, legs, waist or pretty feet because when you feel good about yourself, it shows in your walk, the way you talk and carry yourself. Ladies, embrace your god-given height, straighten your back and hold your head UP to the heavens above.

5'10" Carol wrote (January 21st 2009)

To all of us tall gals: We can rejoice in the fact that our beautiful new first lady is 5'11" and looks so elegant with our new handsome president. What a bonus for all of us... all eyes are on Michelle Obama and every woman will want to be like we are. Be proud like she is - what a wonderful role model she will be for our young tall gals also. Happy in Washington State, USA!

5'10" Louise wrote (January 19th 2008)

To Val (Dec. 9, 2008): It broke my heart to read how your boyfriend, who is 7" shorter than you, teases you about your height and laughs along with his friends who make fun of it. That is horrifying, regardless of how well he treats you when the two of you are alone. If he really cherished you, he wouldn't dare let your feelings be hurt by rude comments from others, let alone make them himself! When I get disgusted with my big feet, my boyfriend, who is shorter than I, always jumps in with "Your feet are beautiful!" Val, if you continue to put up with this emotional abuse, you need to stop and ask yourself: "Is this what I want for the rest of my life? Is this what I would want for my daughter?" If you stay with him for fear of no other guy wanting you, rest assured: there are lots of great guys out there who are shorter than us and who treat us like the queens that we are—in private and especially in public! And who knows? Your soulmate could be waiting in the wings, and he might even be taller than you! Wishing you the best!

6'3" Jheri wrote (January 18th 2008)

I was going to make a comment for Kaycee (such a pretty name!), but I keep repeating myself, so this I'll say something more general.

The teens are difficult years for most girls. Everything is changing and you haven't figured out your role. I'm 25, but those years were awful for me. I'm tall and mostly deaf. I was convinced people were always gawking at me and that I was way too thin and homely. I figured they were making fun of me because I can't hear well.

When people gave compliments, like telling me I should model or that my hair was nice, I took it as them trying to be nice to a hopeless girl who was too tall and too homely and dismissed what they said.

Joerg's space is great for realizing that there are other women like you, that you can find clothes and that height really doesn't matter that much. But I don't think the message works as well for teens as it does for those of us who are a bit older.

What I recommend is what I would tell any teen - tall, short, heavy, or thin. Height and many physical characteristics just don't matter as much as you think they do. What matters is self confidence. You build it by making a good impression on others and on yourself. If you have a talent like sports, music or art - go out and develop it. One of my best friends is tall and an athlete. She had the support of all of the kids at her school as a teenager and she wears her height well. You can also do volunteer work and help others. I do a bit of that now and it makes me feel very good about myself.

I wish I could have felt good about myself as a teenager, but I never developed that skill. I'm very happy now, so there is hope if you are having problems, but you can change your life and be confident and proud. It isn't easy, but it is worth it.

5'10" Kaycee wrote (January 17th 2008)

It's so hard being a tall girl because I always feel like everyone is looking at me funny. I'm a sophomore in high school and ever since the 6th grade, I feel like I've been growing out of control. The worst part is that I am taller than all my friends and I always feel awkward when I hang out with them because I'm always looking down at them. I feel worst with boys because I'm taller than half of the boys in my grade. Sometimes I feel like crying because I hate being my height. I like tall girls, and I'm not saying I want to be short. I'm just saying I would like to be a little shorter because I think I'm too tall for my age. I would just like some more self-confidence because for a while now I've been having low self esteem because of my height. To be in high school is stressful enough, but to have to go through it with body issues, it's unbearable. I think I really need some help...

Joerg says: I was hoping this website would prove to you that you're not alone out there. You're one of the shortest girls contributing to the Tall Quotes section. If you really feel as bad as you're saying you should talk to someone trustworthy (i.e. your doctor). I'm hopeful it's just an age thing though.

6'1" Anna wrote (January 15th 2008)

One of the things I hate most about being tall is trying to buy clothes. I can find tall pants just fine but I absolutely cannot find shirts and coats that are long enough. The sleeves are always 3 to four inches too short and the shirt itself goes above my belly button. ARRG! Please would some start making shirts for TALL women. Just because we have long legs doesn't mean we have a short body. I don't understand why most stores carry petite but they won't carry tall. It is total discrimination.

I still love being a tall commanding woman. I hated it as a kid but now as an adult I am glad to be tall. Every time I go anywhere people ask me how tall I am and I proudly say 6'1" and mostly the people asking are jealous of my height.

6'2" Liz wrote (January 14th 2009)

My height has gotten me a full basketball scholarship to a division 1 university, a D-1 quarterback husband, and the envy of more girls than I can count... Embrace your height because more often than not, people who stare are admiring you and are jealous... It is just their reaction when they are intimidated. It is the way God made you :)

6'3" Frankie wrote (January 13th 2009)

"You think people are out to get you, when really they want to be you" - something I found out when these girls were laughing me (all of them were butt ugly!)

Hehe xxxxxxxx

6'1" Anna wrote (January 12th 2009)

I love that shorter men love tall women. I personally love short nerdy guys. So much in fact that I married one. :p

6'2" Heather wrote (January 9th 2009)

I love coming to this site, it reminds me that I am not alone with my height. I am from a small town and it seems a lot of guys are scared to even approach me, let alone get to know me.

It's nice to be able to read what some other women go through, it gives me a fresh perspective. Thank You

Joerg says: It's a pleasure!

6'3" Jheri wrote (January 7th 2009)

Usually I forget that I'm not average, but the past few days have been stressful with some people bothering me. Not about my height, but my weight.

It came to a head and I had to get it off my shoulders. I will never change their minds, but I'm more at peace with myself.

But the good part was a friend of mine sent me a fake moustache so I will blend in and no one will notice me :-)

Joerg says: Since I know the background of the above comments let me just say "I hate haters" and "Stay as you are, Jheri"

5'10 ½" Gemma wrote (January 6th 2009)

Oh, btw. I set up a group on Facebook called "Tall Women Appreciation Society". Partly inspired by this website...

Joerg says: Just make sure the guys you allow to participate don't mess everything up, Gemma.

6'0" Rebecca wrote (January 4th 2009)

I know exactly what Gemma means when she talks about guys saying their 5'10" or so when they are probably really 5'7". Those guys make me insane! and don't even start on finding decent shoes. Im sixteen and I'd like to find fashionable shoes, but not too many places make size 11 ½ wide. The only store I've found decent shoes is at Payless Shoe source. But even then their 11s are slightly too small and the size 12s are too big.

Joerg says: Have you taken a look at the Shoes USA section? Loads of links there (also companies that sell wide sizes)

5'10 ½" Gemma wrote (January 4th 2009)

Hi there,

I am so relieved to find a site like this, such a breath of free air! I come here often actually. It makes me feel less alone.

I can tell you that I am going to be 35 years old this year so I'm older than most of you; but as I read through all your quotes, I can definitely relate to most of you.

At 5'10 ½, I am quite proud to be tall although I feel too tall sometimes. Two things bother me. First, lots of people who are shorter than me (especially men) say that THEY are 5'10" - 5'11" or something and yet they are nowhere NEAR it. It drives me nuts! I've been measured God knows how many times and it's always been 5'10 ½", so why then does someone who reaches my shoulders insist they are the same height and that I must be over 6'? Also, my feet are also large. I am a size 8 ½ to 9 and struggle to find decent shoes. My feet are wide as well so a size 9 in some places are the right length but not the right width!! Shoe shopping isn't fun for me.

5'11 ½" Lizi wrote (January 2nd 2009)

I know, Haley! Tall guys with brown eyes and slightly overlarge egos - tell me about it! But I say - I have recently discovered high heels are a great way to weed out the idiots among boykind. The ones who are worth it will love it that your legs look good in high heels and not let their ego get in the way. Love being tall - and ignore the jerks who can't cope with a tall elegant girl!!

Tall Quotes 2008

5'11 1/2" Haley wrote (December 28th 2008)

It makes me feel really, really proud to read what all of you other tall ladies are saying :) I'm 15 so I'm right at that wonderful age where I get insecure about my height and figure. I live in what I like to call "the land of the midgets" (aka - tiny little town in the backwoods out of the way of civilization) where inbreeding is a common practice. Needless to say, practically every guy is shorter than me by a few good inches. It broke my heart when the one I... well, something VERY close to love, stopped liking me because he decided he liked a 5'3 girl instead. I let her wear one of my shirts once at a track meet and he strolls up and goes "Wow, that is WAY too big for you." What.A.Jerk-face. And yet, somehow, I still adore him... It's probably the brown eyes and the fact that he's taller than me... but, to put it short, it sucks when you're rejected because of someone else's ego.

I can't wait for college.

But enough about that. All of these posts have made me feel a lot better about myself! I'm glad to know there are other tall girls out there and that they're so comfortable and proud of their bodies- makes me want to be that way too :]

5'10" Bev wrote (December 22nd 2008)

From birth it seems, I've been labeled as being tall, extraordinary, modelesque, giant, basketball material, Jolly Green, the tower, and the list goes on. I have, however, never let it get to me. I took all the comments in stride because I love my height. LOVE IT! I have been taller then every guy I've ever dated, every best friend I've ever had, and taller then my mom's entire side of the family (my dad's side is full of giants like myself of the 6ft and over variety, so we, the species, are not alone). The reason I love it, is because it makes me unique, and thankfully I have a dad who appreciates that. He's the one that bought me my first pair of 4 inch heels despite my mom's protest that I should not be ,allowed' to wear heels at my height.

I'm never going to be short, and I don't want to be short. I've never had a problem seeing over a crowd, or getting picked first for team sports, or reaching for things on a top shelf. These are pluses.

I have to hand it to the clothing/ and airline industry because they are finally realizing that we do exist. Tall jeans, larger size shoes, extra leg room; take it from me, these things are appreciated by all us tall gals.

I will leave all of you tall women out there, who are feeling a little less sure of yourselves, with some sage advice I personally take to heart:

1. Always wear heels if you want to. You're tall, and you're always going to be that way, might as well look sexy doing it.
2. Never hunch. I've never looked across the room at a guy and been like, wow, his hunching is sexy! Stand up straight, use your self confidence.
3. Duck! I work at a place filled with low branches, and strange doorways, and lots of headache inducing objects. your noggin is a terrible thing to waste.
4. They DO have your size. You might have to go online, or let out the seams, or go to the store first thing in the morning when they still have that one pair of size 11 shoes out on the shelf, but believe me, if you look hard enough, they carry your size somewhere.
5. People are always going to ask you two things: do you play basketball or do you model. Adopt a sense of humor about these things or come back with your own: hey can ,you' ride the rides at Disneyland?
6. Be confident. I think of myself as a graceful giraffe mingling amongst the smaller animals. Nobody hunts the giraffe...I'm just saying.

7. Go out with a guy even if he may be shorter than you. Height has nothing to do with how well a man treats you. If people feel the need to make fun of you or he's self conscious, then that's their and his problem.
8. BE YOURSELF!

Joerg says: Good points!

5'10" Ashley wrote (December 21st 2008)

Finally! It's nice to know that there are more people out there like me. I'm sixteen years old and I'm 5'10". My dad is 6'2" and my mom is 5'9" so it was most likely I would be tall. Right now I'm in high school and it's hard on me sometimes - I get the looks. I see people pointing. I've had many people come up to me and ask me how tall I was and how did I get that way. I just tell them that's the way I was born. I like being tall... really I do. But sometimes I would like to be a little shorter. It's hard to find a guy taller than me or one that dates taller girls. I get where you girls are coming from. Being tall is not a bad thing. I do like it. I guess I'm used to it by now. One of the many pluses of being tall is we can hold our weight better. So we don't have to be 102 to look stick skinny... I'm 5'10" and weigh 160 lbs and people tell me all the time that I'm skinny. And I ask them how much they think I weigh? They usually say 120 - 130... I'm like "Haha, no." LOL. A downer though is most of the time people that are tall are big boned. We don't have the lil shoulders & small legs like most girls do. But it's all good. I just thought I would leave a comment for all the girls who don't like being tall. Learn to like it. God made us different for a reason. Feel special. :)

5'10" Molly wrote (December 19th 2008)

I am a female that stands 5'10" and I am in 5th grade. I am done growing - my nurse has told me. My parents are 5'6" and 5'8". This may seem impossible but this is why it isn't. My mom comes from a VERY tall family. My grandma stands 5'1" and my grandpa is 6'5", all of my aunts on that side are over 5'10" and all uncles are over 6'4" my mom was the only one that got my grandma's height. But she still has the genes of tallness (ha ha) so I am in fifth grade and stand 5'10". Here's a story that I think isn't fair:

I have an extremely long torso. I fit into my mom's pants and they aren't high waisted. My mom has average legs for her height. I have 4 more inches of torso than I should at my height.

Sorry just a little information you needed to know. Now here's the story:

I ride the bus to school. My bus driver is a female about - I don't know - maybe 5'2" but she is super grouchy. She was looking through her mirror and saw my head about a foot higher than everyone else. So she said "Sit down on your butts". I was so I didn't move, as a matter of fact I was slouched. She said "Sit on your butts" again so I thought I would sit against my seat straight. My whole head was now above the seat. She said "Oh, so we have a smart alec back there! Come up here." She looked over at her little cally thingy that messages other buses then stand up right in front of me. I am wearing 3 inch boots because it's winter and it's hard to find size 12 shoes. So I am slightly hunched over. She looks at me and goes. HOLY (swear word) and she says "Go sit down" all grumpily.

6'4" Ula wrote (December 17th 2008)

To Brittany:

Wow, finally another girl that is my age and height well at least for few more days the same age since December 20th is my birthday. LOL But I totally understand you and finding the right guy... I knew this one guy that loved everything about me and he did not care I was taller than him he was 5'11" but I kind of messed up which I regret. But he really gave me hope that if he did not care how tall I am there are others like him and I am really happy that I met him (=) Even though we do not talk no more... so don't worry. You will find the guy eventually because who would not want to be with a goddess like us? =)

Oh, and I don't know about you but do you have any trouble finding pants for yourself? Because I do - the only store I can get pants that are 39" inseam long is at Long Elegant Legs, and I know there are some websites where they make custom jeans for you but it's too expensive sometimes.

And once again I have to say this website really helped me out being comfortable with my height, since now I know I am not the only tall person. Even though it seems like it - because so far I have not seen any girl either my height or taller!

6'3" Jheri wrote (December 17th 2008)

To Brittany:

19 to 21 seems to be the age where most of us get out of that teenage stage where women tend to dislike whatever makes them different.

Go and get some experience going out with guys. You'll find that once they get to know you for an hour or so, the good ones won't worry about your height. The guys that are bothered are jerks anyway, so consider your height a way to find better guys.

One thing that works for me and one of my friends is to use the attention as a way to meet people. They don't know how to react to you, but you know how to react to shorter people. so you can put them at ease with something kind or funny rather than a harsh line. It really works and can make your day. So if someone remarks about your height and doesn't deliver the line as well as you would like, give them a real compliment. Pretty soon you'll just be talking to them and you'll meet some friends that way.

Don't be afraid to ask guys out. Some of the best ones are a bit shy and you may have to go first. Just remember that most of them just won't worry about your height after they know you, so just go out and get to know more people.

6'4" Brittany wrote (December 16th 2008)

Hey everyone! I am 19 years old, and stand at 6'4". Sometimes I get insecure because as you know we cannot go anywhere without being pointed out, but after a while I started loving it. I get attention everywhere. If someone makes a comment I just smile at them, and take it with pride. Sometimes I get scared that I will never find a man to love me because I am so tall, but these stories have given me hope!!! Thank you!

Brittany

5'11 1/2" Lizi wrote (December 16th 2008)

Hey everyone! I'm 16 and I first went on this website because I was feeling insecure about my height, like many young girls my age. It was so amazing to find all of you with the same annoyances and feelings as me, and it really helped - so thanks Joerg! At a party the other day I wore heels for the first time, about five inches! Course people commented, but if you take their comments in a good way then you end up having more fun. People came over and started talking to me about how great it looked, and it was so confidence boosting. So I guess I'm trying to say if you act confident with your height then you have a lot more fun. The only people who were more hostile were the short, and more curvy girls, and I figure they are just jealous. I'm not going to miss out on heels in order to pander to short female or more importantly male egos! So keep your head up everyone who's insecure about your height, the world is watching you with envy!!

5'10" Clarice wrote (December 12th 2008)

I used to love being tall, but recently I found out that I have a herniated disc in my lower back. I was apparently born with a narrow spinal column and being so tall just made it worse. I had to quit doing gymnastics right when I was starting to do my back handspring by myself. I'm a cheerleader so having one is pretty much required to stay in the sport. I never thought that being so tall would ruin my dreams. So now I sort of wish I was short. =[

6'6" Lauren wrote (December 12th 2008)

Hey gals! My name's Lauren! I'm tall, blonde, and athletic. I live in San Diego, California and play varsity volleyball.

I'm definitely a lot younger than some of you. I'm 16 and 6'6". Now for those of you who are 6'6", you know it's VERY TALL. And for a girl in her sophomore year, it's definitely a major turn-off for guys.

I've been dating a guy named James for about a year. He's 5'6", so being a foot taller than him and walking down the halls was definitely awkward. He doesn't have what you other tall girls call "short-man syndrome". He loves the fact that I'm tall and is very confident with his own height.

I'll never forget when I brought him home to my parents and my brother (who are all over 6'0"). They treated him like an insect for a while but then they got used to his height. My mom used to pull a stump for him whenever he would help put away the dishes because our shelves are super high. My dad likes them that way so that if a robber came in, most wouldn't be able to reach the silverware. :D

I'm really passionate towards him. My friends who are also around 6'0", laugh whenever we all walk together and I just bend down and kiss him on the lips. He's extremely cute, smart, and hilarious. He can make me laugh about anything. I remember at homecoming this year, I was wearing heels (boosting me up to a scintillating 6'9") and he was so far below me, he was almost under my breasts. So he went on his tippy-toes and just laid his head on my boobs. I was cracking up.

I'm the kind of girl who LOVES to show off her body - especially legs. I mostly wear short shorts and tight t-shirts to bring out my boobs. They're pretty big for a teen, and my athletic body really brings them out. My legs are super long, as is my upper body, so playing volleyball came naturally to me. It's a little awkward playing with girls shorter than me (from 5'10" to 6'3"), but we all have something in common - we're taller than my boyfriend!

I find I'm the one giving jokes about James's height. He has some pretty good comebacks, and we love throwing them at each other. Most of his friends are around 5'6"-5'9", and his friends that are girls around 5'0"-5'5". So I tend not to hang out with them that much. I know we're joked about sometimes and taller guys always come up to me and ask "Are you two for real?"

Kissing him is always a challenge. Whenever we wanna kiss, I either bend down real low or sit in a chair. The only problem in our relationship is the kissing, really.

Sometimes the girls on my team make fun of him, whenever he's waiting outside the locker room for me, but they're harmless jokes usually. I love him for getting the jokes.

6'3" Jheri wrote (December 12th 2008)

So many of us have problems finding shoes that I thought I would share a blog that has been very helpful to me.

Most of my shoes are casual as well as for my biking and running. I do wear fancy shoes, mostly with heels for my work. Gorgeous shoes are sometimes comfortable and sometimes not. Jenny Sanders is a podiatrist with about 20 years experience. Her blog <http://drshoe.wordpress.com/> spends most of its time on running shoes for people like me, but she also talks about what is good and bad for your feet with casual and dress shoes.

Dress shoes change style so often that it is hard for her to recommend anything and women have very different feet, so she tries to teach. You have to look through her blog, but it is worth it. She has a lot to say.

Some of her articles on dress shoes are <http://drshoe.wordpress.com/2008/08/25/shoe-of-the-month-circa-joan-david/>, <http://drshoe.wordpress.com/2008/08/09/anatomy-of-a-shoe-what-you-dont-know-can-hurt-you/>, and <http://drshoe.wordpress.com/2008/07/17/shoe-of-the-month-ash-patent-leather-ribbon-lace/>. For those of you who like to make a statement with very tall shoes, she even talks about how to do it without hurting your feet <http://drshoe.wordpress.com/2008/06/16/wedge-sandals-added-height-without-added-pain/>.

There is much more. So get educated about what you buy and learn to find beautiful shoes that fit and protect your feet.

I have written to her for advice and she replies with very useful comments.

6'1 ½" TiAnna wrote (December 10th 2008)

I'm a lot younger than most of you!! Being only 15 and 6'1 ½" I'm a beast. LOL. Well, most people say I am... But I don't care! The only problem I have with my height is the clothes shopping. I can't find any jeans that fit me perfectly. I love my height. It helps me in my sports which are basketball, volleyball and track. Actually I wish I could grow some more and lose some weight... I want to be at least 6'3" so in college ball I can dominate. If I were two inches taller now I could dunk!!! Another thing I hate is that my legs are so long but my upper body is short so I hate seeing myself naked.

Joerg says: Since you're only 15 you'll probably be growing an inch or two. I'm pretty sure you will be able to dunk soon (like my myspace friends Candace Parker and Sylvia Fowles). For jeans you should check out the Clothes USA page. Apart from the usual suspects my hot suggestion is PZI Jeans. You should check them out. As far as your body image is concerned I believe you're a typical teen. Teens usually aren't the most happy people in the Universe. Give it a few more years and you'll love looking at yourself. 🤔

6'3" K.T. wrote (December 10th 2008)

To Christine: Yes, your frame is small, considering your height BUT you have to change your mindset in order to combat the stares and "rude" comments.

The people won't go away but you can program yourself to think differently about their actions. The poor things (the people) may not know any better. Also, feel free to say something. If they are bold enough to make comments then they have opened the door to your response. I am not saying be rude in return, but I am saying, let them know you are a person with feelings.

For examples, if someone would make a comment stating that I am a "tall freak", I would turn to them with an odd expression and say, "that was rude". My small response may jolt them back into reality and may even ignite an apology from them.

Give it a try and remember height (along with whatever weight you are) is a gift. You are the lucky one :)

www.thetallgirlsexperience.blogspot.com

6'1" Val wrote (December 9th 2008)

I've been dating a guy who is 5'6" for about two years now and I'll admit, he didn't help me with the "loving my body" issue at all. He lacks a lot of confidence so he approached me online (needless to say I neglected to tell him my height. I just noted that I was taller than him.)

When we met he seemed a bit disappointed but, as he got to know me for my personality first, he gave us a shot regardless. Throughout the two years he always teased me about my height and laughed along with his friends who made fun of it too. He comes to me quite a bit with comments about how he is made fun of for dating a girl 7 inches taller and 3 years younger than him. When we're alone he treats me like his queen, but outside he seems defensive and sensitive about his height. Most times he brings it up to "put me in my place" so to speak.

He has, what my dad likes to call, short-guy-syndrome (an inferiority complex.) Outside the relationship, I'm constantly being reminded that I'm different than everyone. I'm criticized for wearing heels, called anorexic (I'm fairly thin) and I'm quite often mistaken for a guy. I have broad shoulders and I'm flat everywhere so I get many comments about my manliness xD

Overall my body makes me feel confined. I can't find clothes that fit my rock and roll style, I can't wear heels, and skirts are often too short to wear in school when my arms are quite long and I violate the "fingertip" rule. Average height-ed women have it easy. Why do I need to pay \$50 dollars for a pair of plain jeans. Most times I just wish I could pick up a pair at Walmart like everyone else. And I agree with Christine - I hate people reminding me of my height.

People consider me very cynical anymore when I get sarcastic over those comments. "Wow, you're tall!" - "OMG! REALLY? HOLY CRAP - IN 18 YEARS I'VE NEVER NOTICED. Phew, no wonder the ground is so far away. Thanks for clearing that up for me." Hah!

5'10" Danielle wrote (December 9th 2008)

Yeah, I used to hate being tall with a passion. Do you know how many times people walked up to me and said "you should play basketball" or "you should model"... blah blah blah... I had it kind of rough in middle school because I was always the tallest in all of my classes!! Even taller than the boys!!

In high school some people would make me feel bad saying tall girls don't wear heels, or high waist shorts, or miniskirts, etc. But then I finally tried it for myself and now... I DON'T CARE. I LOVE BEING TALL!!!

6'0 1/2" Coral wrote (December 7th 2008)

I'm amazed at some of the positive comments here. Personally I just started to feel good about my height. I'm 19 years old and have been teased by everyone, ranging from my family, friends, classmates and total strangers. My father kept telling me I was beautiful and that they were jealous but I really couldn't believe him but I always walked with perfect posture and a strut that kepted him smiling.

Once I even wanted to drop out of high school because they never left me alone and the one guy I really really liked shot me down and humiliated me in front of all my friends. But recently I've gone from suffering to laughing about all the stupid comments people say. I'm in my freshman year at college and I have to say all the extremely smart, confident, TALL (occasionally short, come to think of it the cutest ones were shorter then me - LOL) and sexy guys are swarming around me :)

It's sooo interesting to see the shorter petite girls gawk at me and narrow their eyes. Even my older brother recently told me that only shorter girls looked at me with disgust and hate in their eyes and he laughed it off saying that I was a show stopper.

I really want to say that being tall isn't all that bad. Sure, they tease you and if you live in a big city (like NYC) it's a pain because people always stare at you. But learn to love the attention. I'm still working on the whole attention thing but I'm starting to love it. It feels good to walk into a room at the same time a really cute short girl does knowing that they're looking at you and not her, HeHeHe. And DON'T be afraid of wearing heels. They are the most beautiful shoes ever and not wearing them is a waste. Remember they were made so that women would look taller, and since were taller it's only right and fair to show them off and use them for what they were actually invented for. I myself wore some 4 inch stilleto boots the other day and felt amazing. HeHe.

So please don't be afraid. Just work your body. Show confidence and smile. Don't let those mean and rude people get to you cuz' in reality they are are way to immature to acknowledge that you are the the center of attention. And face it it feels good when someones face turns green of envy just because you happened to just walk into a room . ^_^

5'10" Nina wrote (December 7th 2008)

I'm 14, and I've never been happy with the way I look. I'm naturally quite tall, but I always thought I just looked ,big', and people noticed me a lot because of my height and I got really self-conscious.

I'm still like that now, actually, but I'm starting to embrace that I'm tall. There are positives, like I'm really good at benchball, and I can reach things high up on shelves (useful when shopping ;D).

It gets on my nerves when for the fifth time in a day someone comes up to me and says, "Wow! You're tall!". As if I hadn't noticed! But thanks to this site I've found some pretty good comebacks for people being bitchy about my size.

I'm finally starting to realize I'm more than just ,the tall one', and I hope other girls on this site can too. :)

xx

6'1" Renee wrote (December 7th 2008)

I'm 19 and am not very skinny... which doesn't help my confidence. It is very true that as an athlete it's always been great being tall... but socially it really hurt my confidence too.

I had a crush on a boy in my class in 4th grade and even asked my teacher to put him in my field trip group (how embarrassing!). Anyways he used to chant at me "B.U.G.!" he informed me it stood for big ugly giant.

I've been teased all my life, but ive come to be pretty proud of it and even ended up going to prom with my best guy friend who was the starting point guard at our high school... he was 5'2"... but i didnt care. I had fun!

Joerg says: Hm, I've never heard the "Big Ugly Giant" comment before. What a rude thing to say. One thing's for sure: he was intimidated by you. You sound confident though. Good! You go, girl.

6'3" Jheri wrote (December 4th 2008)

Yay Joy! This is a great set of comments - you are so wonderfully positive!

I lived in Toronto for a year. It and NYC were the bad places for rude comments. Now I live in KØbenhavn and hear very little. People keep much to themselves. I travel a lot on business and the men in Italy and France have problems with tall women. The fun place is Japan. The women giggle and smile and think it is so cool that I'm taller than any of the men. Many of the men look very upset, but the women are so positive that it is worth it.

6'1" Joy wrote (December 3rd 2008)

This site is great, the quotes from other tall women have made me smile and laugh; it's so good to know there are other women out there who go through the exact same things as me. When I was six years old I came home from school crying because some kids had told me I must've been left back since I was too tall to be in the first grade (although I think what bothered me most about this was them implying I was stupid! :P). I didn't have a major growth spurt until I was about 14 when I shot up from 5'9" to 6'1" in the space of a year and suddenly all my pants were too short.

Now I'm 24 and, most of the time, I absolutely LOVE my height. I am fairly thin (size 4-6 in North American sizing) with long blonde hair and, if I say so myself, am quite good-looking. I would say the compliments and insults are about 50/50 but unfortunately the rude remarks are the ones we remember.

When other women say to me "Wow, you're so tall!" it's usually in a tone that implies they wish they had my height. With guys it tends to be different; some love it, but others say it in an almost accusatory manner, like "How dare you be taller than me, a big important MAN." These are the men who would NEVER date a woman taller than them and who probably have very low self-esteem. I've never had a problem getting dates, and my current boyfriend is 6'0 and loves my long legs. He even loves it when I wear heels (and why wouldn't he? They're sexy as hell!)

I was once walking down a busy street in downtown Toronto when I passed a man and his wife, and heard the man say "Wow, it must be tall women day or something!" I turned around and said "You realize we're tall but NOT deaf, right??" I don't think people realize how ignorant and rude they are, but I also think they feel so free to comment on our heights since it is generally viewed as something to be admired. I doubt these same people would walk up to a morbidly obese person and call them fat. They just don't realize that we hear these comments every day and sometimes it would be nice to go about our business without having to respond to stares and questions. I admit there are days when I feel like I'd give anything to just be able to blend in. But everyone has bad days.

Like I said... for the most part, I love being tall. I've always stood up straight, people comment that I have fantastic posture for such a tall girl. I love my long, lean legs more than anything. I've always been obsessed with fashion and I adore being able to pull off some trendy and daring styles that other women could only dream of wearing. I wear short skirts, tights, and leggings whenever possible; I intend to show off these legs for as long as I can get away with it. I've also played volleyball for years and there is no greater feeling than jumping up at the net and just shutting someone down. Thank you, long arms!

Another reason I love my height? It comes from my mother's side of the family, most of whom live overseas, but I love that we share this genetic connection and am proud to tell people where my height came from. I have a great aunt who recently passed away in her 80s; she was the same height as me. Amazing for a woman born so long ago. In a strange feat of foresight, my parents actually named me after her. I got to meet her a couple times in my life and she was a strong, proud woman who survived wars and raised two severely handicapped sons alone after her husband died. So more than my long legs, more than my slim silhouette, more than being told I should model—I love my height because it reminds me where I came from, and inspires me to live up to the name and height my family blessed me with.

6'3" Jheri wrote (November 29th 2008)

There are so many who write about how it sucks to be tall and then those of us who write about how we are happy about it.

My belief is most people are special in some way and, rather than complain and worry about guys not liking you, maybe it is better to think about what you look for in a guy. In my case the type of guy I like is often shy and I'm the one who has to ask. There are guys who ask me, but usually they aren't my type.

So here goes. I point out that I'm not looking and that everyone is going to be different, but maybe making a list is a good thing for you tall gals to do.

I'm 25, somewhat athletic and very thin. Some guys like that, most don't. Some people tell me I'm pretty and I'm regularly told I should model.

I go for very smart guys. Usually scientists and a preference for biologists and physicists. (my current is an astrophysicist). I ask a lot of questions and love to learn and I need a guy who can learn from me too. So a smart guy who can listen and respect what I'm saying is at the top of my list.

Being spoiled is a huge turnoff. I need to be an equal. If he gives a gift, I'll reciprocate and visa vera. Respect rather than worship as respect can grow and feels very good.

I don't have a car and bike everywhere. Combine this with my 12 kilometer run every morning and I'm in good physical shape. A guy should be able to keep up with my on my run, or at least make a good try. He has to respect his body like I respect mine. I'm a vegetarian, a non-smoker and non-drinker. Smoking is an extreme turnoff to me.

He should have a sense of humor even if it is warped and dumb. He needs to be comfortable with me after about 3 dates and visa vera.

He should be kind. You learn this after a few dates.

I don't care very much about looks, although if he can keep up with me running, he is likely to be trim.

Height is not very important as long as it isn't to him. It is probably a problem if he is more than a head taller or shorter than me because talking gets challenging when you are walking together.

As I say everyone is going to be different, but I can find men even with my criteria. I have to do the looking, so I have been known to hang around universities. It is a matter of having some confidence in yourself, recognizing what you want and going after it.

Note that I'm 25. If you are much younger - say in your teens - it is best to just get experience and meet guys. Don't worry too much about looks or other things. As long as they are friendly and you can get along with them it will be ok. When you get a bit older you'll be happy you did, but at the same time you'll look back at some of them and say "what was I thinking" and be happy you have gained experience.

So what is your list?

Joerg says: I believe about 70 percent of the quotes here have been positive. Tall women these days tend to generally like their height. I keep repeating myself but it's usually the shorter women (5'10" - 6'1") who have most of the problems.

6'0" Jill wrote (November 28th 2008)

Tall young ladies: I feel your pain! When I was younger I hated being tall. I was the tallest person in my class until 9th grade, and even then only a few boys were starting to catch up. In my experience, high school boys are usually intimidated by tall girls and it can be really hard to find a boyfriend or even a date to a dance! (I wasn't asked to a dance in high school until my senior prom.) And, as much as people tried to tell me that the women were jealous and the men weren't man enough, it still hurt when I was rejected and laughed at because of my height. But don't give up, it gets better. REAL men love women for who they are, not what they look like. And a LOT of men are attracted to tall women - you know men and their "types." Just think of being tall as a good way to weed out the losers who are too dumb to realize what a catch you are. You don't need a man's, or anyone else's, validation to know that you are a good and worthy person and that you have a right, a responsibility even, to be who you are and wear that unique frame proudly. As tough as it is, you'll be happier when you are able to say you're comfortable with your height.

5'11" Cristina wrote (November 27th 2008)

Hi everyone! I am 21 years old and I am 5'11". I really respect all the tall women who feel proud of their height... I just hate it. I've been teased all my life with my stature and is something that frustrates me a lot. My weight is 129 pounds, so I least I can wear my skinny jeans with some flats, but I will never wear heels. I definitely envy my mother, who is 5'6" and wears platforms all the time with her beautiful clothes. I wish I were shorter and have the cutest boys, but that is not the way it is.

Joerg says: Hm, why do you think your mother wears platforms? Ever thought about that?

5'10" Carey wrote (November 23rd 2008)

I dated a man 4 inches shorter than I on and off for 7 years. Looking back now, he was probably the most confident, open minded man I have ever known. He would always call me his BBB, big beautiful baby. I am not sure what happened between us. I wonder what he is doing now, hmmm.

Joerg says: Have you tried locating him through myspace or facebook?

6'2" Anya wrote (November 23rd 2008)

Hi I'm Anya. I'm 25 years old and I'm Dutch. Normally you would say that Holland has a lot of tall people but I'm taller than the average guy. I used to hate being tall!! People would always be staring at me and always asking how tall I am or if I'd play basketball. Now I love being tall!! Sometimes I get sick of the attention but it's something I learned to live with. I have to say I'm blessed with my body as it's all in proportion and I can't complain about my looks either.

And for the boyfriends... I always saw myself walking down the aisle to someone that would be taller than me but I've always had boyfriends that were shorter than me. Last year I was dating a guy that was a lot shorter than me and I always saw people staring at us or even pointing at us. I hated it!! Now I realized that I just like shorter guys and it doesn't bother me anymore. My new boyfriend is very proud of me and he loves my height!!

It makes me sad to read that a lot of you are not confident with your height... Be proud of it and make people jealous because they really are, believe me ;-)

5'11" Rebecca wrote (November 17th 2008)

For all of you still getting used to being "a head above" - when I was about 25 I decided I was tired of missing out on one of the BEST things about being a chick - really, really, great shoes. So I realized that if I kept saying this, it would come true:

"This is the way God made me, if you don't like it take it up with him"

Now, 10+ years later, it's pretty much true, most days at least!

So, hold your heads high and practice your sashay :-)

5'10" Cyntia wrote (November 16th 2008)

My whole life I didn't enjoy being tall at all I would always be made fun of and get stopped everywhere in public or at family events. I got asked questions like "Oh, do you play basketball?", "You should play basketball as you're so tall!" I hate being stared at like I am some sort of alien. I used to envy all the popular girls in high school who were pretty but who were the average height that every guy would drool over.

I grew up as a tomboy so not every guy was all over me but as I grew up as a tomboy what I learned from that phase in my life is that guys don't care how a girl looks. All they care about is if she is confident within herself. No makeup, fancy clothes or hair would ever make up for a great personality. That's what it is so ever since then I've been myself. I just don't care what other people think. And yes, I know you get the occasional stares and whatever but you know what: short people would kill for that kind of attention.

5'11" Renee wrote (November 13th 2008)

I would just like to say thanks to everyone who is so positive about being tall. I have never worn heels in my life before, but I've just bought a pair and am trying to work up the confidence to wear them this Saturday! The only thing I'm really scared of is the mean comments by guys but all your comments have really helped! I'm always slouching, not consciously but I think it's just because when I was younger I just got use to it. This weekend I'm going to wear my heels, stand up straight and keep smiling! xoxo

6'1 1/2" Asia wrote (November 10th 2008)

Hi, my name is Asia and I am 16. I have always been known as the BBC (big black chick) for I don't know how long, as well as the TREE and have had to ignore these and all the other names and jokes people come up with. I haven't always liked my height but I have learned that it's not going to go away and that I need find the good in it than the bad. I also have had much trouble with dating. It is really hard to find tall guys, especially around my age. But I have had to look at more than just height and focus on the ones that accept me for me. And now that I have so much more confidence in myself I get a lot more compliments and numbers (ha). Now I am pursuing modeling where I am much grateful for my height and would never have tried if I didn't accept my body. I do appreciate all the comments on this site, it's always nice to know that there are so many other women going through the same struggles I am. So just remember that tall is beautiful, and beautiful are you*

6'6" Alexandra wrote (November 9th 2008)

I'm very proud of my height, and I'm not afraid to walk down the street.

6'3" Jheri wrote (November 7th 2008)

Several things I run into say the new first lady of the US is very tall. This is very good for tall women I think because she is smart and is likely to be forceful. She is likely to be very important to help women of color and women of height get acceptance.

This is very good for us. Suddenly one of the most visible women in the world is one of us.

Walk tall and walk proud sisters!

Joerg says: See my comment below

6'0" Dianne wrote (November 7th 2008)

I commented to my 6'4" husband that Michelle Obama is quite tall to which he replied "she is just a normal height person". Being tall in our family is normal - my son is 6'6" and his girlfriend is 6'0". To all those younger girls out there agonising whether they will ever find a partner, there are plenty of men, tall and not so tall, who fancy tall women. Take a lead out of Mrs Obama's book - stand straight and tall and proud. I just wish she would wear some high heels.

Joerg says: As far as I'm aware Michelle Obama is 5'10 ¾".

6'3" Lindsay wrote (November 2nd 2008)

Is there any scholarships for people entering their junior year of college? :(

I was on a full basketball scholarship to a college in TN but then a stupid guy ran a red light in his car and hit my friend and I. Now I can't play basketball anymore and I feel like my life was taken from me. I have to pay for my school now and I still want to go to school in the south which is out of state for me and would be very expensive. :(

I don't know what to do because I really would like to continue my education in the south, but money makes it seem very doubtful that this will happen. Why should I have to pay the consequence of being away from my friends because he hit us and I can't play sports anymore? Do you have any advice on the matter?

Joerg says: Does anyone have any advice for Lindsay? Send me an email and I'll forward it to her. I've been thinking about setting up a scholarship fund but I'm not wealthy enough to do that.

5'11 ½" Leanne wrote (November 2nd 2008)

Hey, I'm 5'11" and weigh about 130 lbs. I am suuuper self-conscious, and by people my age... saying "SKYSCRAPER!", "You're huge!" - really that honestly hurts me. They say it, and just go on with life. I go home, and look in the mirror, and cry. I can't stand this. Everyone tells me I'm so gorgeous, if only I would just be a bit shorter. I got asked to be a model for something in Toronto. I said no, but I really wish I would have said yes. I really need something to lift myself and my confidence, cuz it is really low. A lot of guys hit on me, but it's just about my boobs or my so called "hotness". I just want someone to actually love me for who I am... on the inside. I am so frustrated. Will a guy ever love me?

6'4" Emily wrote (October 28th 2008)

Throughout my entire life (like you guys) I've always been the tall one. I take it as a gift not as something bad. I play volleyball and because of my height I am getting recruited by 60-70 schools as a freshman in high school. I also do high jump and I got 2nd at state due to my height. Being tall has its ups and downs, but you have to notice the ups more than the downs. There will always be the stupid kids who laugh, or whisper under their breath to their friend about your height, but you just have to ignore that. I just take it since their shorter, they must not get noticed much, and they feel the need to put others down to make them feel better about themselves.

5'10" Elena wrote (October 27th 2008)

Dalida, I once dated an Arab man, who really loved my height. He was around 6'0" - 6'1" and he liked it that we were about the same height. He once said to me "Oh, how you are tall!" with a happy smile on his face. :) I never ever believe that he is the only Arab man who likes tall women, so don't be depressed sister. One day you will meet a guy like him...

Joerg says: You don't have to date an Arab man (whatever that means) if you're an Arab woman. We're living in the 21st century and I hope you feel free to choose as you wish. It's "stone-age" views which stop women from growing as they like. Men need women much more than vice-versa. We could never exist without you! (Don't tell anyone I wrote that)

5'10" Rainey wrote (October 27th 2008)

I am 5'10"... I don't mind being tall but I am overweight. I recently lost 50 lbs. My goal is to lose 68 lbs. I like being tall but not tall and overweight... I want to be a tall beautiful woman. But I am scared to wear heels. I feel as though I'm too tall to wear heels. But especially being a young woman I feel confident about my height and I think others should too because guys love tall women. My first boyfriend was shorter than me.

5'11" Delph wrote (October 26th 2008)

Hi All! I am a 5'11" woman and I totally love it! I never got any trouble for it either...in fact I mostly receive compliments!

I am currently 34 yrs old...I have dated men both taller and shorter than me too...I don't discriminate. :-)

I think no matter WHAT your height, you need to embrace it because nothing is more attractive than confidence. I always stand up STRAIGHT and with good posture and I get compliments on how I carry myself all the time. No one height is better than the other. My best friend is 5 feet tall. LOL!

And when it comes to men, well I find height doesn't matter either... in fact I currently have a major crush on a guy who must be about 5 inches shorter than me... but I do not care?... heck no. He is DEAD sexy. Period. :-)

And for all you young girls out there... true it's hard... especially when you're in your teens and everyone wants to FIT IN and be the same... but trust me, when you get older you'll come to love and embrace your height.

So stand up straight with confidence and love yourself for who you ARE! :-)

5'11 1/2" Lizi wrote (October 26th 2008)

Hey, tall and lovely ones! I'm 16 and I have really struggled with my height up till now. None of my friends really understand just how painful it is when people constantly comment on your height. Yet one time I was shoe shopping, and trying on a pair of gorgeous heels, and an amazing thing happened. Someone came up to me and said they would love to be my height, and I was so lucky. I bought the heels, and since then have been feeling so much better about it. Maya is completely right, there is nothing worse than a girl slouching. I'm tired of going through all the tears and insecurities, and if I'm being honest with myself... I wouldn't change my height for anything.

6'1" Maya wrote (October 25th 2008)

I am 32 years old and have been tall all of my life. I can relate to so many of the comments here, especially from girls in high school. What I can say, being on the other side, is that it gets better.

If you carry yourself as though your height is an afterthought, but own it and maximize your best features, people will naturally gravitate to you. Many will be in awe of you and you don't have to do more than enter a room. 16 year old boys often do not have the self-confidence or maturity to deal with formidable young women, so they can punish you for that. Pay close attention to the people who treat you like you are a person and do not make an issue of your height. It gets better....MUCH better.

While of course I run into idiotic people every day who have to comment on my height, do double takes, or stare, I also realize that I am unusual. I use it to my advantage. Some days I take the stupid comments in stride. Other days I have to let the person know how stupid and thoughtless their comments really are.

My advice would be to develop your "strut!" No one owns her immediate surroundings like a tall, confident woman, that's why models are so attractive. Remember that when you strut down the street or into a room with your head held high, you command attention effortlessly. Think of all of the attention-grabbing and sometimes desperate things that a woman who is short has to do to attract attention that you receive just by standing up, and thank God that you never ever have to do those things.

A male friend once told me something about men that helped me understand why I do not get approached as much as a shorter woman. He told me that men look at me, see my height and appearance and see a challenge, and many know deep down that they just aren't up to it. Every guy that doesn't ask you out, won't date you or just

looks at you and never approaches you is doing you a huge favor. It's no reflection on your appeal, quite the opposite. They're letting you know that they can't handle you. Trust me, you'd rather be alone than be paid attention to by men who don't measure up - no matter how tall they are!

6'1" Briyanna wrote (October 24th 2008)

Safii, I'm the same age as you and I feel your pain. I'm also 15 years old - the only difference between me and you is that I stand at 6'1" and I have a size 11 shoe and you know WHAT! I love it! There are women that sit in their rooms and cry because they want to be tall like us. Another thing: Paris Hilton wears a size 11 shoe! So you're not alone, Sweetie!

5'10 ½" Erin wrote (October 24th 2008)

I am 16 and 5'10 ½". I hate it. There is not one day that goes by where I am not thinking about my height. It's so frustrating when my best friend who is 5'1" is always telling me about cute heels she got for a party or new jeans she got. I have a hard enough time buying jeans that are long enough for me. A good guy friend of mine recently asked me to go to homecoming and I thought it was a joke because I never thought anyone would want to go with me because of my height. Everyone always tells me how they would love to be tall but really I wish I was shorter. There's nothing I can do about it but be comfortable with it but it is just so hard when you're taller than all the cute guys in your school. And, yes, I am on the basketball team =] LOL

6'1 ½" Rachel wrote (October 23rd 2008)

I'm 22 years old and have always felt like an outcast for being tall. As it is the same with most of us, it was hard emotionally being tall in school. I was made fun of ALOT and even dropped out of school because of it.

Now I have found a man that embraces my height and we have an 8 month old daughter. Sometimes I cry because I know she is going to be just as tall, maybe even taller, as me. Her father is 6'3". I'm not upset about the fact she is going to be tall, I am upset because I don't want her to go through the torture of being ridiculed in school.

Joerg says: Trust me, Rachel, when your lil girl goes to school she's not going to endure what you've gone through. Times are changing alright.

6'0" Dalida wrote (October 23rd 2008)

Well, I am an Arab girl. My age is 26 and I am 6 feet tall. My height is real complex for me. Tall women are oddly seen in our society and I can't find a boyfriend. I AM sufffffffffffffering a LOT. Help me. I am very depressed...

6'3" Jheri wrote (October 19th 2008)

I'm not a good cook but am trying to learn a little. My apartment has low counters that are about perfect for my apartment mate, but she is 30 cm shorter than me. When I try to chop food, my back ends up aching.

Yesterday I found a nice box with a drawer that is about 25 cm high and 40 cm wide and about 30 cm deep. I bought a very nice chopping board that is about 50 cm by 30 cm and maybe 3 cm thick. I glued the board on top of the box and put it on **my** side of the counter. It is very stable and there is some new space for storing things that used to live on the counter. No bending and no back pain! It is quite amazing.

Does anyone else have solutions to little problems like this?

6'0" Helen wrote (October 18th 2008)

I like being tall but had to make myself appear shorter for the insecure man I was with. I was with a man who was taller than me only once. It was wonderful. The feeling that I was actually a woman. I had never had that feeling before. Usually, being the tallest one in most groups make me feel like I am the protector, leader, whatever. It was nice being with him and I wouldn't mind feeling that again.

6'2 ½" Sharon wrote (October 18th 2008)

When I was young I was much taller than the rest and very insecure about it. I'm even taller now and things have gotten even worse for me because now I've added weight as well. I hate meeting people when sitting and sometimes I go through changes knowing eventually I'm going to have to stand up and tower over all the other ladies, it's caused me to stay in the background as much as I can. Sounds silly I know but It's true. People tell me oh I wish I had your height, but I wonder sometimes do they really. Strangers in stores will ask, can you reach this or that item at the top of the shelf for me please? that I really don't mind doing, It's the shocking looks I get when they say you're tall. I'm thinking, yes I am, yet that's not even the half of it.

6'3" Jheri wrote (October 15th 2008)

To Tabby: I love to see people who have a good self image and who are proud and happy of who they are!

My own body type is different from yours and I have my own clothing issues, but you should consider a vacation trip to Holland. People in Denmark are taller than people in the US, but people in Holland are much taller, especially those who are under 30 years old. When I was in the US a woman of your height was much less than one in a hundred, but in Holland it is going to be maybe one in thirty to fifty, You will see woman your height everywhere. The clothing stores have had to adjust and, although you are still "tall", you will be able to find clothing on the rack if you aren't very heavy.

I have a friend in Amsterdam who would be of normal height in the US, but she is considered short and does most of her shopping mailorder from the US and shorter places in Europe (like Italy and Spain) for a good selection.

I am a bit above this normal "tall" range. There are a few tall shops that I've visited in Holland and Denmark, but their sense of fashion is not good and they are usually expensive.

6'0" Tabby wrote (October 14th 2008)

I love being tall... and unlike you other girls, I'm also big boned/curvy/BBW... It's so hard to find decent pants for curvy tall women! Thank god for Lane Bryant, however, I'd love to find something cheaper!

Also... I have a "short" man in my life, and it doesn't bother me one bit... He's only 5'10", and I'm 6ft, so when I wear heels, the difference is highly noticeable, lol... but he likes it, loves it, etc... I can kiss him on his forehead better ;)

And I definitely don't shy away from heels... tall girls should be able to wear the pretty shoes, too! (even if I do need a size 10 wide!)

Keep your chins up! Tall women are beautiful!

Joerg says: You're not alone out there, Tabby. Actually most of my lady friends are on the curvy/cuddly side and I like that.

6'1 ½" Angela wrote (October 12th 2008)

I am the middle of five siblings, three sisters and two brothers, my eldest sister is 5'3 and the rest of us are 5'10" - 6'2". I am so envious of my eldest sister as she has not had to bear the brunt of many comments, for example "aren't you tall?", "where did you get your height from?". I would have loved to be average and be able to walk into any shop and buy nice shoes and clothes that fit, my sister says she has the opposite problem and has always been envious of me being slimmer than her and being able to wear just about any style. It is amazing that today we wear cropped trousers and jackets with ¾ length sleeves, when I was a teenager it looked as though we had out grown our clothes. The most hurtful things about being tall is when you know people are talking about you as if you cannot hear them. I would not dream of being so rude about someone else, unfortunately we have grown to be tall and cannot change it no matter what we do. My Mum always told me to be grateful for being healthy, and when you look at it from that perspective she was absolutely right. I hope that today it is much easier for girls who are tall, as there seems to be more of them in this the 21st century. Girls stand tall, be proud, confident and noticed.

6'2" Susanne wrote (October 11th 2008)

My mom used to say stand proud and tall, don't stoop! I have to agree with Briea, I get the same grief for being tall and thin, even from my friends. Some people say they're just jealous. I wish sometimes I wasn't so tall and thin. Oh, well...

6'3" KT wrote (October 11th 2008)

Tall girls, if you have not noticed, your height is a gift. Handle with care because if you do not than others will not either. Stand tall and embrace your gift. Not everyone is given the opportunity!
www.thetallgirlsexperience.blogspot.com

6'2" Kathy wrote (October 10th 2008)

I may be the oldest woman posting on this site! I'm 48, 6'2", 165 lbs. I don't look skinny or fat - I consider myself average. My daughter is 6'3, 155 lbs, and gorgeous. She started playing basketball when she was in the 4th grade, and played all through college for a D-II school on a full ride scholarship. When I was growing up (in the 70's) it was tough; there were no tall shops, and I was very skinny. My daughter has a much easier time finding clothing than I ever did. Neither one of us would trade our height for anything. I wear heels more than flats, and am proud to be tall. I love the fact that I stand out in a crowd - use it to your advantage during job interviews! My husband is 6'5" and was never interested in a woman less than 6'0" tall. The thing to remember is that God made you the way you are for a reason! If you're healthy what difference does it make, really? Embrace who you are and everyone else will, too!

6'2" Shamin wrote (October 10th 2008)

I never knew this site existed. I am 31 and 6'2". I wish I had a support system of sorts when I was younger. I see the quotes from many of the 16 year old women here who say they are 5'10". That was me back in high school. I still have problems meeting tall guys, but I love that people ask if I am a model. I don't even mind if little old ladies ask for my help in the grocery store. I just wish they would NOT assume I play basketball, I play softball. So for the young women who want to be shorter. I suppose I always thought that too, but I know now that it is part of me and can't ever imagine being shorter now. As far for as men, they will grow up, physically and the real ones mentally to your height. So hang in there.

Joerg says: I wish you had found this website when you were younger. It's been online for about 10 years now. Having said that you're still young so keep enjoying yourself!

5'10" Louise wrote (October 9th 2008)

Here's a link to a great article on short men and tall women: <http://www.shortsupport.org/News/0285.html>

It's from the Chicago Tribune's 'Tales from the Front' column by Cheryl Lavin, and it's called "Tall women don't look down noses at short men." Published December 2, 2001 Despite the date, it's completely relevant today for all of us. Good stuff!

5'10 ½" Cindy wrote (October 7th 2008)

Hey everyone! I'm Cindy and I stand tall at somewhere between 5'10" and 5'11"... growing up I always hated being taller than everyone else. It seemed to me that no one my age found the fact that I was tall beautiful, as the older people would say. I was always the tallest in my classes, towering over the girls AND boys. All my friends are shorter and I don't feel different than them at all, I don't even realize that there is a height difference. People always come up to me and ask me "wow, you're so tall, how tall are you?" It's nothing to be ashamed of! For all of the girls on here that don't want to be tall, your crazyyyy! There's thousands of girls out there that would love to have the height and legs that we do, and yes you may feel bad about yourself sometimes if you haven't mustered the confidence to wear heels yet, and you feel envious of your friends that "can" wear heels, always remember that you should be happy to have your health behind it all. This is your life now, and your living it at 5'9" or taller and you can't change that. Women come in all shapes and sizes and you should be grateful for your amazing height!

6'3" Jheri wrote (October 2nd 2008)

To Alex: As people we are all different. When I was a teen, I stayed away from most people cut off (I thought) by my poor hearing and height. I'm 25 now and have come to like my height, but it isn't something I think about very much. It probably sounds dumb to you, and it did to me when I was younger, but there is so much more to focus on in life than one part of your physical appearance.

I'm not coordinated, but physical activity has made me feel very good about myself. Since I'm in Denmark and don't have a car, I bike everywhere. I also run for an hour every morning. The exercise gives me a high every day and also has given me a pretty amazing butt and legs.

You can find nice clothes at your height. I'm taller than you by a good bit and do pretty well, but you do have to look around a bit more and learn how to sew just a little to make modifications. I'm pretty much a tomboy too and even spent a lot of time climbing trees (I have built four platforms around Copenhagen that I can sit on), but I have show style that turns heads with people thinking about the style rather than my height.

It can take a while before you begin to learn how to appreciate yourself and your friends rather than react to what others might think. Some women never do.

One thing I've heard from my good friends is that most of them never really think about my height. I have one very good friend who is taller than me—she is 2 meters (about 6'7), but most are much shorter than me. (I exchange email with two others who are taller, but I haven't met them yet .. both are wonderful and confident women who are mostly dealing with life rather than their height.)

I think that those of us who are a bit taller than say - 185cm have it easier. We were taller than most men by the time we were 12. When that happens you start to accept yourself early on. My really tall friend never went through a negative period because she was (and is) a good athlete.

My recommendation is to find some activities that you really like, especially those you do with friends, and focus on the good in life and getting your happiness from something other than physical appearance. With time you grow into what you look like, but you may as well be happy and have fun now.

And even if you are as uncoordinated as me, physical activity is one of the best ways to feel good about yourself. You'll feel good (after a month of struggling) and look your best too.

6'0" Mel wrote (October 2nd 2008)

I'm 18 years old and I love my height. Although from elementary school til about the end of my tenth grade year I HATED being so tall... I've grown to become super confident with my height. Similar to some of you, I am super tall... and thin. 130lbs. I model now! [yay]

I don't remember how tall I was in like...first grade, but I do remember my feet size practically grew with my age!!! Age 6, size 6, age 9, size 9. Thank goodness it stopped at 10! LOL. In middle school I was always taller than all the boys at school... and up until 10th grade I never had a boyfriend because I was too nervous to talk to anyone because every boy I liked was shorter than me. But my 10th grade year I got my first boyfriend who was 6'5". After that, I got so many compliments and remarks about my height til I just sunk it all in and [somewhat] got a little egotistical about it.

Now that I'm in college, although it's hard to find pants long enough or skirts long enough, I enjoy being tall. Wearing heels is awesome because EVERYONE notices me!!! hahaha!!!!

BEING TALL IS WONDERFUL!!!

5'11" Alex wrote (October 1st 2008)

I'm about 5'11" and I feel like speaking out. I read many of the comments from tall women on this site, and they seem to be happy with themselves. Compared to many of these other women, I suppose I might be considered a bit on the ,short' side, but it still irks me; every single day this problem is on my mind. And I try really hard not

to complain, but I cannot help it. Out of all of my features, this is one I would change if I had the choice. I can relate completely to what Christine said near the end of her post. I despise standing out, not being able to wear cute clothes (I am "average" not "skinny"), having people comment constantly on my height. I searched for a site like this so that I could see other women like me and their thoughts. It just makes me angry that I could be 5'6" like my mother (she looks perfect!! And beautifully thin!) but instead I received tall genes from my father who is 6'4"!! On top of being ugly I am taller than most of the boys in my school! It makes me soo angry and I can not help but be jealous of all the short, petite, skinny, and lovely looking girls in my school, including my best friends (they are all shorter than me). And one more thing: my mother tells me that it is better to be taller because if you gain weight it would show up less noticeably than it would if you were short. But if you gain a lot of weight you look fat and tall which is worse than anything! So it really is a disadvantage! And most people would never view a tall woman as "sexy". I feel so unattractive. I'm sure guys view me as un-feminine (well I am a "tomboy", but I'm not dominant or boisterous in any way). But my height makes me seem like some ugly monster. And whenever I am in pictures, everyone else looks normal and I look like a massive giant! I am so sick of being tall! And it feels so good to let these feelings out. I really hope my comment will be featured on this webpage because even though so many women view being tall as a "cool thing" or a blessing or an advantage, others (like me) think it is a very bad and disadvantageous thing.

P.S.: The only real advantage, which would be having the ability to see over a crowd, is useless because everyone else can just stand on tables and chairs and a tall person still could not see!

P.P.S.: And it's sad that some people are complaining about being tall and not being able to gain weight. I would love to be 125 pounds. I used to be, when i was 14 and 5'9". I would even love to be 5'9" again; anything is better than this wretched 5'11". But I digress. Girls around my height are sad about weighing 12 pounds, but how would you rather weigh 158 pounds? Does that sound good? I would take 125 over that any day. But not all of us can be tall and thin... @ the other Alex: I like your ,comeback' with the ,miniature golf' - I think I am going to use that some time. So many people ask me if I play basketball; they say I SHOULD play it; and once the basketball coach even confronted me, saying i should join the team.

6'0" Becca wrote (October 1st 2008)

Hey everyone! :]

I'd just like to say it's so nice to be readin about alla yous!! Well, I'm 17, livin in Ireland and I've always been the tallest in my class. I've always been bullied and still am actually. But I'm actually after gettin proud of my height! It was my current boyfriend of 2 years who made me realise I am beautiful no matter what I look like! He's an inch smaller than me but he loves my height, not a bit intimidated! And I was always embarrassed of my weight too. I'm 6ft and 12 stone in weight. Size 12-14 (I think thats 8-10 in the USA?!) =p but I love my curves and height!

Well if there is anyone readin this who were like me (and tall) just be proud of your height. Stand tall with your shoulders back, be proud! Da ppl dat bully u are 99% jealous of u! :D

xx

6'3" Jheri wrote (September 26th 2008)

Inga, if someone you are around all the time is being repetitive, just tell them. Being open usually works for me.

If she is 6'0" she is on the tall side and maybe you can make friends with her and ask her where she finds things. I know many girls in the 5'11" to 6'0" range and am regarded as tall by them, but basically they are tall compared to most women.

5'10" Safii wrote (September 26th 2008)

My problem with being tall is that I am 15 and 5'10". I hate how everyone thinks I am like 20 because of my height (and boobs), it makes me paranoid that I'll look 50 at 30. Another problem is that my feet are so big. I am only 5'10" and I wear size 12 shoe. Even women taller than me wear smaller sized shoes. So, I can't even wear heels because they bring more attention to my humongous feet. Being tall is cool but this side things suck.

6'4" Inga wrote (September 26th 2008)

I'm 27, the issue with my height has been like a rollercoaster ride of my life. During my teenage years I was bullied a lot. At the age of 21 I went to live in USA for a year (I'm from Northern Europe) and that was the best time of my life, when I actually felt great about my height. Before that I was feeling bad about my height, always wishing I was shorter. Now I'm married and living in Canada with my husband who is the same height as me. I've restarted my studies so I get to be around people almost ten years younger than myself. For some reason the height issue has come back aka me feeling bad about it. I joined a rowing team and there's this 19 year old 6 feet girl who just cannot seem to let the day pass by without commenting how short she feels next to me. And it annoys me; I'm just so tired of all that repetitiveness. Could you tall ladies out there please advise me what to do? How to go through the daily life with this? What do you do when people stare at you and ask you how tall are you? I really want to get my confidence back. Please help.

Joerg says: You could read 6'7" Erika's advice (to tall girls)

5'10 1/2" Katherine wrote (September 26th 2008)

Hey, I'm somewhere between 5'10" and 5'11" and 16 and my best friend is the same height as me. She ALWAYS wears heels (usually about 3 inches) and I don't, but just because I can't really find nice ones that fit me since I have size 9 1/2 (U.S.) feet and no companies seem to make that size. Oh well, whenever she's in heels I sorta want to be as tall as her :P. LOL - We always go up to guys that are shorter than us. We don't mind and they don't seem to mind either. I guess shorter guys don't go up to taller girls (at least in our school) because they think that we only like guys that are as tall or taller than us. Well, to any guys out on this website, its not true. The guy I have liked the most so far was about 5'8"!

Joerg says: I think all the companies listed on the Shoes USA page sell shoes up to at least **size 12!**

6'5" Ahana wrote (September 25th 2008)

I am 6'5" and I am from Trinidad and Tobago and at first I had a problem with my height growing up. I got teased a lot about it and still - as a grown woman - people still throw comments at me. But I have learnt through the years growing up how to embrace my height because God blessed me with this height and to be proud and walk with my head high.

5'10" Naomi wrote (September 22nd 2008)

I am only 15 yet I am 5ft 10. I like my height but I do feel self-conscious as most of my friends are only about 5ft :-|. I still wear 6 inch wedges becoz I love them :-D Be proud!

6'4" Alex wrote (September 21st 2008)

To everyone in general:

This is not exactly a quote, but more like a short anecdote. I'm 16, a junior in high school, and playing volleyball (which I love!!! Trust me, volleyball is a true tall girl's sport!!!). For home matches, we always have to dress up. Recently, a friend of mine who's on the JV team has been complaining about being too tall and not being able to wear heels. Guess what? She's only 5'9". My response? Wearing 4 inch heels every single time, and basically shoving back into her face that yes, TALL WOMEN CAN WEAR HEELS. They make your legs look better, among other things. You may get stares, you may have people bother you about it, but it is SOOOO worth it! My boyfriend is 6'9", and even though he may not like that fact that I'm going to be as tall as him, guess who's wearing 5 inch heels for homecoming this year? :]

Basically, don't be afraid to wear heels, tower over everyone, and look amazing! Trust me, every time I wear them, everyoneee is like "oh my gosh, you look so gorgeous! I wish I was tall!". It is SO worth it to stand out and show off your height!

Oh, and a tall joke that may be a tad cruel, but entertaining for us non-basketball-playing tall girls:

Random person: Do you play basketball? You: No, do you play miniature golf? Tehe :]]

5'10" Erica wrote (September 19th 2008)

To all of my tall ladies, "put on those heels and strut your stuff!!" While growing up my family would always talk about how tall I was and during that time (I'm 27 now so about 15 years ago) I was a little ashamed to be so tall. It wasn't until 5 years ago that I told myself, "this is who I am and I'm only given one life and one body to enjoy it so I'm going to live it up!" Even today, I have guys or women to approach me and say "you're really tall and you're still wearing heels." I normally, look them in the eyes with a smile on my face and respond, "you bet!" They will normally say, "I wish I was that tall." The important thing to realize is to have confidence in yourself. You have to accept yourself for who you are and other people will get in line. I remember being at a conference a few weeks ago and a tall guy walked up to me and said, "I've been watching you and you're confident. Most tall women walk with a hunched over but you have your shoulders back and head up. Wow!" My response, "you bet!" So ladies, I leave you with this...love yourself, wear those heels and walk with your head up high because life is not a dress rehearsal! Live it up! Hope to see you out and about with a pair of stilettos that make you look like a walking Goddess! If you see a tall women walking like it's her world and everyone else is living in it... that could be me... LIVE GREAT!!

6'2" Sanne wrote (September 17th 2008)

I live in Spain, small people here. I use to say if they comment about my height, "Cold up there" or "Are the clouds cold": YES, BUT YOU ARE CLOSER TO THE S*** ON THE FLOOR.

5'10" Cheyanne wrote (September 17th 2008)

Hello, I am Cheyanne! I am 13 years old and I am 5'10 and all of the boys are shorter than me. And guys don't like me because I am so tall. I wish I could be shorter and skinnier but I weigh 153 lbs. I have the biggest legs ever for my age - they are all muscle.

6'3" Jheri wrote (September 6th 2008)

Yay Miranda!

It is so important getting to be comfortable with yourself. That means being proud of yourself, not just your height, but all of you.

A few days ago I mentioned my friend who went on a crazy American show called "Wipeout". Something beautiful and good came of it. Here is a description by someone else on my friends blog.

http://www.6footsix.com/my_weblog/2008/09/the-silver-lining-of-bounce-crash-and-splash.html

There are times when we can inspire others without knowing it. It doesn't matter what you do or what you look like. You reach out and touch people and that is good. And there are those times when you don't even realize it.

I think being tall gives us more opportunities for people to notice us and that means we have more opportunities to do good. Trust me, helping someone else is the best way to feel good about yourself.

Jheri out

6'0" Miranda wrote (September 5th 2008)

I LOVE THIS SITE!! I knew I wasn't the only tall girl out there (cause some people sure try to make you out to be) and I am glad to have proof. After reading about all you other tall beauties, I thought I share a bit about me and my thoughts on being tall.

First of all I am not a skinny girl, nor will I ever be and I am content with that, I am easily the tallest femme in my family and of course and the designated high shelf reacher/light bulb changer.

When i was in elementary school, I was very self-concious about my hieght to the point where my shoulders seem to have a permanent hunch, form trying to maKe myself smaller. Kids are cruel and will make fun of anything different from they are, it wasn't till the 7th grade (that's around 12 years old) that I finally found my back bone, I was walkin down the hall with a couple of friends when this guy looked up at me (he was a teeny tiny 5'3") and said "ugh, you are so ugly" I realized in that moment that some people are just ill mannered ignorant pigs and that all the vitriol the pews from their jealous mouths is only polluting their souls, and that if I let it bother me I will never be happy.

I am extremely lucky to have a very supportive family and a dad that is 6'4" it really helps! And ever since that day in the 7th grade I have smiled everytime some one has commented on my height or called me an "amazon".

But I'm rambling so I'll stop with this, don't ever let anyone use their own self hatred to bring you down, no one should have that kind of control over you!

5'10" Briea wrote (Septempber 2nd 2008)

My name is Briea and I'm 14 yrs old. People constantly come up to me asking why I'm so thin or so tall. Some people have even said hurtful things like "...you need to get meat on your bones...". I constantly try to boost my confidence but it doesn't seem to be working. I want to wear heels sooo bad but it's like I'm a giraffe... taller than almost every boy and that's truly embarrassing. I try to love my height but at times it just gets the better of me.

6'3" Jheri wrote (September 1st 2008)

To Christine:

I'm a little younger than you at 25, but am taller and lighter. 55 kg is as heavy as I can get and my average is 54. My whole family is super thin and I just can't gain.

The trick, I think, is to work on your self confidence. I run and bike a lot and being fit makes me happy and gives me great confidnce in myself. I'm not coordinated and am not good at sports (I wish I was!), but moving is very important to me.

People may be a bit curious about you, but once they know you that all goes away. If someone is obsessed with causing you pain, that is their problem and not yours.

Walk with good posture and be friendly with people. I never say anything nasty even when I'm on the 20th question in a day about my height. Smile a lot.

Remember that the average runway model is about your height and many are a bit lighter. Many outfits were designed to look best on your body type.

I dislike heels because they are painful, but there are times that I have to wear them and the height doesn't bother me at all - at least until I bang my head on a door.

6'0 ½" Wendy wrote (September 1st 2008)

Oh God, Christine, your post is heartbreaking. I have to believe you grew up in a highly dysfunctional home, and when all is said and done, your height has nothing to do with your lifeline misery. I always felt loved and secure in my home, and my height was never an issue, only an annoyance when clothes shopping. But then I blamed the clothes manufacturers, not my height. I think people stare at you because you're abnormally skinny. My recommendation is you hire a personal trainer or study fitness magazines and learn how to build muscle. You can only eat so much before you feel ready to burst. Some people don't have big appetites. But I also can see that if you gained weight from a healthy weight training program, you'd still be left feeling empty, because you have unresolved issues stemming from an unhappy home. At 27 already, you'd benefit from some kind of counseling. There are just too many women out there your height and taller who are loving it. It's not your height...

5'11 ½" Christine wrote (September 1st 2008)

I was reading Julie's note and it made me really sad. I'm 27 years old and I'm 5'11 1/2" and 125 pounds. I've struggled to gain weight all my life. Being so skinny makes me look taller than if I weighed a little more I guess.

I was mercilessly teased throughout my entire life. In high school I'd be called all types of names. I once had this girl follow me around the entire lunch period harrasing me asking me why was I so tall, and why was I a freak. I told her I was just born that way, it wasn't a choice, it just happened. But she just kept following me around everywhere I went just harrasing me. I got so nervous that day I would just tremble and stammer not being able to answer her after a while.

To this day I get looks everyday, I hear people snicker and laugh. I guess they figure since I'm tall I must also be deaf and blind. I just wonder if they stare and comment if they saw a disfigured person, a burn victim or something of the sort the way they do with me. No manners at all just bluntly staring... I suffer from panic attacks and it all stems from the scrutiny and unacceptance I've had to deal with my entire life. I just feel like I tower over everyone. I can never just blend in. I would give anything to just be able to wear platforms or 5 inch heels. I used to wear my mom's shoes around the house just aching to be able to wear them outside, but I never had the courage... I pretty much wish there was an operation I could get to be shorter... as crazy as it sounds I'd do it in a heart beat. Oh.. and I just haaaate so much when people ask me how tall I am, or say "Wow you're tall!" I hate it! Don't they realize I see myself in the mirror every single day and I already KNOW I'm tall! Arrrrrggghhh

5'10" Doris wrote (August 30th 2008)

I'm a shrimp in the Tall Club of Silicon Valley, a member club of Tall Clubs International. Women must be 5'10" so I just made it. I hope a lot of the women who are struggling with their height will look up a tall club in their area (www.tall.org) and get involved. You won't even know you are tall when you walk in a room full of people your size or taller. It's a great place to make friendships, share clothing information and just plain feel comfortable. Men must be 6'2" to join.

6'3" Jheri wrote (August 27th 2008)

My buddy Colleen was on an American show called Wipeout. It has people trying to go through an obstacle course with the fastest getting a prize. She didn't do that well, but she gave it a try. Her real sport is beach volleyball and she is a professional player.

The YouTube video of her section has disappeared! Viewers in the US can watch the full episode on ABC's website though

I would not have tried something like that. She is very brave.

6'2" Christine wrote (August 26th 2008)

For Lisa: If people want to make your height the "topic of the evening" smile or better yet laugh; (catch em offguard) say, "Tell me something I don't know" and change the topic. Best, Christine xo

6'4" Michelle wrote (August 24th 2008)

Will surely share future date stories. Most of the looks we got were from men.

5'10" Louise wrote (August 23rd 2008)

Michelle (Aug. 17): Thanks for sharing that fantastic story about the guy you're dating. Must have been fun wearing heels on a date. Bet a lot of men you walked by were drooling! Keep doing what you're doing to build confidence. Remember, we are goddesses and the envy of those around us. Please share future date episodes. Thanks!

6'4" Michelle wrote (August 17th 2008)

Currently I'm dating a guy who is 5'10" and me 6'4". We had a date the other night in which I wore 4 inch heels (at his request). This put me up to 6'8" and he came up to around the base of my neck. He has told me several times that he likes my height. We got some stares on our date but it didn't bother me and it appeared to not bother him neither. I'm used to dating shorter guys. Anyway, we kissed when he dropped me home (with my heels on). I had to bend down and he reached up a bit. I was wondering what he thought of it and it was as if he read my mind. Looking way up at me, he said, "Don't worry. This doesn't bother me. I think it's cool that you're so tall". This made me feel good to know I'm dating a guy who's not self conscious about my height.

6'2" Susan wrote (August 16th 2008)

Hey, Deijah:

Girl, do not let ignorant morons effect your positive attitude. It sounds cliché but, the comments really stem from insecurity on the @#%#@#@# (jerk) part, anyway, really think about it. Instead, of the jerk getting to know who you are he/she has to put you down. They have no clue what kind of person you are, etc. Instead because they cant handle the physical awe (yes I am tooting our horn) They have to try and knock you down, so you dont shine, like you were meant to shine. Believe me at 6'2" I have had my struggles. The biggest struggle is letting someone else control me. And not gonna do it, anymore. I like who I am, and, if I hear or encounter an @#%#@#@#. I will oblige them in clearing things up. Hold you head, high, walk straight and dont let the insecure, puny jerks of the worlds get you down. Hugs...

5'11 1/2" Deijah wrote (August 16th 2008)

I have always realized all my life I was much taller than most. Though compared to most of you gals I'm a shortie. :) I've always loved my height up until around the age of 19-20 (I'm 20 now) I heard a couple people say that I must be a man, or a tranny and it really took a blow to my self esteem. Has anyone else encountered this? When I go out with guy friends I feel weird because I don't want anyone to think he's walking around with a transvestite.

Is there anyone who can help me feel better about myself? I have become less social because of this.

Joerg says: Just follow the advice the really tall (6'3" and above) ladies have given. Focus less on how you're perceived by others and make sure you perceive yourself positively. As Sandy Allen famously wrote: "It's okay to be different"

6'6" Leslie wrote (August 15th 2008)

I was at the bowling alley with some friends and this guy walked up to me, he looked to be about 19 or so and was about 5'7" and he looked up at me and said "You're an Amazon." I smiled and said, "No, you just come from a family of dwarfs."

6'0" Katie wrote (August 15th 2008)

Hey Ladies! Whether you are 5ft1 or 6ft7 confidence is what makes a woman sexy and sincerity also makes you highly attractive. 5ft1 women who strut around pretending to be something there not aren't attractive but if you walk with good posture and grace you will always look good no matter how tall or short you are. LADIES EMBRACE YOUR HEIGHT. I am sitting here now in my 5 inch wedges and last night wore them out with my best friend who is also 6ft and we loved it! Our heads were towering over everybody elses. I love my height personally and although sometimes I wish I was shorter I would never change my legs for the world! I hope all your ladies find confidence and love for yourself :) Love from Katie from England xxxxx

5'11" Lisa wrote (August 14th 2008)

For me I have a different experience: When i was young it really never bothered me to be tall, maybe I was just very self centred... LOL. But now as I age just recently I seem to be bothered by people constantly commenting to me. I can take them asking me how tall I am but when it becomes the topic of the nite it can get to me. I am just a normal person and I don't like to feel like I'm in a freak show or something, that's just my experience. Love the site though.

6'3" Jheri wrote (August 13th 2008)

I just saw the note on Sandy Allen. That is so sad. 53 is too young for anyone. I didn't realize it, but we shared the same birthday.

5'10 1/2" Linda wrote (August 12th 2008)

Here are some good comebacks to "Wow you're tall" and "How tall are you?"

"The ocean called. They're running out of shrimp!" and "Sorry, I can't hear that low to the ground!"

6'0" Shirley-Ann wrote (August 12th 2008)

I mostly love my height. I'm 40 yrs old 6'0" and never really think anything of being tall. I own and wear high heels... up to 4 and a half inches high. I stand tall and don't slouch. If I have any words of wisdom to younger tall girls out there that is to stand tall and proud. Whatever you do... don't slouch. Stooping and slouching reaks of insecurity. As a woman... of any height, you must be proud of yourself. Hold your head up and shoulders back, walk with confidence, smile and enjoy life. This might sound hard to do when you are not feeling comfortable with your height, but being proud of who you are will make you shine!!! Confidence and a smile is attractive. Don't be intimidated by people questioning your height... most people, though lacking some tact, are genuinely curious to know your height. If asked how tall you are... just smile and say "I'm 6'4" (for example), amazing huh!" If someone comments rudely on your height... reply with something similar to this... "Yes! You are right. I am tall but I also have manners. If I didn't, I might have mentioned you have a huge pimple right on your face. Have a nice day" :-). Oh, I'm terrible sometimes.

5'11 1/2" Jewel wrote (August 11th 2008)

I find when I walk with friends taller than 5'6" I don't get attention. If they are like 5ft or something, then, my oh my, it's uncomfy 2 b honest. As for 5'3" women saying they hate the height if they see a 5'10" woman? Pure jealousy and at 5'10" if ur taller than most your husbands, u come from a short society.

I think 70kg is nice for 6ft. It is skinny but not too much i think.

Later

Jewel

6'3" Jheri wrote (August 11th 2008)

I forgot a link to a BMI calculator. There are many of them like this <http://www.nytimes.com/ref/health/bmi.html>.

Since I regularly see a doctor about my weight and managing my diet and exercise, I ask questions and she tells me a lot. She says it is important not to be too heavy or light during your teenage years as there is evidence that this is an important time for long term health patterns. Also that tall women should pay even more attention to nutrition than average sized women and smoking is even worse if you are tall.

So take care of yourselves - you are worth it!

6'3" Jheri wrote (August 11th 2008)

Many people go by the body mass index and a range of 19 to 25 is considered normal. For a 6 foot adult woman this is 63 to 83 kg or about 140 to 184 pounds. The book I have says normal is a bit less for teenagers as they haven't "filled out" yet. So 71 kg is very normal and should be a healthy weight.

The calculation is $\text{weight(kg)}/\text{height(m)}^2$. or $\text{weight(lb)} * 703/\text{height(in)}^2$

I am very thin and would love to weigh 10 kg more, but that won't happen. All of the doctors tell me I'm stuck being skinny. Both of my parents and my brother are very thin, The medical advice I have is to eat a lot of good food and get lots of regular exercise to get a bit of muscle.

I am 1.90m and weigh 56kg, so mine is $56/(1.9 * 1.9) = 15.5$. This is considered too thin.

If you are very athletic and put on muscle, the BMI calculations don't mean much. Muscle is much heavier than fat and you can have almost no fat and have an BMI of 25 or more. The book I have also says the calculation falls apart for women who are inactive for the same reason. A sedentary women should not have a BMI higher than 23.

The book gives some ranges:

- less than 16.5 severely underweight
- 16.5-18.5 underweight
- 18.5-25 normal
- 25-30 overweight
- 30-35 obese
- 35-40 extremely obese
- 40+ morbidly obese

Anything under 16.5 or over 30 should have regular medical attention and anything over 35 is life threatening.

The book I have goes on to say that actual body fat measurements or new techniques like the body volume index are much better. I have had both because I'm in a risky area. The doctors tell me I am extremely healthy, even though I'm thin. (I run an hour a day on average and get around on my bike rather than use a car).

So Jheri rambles. In the end Laila is probably close to her perfect weight!

I agree that loss of self image from being too light or too heavy is more important than being too tall - at least at my height.

6'0" Kami wrote (August 11th 2008)

I'm nearly 16 years old and I'm 110 lbs. For as long as I can remember, I've been taller than everyone and all of my friends have always been real short, which never helped. I've always hated it, but the sad part is, it's not because I feel awkward or that everyone stares. It's because every guy I've ever been interested in, I've been too tall for. (Oh, and the fact the being tall and slim costs you nice sized boobs generally) But this summer I've started getting a lot of attention from guys, sure the attention doesn't last long, but it does exist and I'm slowly starting to like being tall. I still hate hearing that someone won't date me because I'm "double the size of him", but it doesn't matter because I'm learning that most guys like tall girls anyway and I love that instead of me being jealous of someone who's average height, I'm the one who's envied. Oh and haha for the small breast issue, I figure, the slower they grow, the slower they sag.

And for those of you that hate answering that question, "How tall are you?" just answer with, "Oh I'm 5'12"" because most people won't even realize that means you're 6'0" and if they do, instead of laughing at you, they'll be laughing with you.

6'0" Kellie wrote (August 11th 2008)

I am so glad that I found this site. I also used to have a problem with my height. I am the tallest female in my entire family, and I come from a very large family. I'm taller than all the women that i know and I'm taller than most the men I know. I used to let it bother me, but now, I leave the house wearing 5 inch heels and I treat it like a game when someone stares at me. It's kind of funny and it doesn't bother me. But sometimes I feel like people are intimidated by me. For example, i go to the gym with my sister and mother, 5'8" and 5'5". All the trainers will smile at them and say hi, but they just kind of stare with an open mouth at me. I'm a very nice person but they just seem to be afraid of me, like I'm going to eat them or something. Also, I'm tall and I'm not fat, but I'm

not thin. I have nice curves, so whenever I go out to eat at a buffet, everyone seems to want to stare at what I've put in my plate. I mean seriously, it's kind of embarrassing when I've piled up on food and everyone wants to see how much food I can put down. It doesn't stop there, if I get up to get seconds or to get another drink, everyone stares as if I'm the only one going for seconds. It used to bother me and I never wanted to get up more than once, but now i don't even care. I exercise at least 5 days a week and I'm in good shape, so when i decide to indulge a little, I don't let other people bother me. Honestly, all nice shoes are in high heels, which means that all women like to be uncomfortable or they all want to be tall like us!!!!

6'0" Laila wrote (August 9th 2008)

I'm going to turn 16 in October. I weighed around 96kg but now I weigh 71kg and I'm so happy that I've finally achieved my target weight. At first I used to think that height is my biggest problem but then I realized that my problem was my weight. I love my height :) Does anyone know whats the perfect weight for 6ft girls?

Joerg says: I guess it somehow depends on your body frame but objectively there is no perfect weight. I personally think 71kg (156lbs) may be somewhat on the skinny side when you're 6'0" but if you like it you should enjoy it.

5'11" Hazel wrote (August 9th 2008)

I'm 16 years old and I'm around 5'10" or 5'11". I used to get teased for being so tall and skinny. But now that I'm getting older my body is forming and I've noticed that when I go out with my friends (who are all 5'0") I'm always more noticed. And when you walk around with your head high, nobody can say anything. Nobody can break your confidence, plus when your tall you can be a model. Short people cant do that. Haha

5'11 1/2" Lizi wrote (August 7th 2008)

Go for it Jean! I'm 16 too, and am stil very prone to being sensitive about my height, but the other day I saw a tall girl stooping and hiding her height, and she would have looked so lovely if she'd just been proud of it! My friends know I'm sensitive about my height, so they don't mention it. But guys love the long legs, especially in a short skirt and heels!

Love being long and lovely!

5'11 1/2" Jean wrote (August 7th 2008)

I am 16 years old and high school is really hard. Throughout middle and part of my high school career, I have been called many names. I come from a really small town, so being noticed wasn't hard at all.

For as long as I remember, I have always been the tallest. I have been too self-conscious to play any sports and participate in any school activities. I never really fit in because of my height. My school only consists of about 700 kids, so the only friends I had were the ones I could say hey to and they'd say hey back and make light convo, but thats it. I have had friends, but I have never had a best friend. Everyone seemed to just notice me because of my height, crack a joke, and walk by. All I ever dreamed of being was average height, so I could be like everyone else and just be so happy.

But I am tall and slim, and when I am away from my boring country home-town, I always get compliments that I look like a super model, and things like that. So that ups my confidence a little. This site ups my confidence a lot, and I am thankful for that.

I have had a lonely and hard life and if I had friends like you guys to be there, I would of been happy just because we would have so much in common. (Ha ha they should have a school just for tall girls!)

Anyway, since I have moved to the city and discovered the beauty of being tall, I never try to hide it. I walk with my head high representing all beautiful, struggling tall girls out there!!!

6'0 1/2" Lida wrote (August 6th 2008)

I'm 15 and 6'0 1/2". I take it this way: Height is something special - not like having long hair, cause you can always get weave or beautiful eyes because you can always get contacts... Height can't be acquired, it's either you're born short or tall. When you're tall people remember you. I'd rather be remembered than not noticed at all. Tall women look great in clothes (that fit) and you can eat anything and barely get big. Tall women are very erotic and seductive but it all boils down to this: You make the best of what you got - turn the cons into pros and prove people wrong.

6'2" Julie wrote (August 3rd 2008)

I have never really grown into my body but it has gotten better as I've aged. I was called a "freak" once by a girl at a bar and an "ogre" in high school by a guy shouting when I was taking a freethrow. I've been humiliated and haven't been able to ever "get over it" At the same time when I was in my early 20's people would often tell me I looked like a model or that I should model. So what gives? I'm almost 28 and still get extremely self conscious about my height and avoid being in large crowds b/c of it. I'm crying while I'm writing this b/c I can't tell if I will ever just be o.k. with myself. I feel like I'm too old to be dwelling on this but I don't know what to do. It's almost as if you're not an athlete or a model than what are you? What is your height good for then?

6'3" Jheri wrote (August 3rd 2008)

I was thinking a little more about being a teenager. I survived, but it was painful. My height was part of it, but I don't think it was the biggest thing for me. I think most of it was me trying to be accepted by other boys and girls.

This morning I read an article on one of the best gymnasts in the world. A 16 year old girl who is 4'9". I did the conversion and that is about 145 cm. She gets stared at because she is so short and I'm sure people of her height have stories like ours.

I once talked to a 15 year old teenage boy who was even shorter. I think he told me he was 140cm. We sat and compared stories. They were pretty much the same. You stick out and you get noticed.

I was 23 at the time, so we were had very different things we were interested in, but he lit up when I asked him about his passion. It turns out he acts in his school plays and has even done some professional acting on tv. The tv roles were because of this height, but not the school acting. He seemed very confident.

We talked about the friends you have as teens. He is very friendly with all of the others in his drama club. After he did a few plays others in the school got to know him and he said he had no problems getting dates. I told him that is much better than I did in school and he looked shocked. He thought that a tall girl like me would be very popular.

I wasn't popular. I wasn't doing the things I could have done that would have given me confidence and the respect of others. Between being tall and hard of hearing, I gave up and retreated. I wanted the world to come to me, and when it didn't I blamed my height and ears.

Think of that 145 cm gymnast. People who don't know her stare. People who do know her, and there will be millions in a few weeks, consider her a great athlete and a very interesting friend - for those lucky enough to know her.

None of us are likely to be great athletes or actresses, but we can try. Do it and you'll get better and be confident. People sense this confidence. That is how you get comfortable with yourself.

I was thinking of one of my friends. I don't know many tall women, but one of my best friends is two meters tall even. She did everything she could athletic in grade school and when she was a 185 cm 11 year old, people saw her as the softball, basketball and volleyball player. She was two meters a few years later in high school, but she was too busy with her life and sports to worry about "little things" like that. These days she is a professional athlete and people always ask about her height when they see her. Other than being asked, she usually forgets she is tall. I'm only 190 cm and I rarely think about being tall. There is too much else going on.

So Jheri's advice to teens is to try some school activities. Find the ones that you like. Music, acting, art, or sports. Work at it and make friends through it. Forget about worrying about being different.

6'6" Haylie wrote (August 1st 2008)

I am a girl who is 6 feet six inches tall. I've been self conscious for most of my life... and honestly I'm not getting any better. People stare... all the time. And it doesn't help that my best friends are all around 5'1" tall :(I'm over a foot taller than most of them!

But it's nice to know there are women who love being tall :)

Joerg says: Some of the most attractive lady friends I have are your height or even a little taller.

6'2" Jessa wrote (July 29th 2008)

I have grown again! LOL. Story is: I am only 14, but it seems that no one believes me. I have been offered credit cards at department stores, older men (20 or 30) have tried to buy me drinks on multiple occasions, and I've gotten into several R rated movies without an ID check =P. I don't mind this treatment, I take it as a compliment. But what I really don't like is when people (especially guys my age) have to make the rude remarks of how enormous I am. I play basketball and love it, but I just want to punch people in the face when even the parents of girls on the opposing team scream things out when I am having a good game. Girls, all I can say is the advice that my grandma (5'10") gave me: "No matter what the world throws at you, stand like you have a broomstick up your back, because you can't change your height, just the attitude you have about it." and the next time someone asks you if you like being tall, look at them, and smiling say, "Well, I'm one of the first to notice when people need new highlights in their hair..."

Joerg says: I'd recommend you have a t-shirt made that says "I may be tall and I may look like a grown-up but I'm still a teenager and, no, I don't date men over 16."

6'1" Missy wrote (July 25th 2008)

Last night, me and my friend of 5'2" went to the mall. I said to watch everyone's eyes and they will all stare at me. She didn't believe me that everyone stares at me. So we did a test. We walked around looking at everyone and every single person we encountered, stared at me. Some people try to make it look like they are not staring, some just stare, we turned around and some people were staring as we walked past them. She finally realized how it was to be stared at all the time. She said she would never want to be my height because she couldn't take the stares and comments. In two hours walking around the mall, 129 people stared at me!! We counted!!!

5'10" Nicole wrote (July 24th 2008)

Just last night two co-workers of mine (appx. 5'3") were telling me how much they'd hate to be my height! They were saying it in a manner that really made me wonder "were they jealous"? I mean I never made a comment about their height, but after I reached the ceiling to turn off a vent the comments went flying!!!! You're so tall, blah blah. I'm tall and my husband is 6'2" :) So I was actually taller than their husbands LOL!!! I said "Oh, well ya know men like climbing trees." They were especially mad after I told them that in this society height is favored and another co-worker agreed with me. I mean who doesn't want a tall, slim, long legged woman? OMG Uma Thurman, Naomi Campbell, Heidi Klum, Serena and Venus, Nicole Kidman, Brooke Burns, these women are just a tap in the bucket compared to all the strong and beautiful women out there. Kimora Lee once said she intimidates a lot of people. Height is intimidating so is beauty. I've dated men of different heights but my husband is the tallest. I really enjoy my height! If a man is intimidated by my height and needs a short woman to make him feel more "manly" and powerful I don't want him anyway. I encourage all tall women to stay fit, stay beautiful and keep your pretty heads held high. There is a certain grace and elegance that only a tall woman can possess and remember God took more time on us.

6'1" Amanda wrote (July 23rd 2008)

I will admit that I wasn't proud of my height until I went to College. It was great to go to a new place where I wasn't known as the "tall girl" (by all the guys that knew me when I was 12 and 6'0"). Everyone was so busy meeting new people and trying to figure out what was going on that they didn't bother to notice I was tall. And while I would occasionally get comments from strangers, my friends didn't make a big deal out of it. In fact, my best friend for a few years was 5'1" and we loved it! We would travel together and get a kick out of the looks. I

am 28 now, and I look back at how hard it was to be in Jr. High and High School - and I just want to say to you younger girls to hold on, life gets better!

Also, remember that you are stunning, they are not staring at you because you are tall, but because you are beautiful.

5'10" Danielle wrote (July 23rd 2008)

Yes, girls - the prettiest roses do have the longest stems and we are a head above the rest! At times we may feel like some people are from mars, as if they have never seen a tall girl before. Yet, know that models have to be over 5'9" and so when beauty was thought of for the run-ways we were the ones that were selected. Have confidence wherever you may go. Hold your heads up and walk with the elegance and grace God gave you. Remember, we are fearfully and wonderfully made!

6'1" Missy wrote (July 23rd 2008)

I designed my own t-shirt on the internet and I proudly wear it all the time on weekends. It reads "WOW, I'm Tall (on the front really big) and on the back it reads, "Yes, I am 6'1, yes, I played basketball, yes, my parents are tall, yes, my kids are tall, yes, u can stop staring". I LOVE this shirt. It makes people laugh and not question my height! I never thought a t-shirt could be some sort of therapy but it was! I suggest that anyone over 6'0" should make a shirt like a did. It has opened a lot of people's minds and they don't ask me questions when I walk into a room with my tall t-shirt on!!

6'1" Missy wrote (July 21st 2008)

Last week I wore my heels for the first time EVER. They were only 2 ½ inches but hell, I did it. I sat in my car before walking into the gas station for about 10 minutes trying to get the nerve to walk in. The minute I opened the door, all eyes were on me. Some men with their mouths about to hit the floor. I told myself to just look straight and don't say a word. The first thing people look at is my shoes, to see what "heels" I must be wearing. I saw people watching me up and down the aisle. Me waiting for the common comment "how tall are you?". This time 3 guys said something about my height but I completely ignored them. I actually went back to my car, smiling. I finally had did it!! I finally wore my heels other then inside my house. A small step for me but a giant step for mankind!! LOL

Joerg says: I don't know what it's like to wear heels (no, honestly, I don't!) but it sounds like you've enjoyed your "first time". Good on you!

5'11" Lizi wrote (July 21st 2008)

Hey guys, I just wanna say how encouraged I have been by all your quotes! I used to hate being my height but am now starting to notice the advantages! At school (I'm 16) I'm shy so guys don't really notice me but when I go out more boys seem to look at me. I have endless legs and even though it still unnerves me that the first thing people say is "you're so tall" I can now reply with some I've gleaned of this website! My 2 favourite tall quotes are:

"Look not upon a man's stature but upon his heart" and "The loveliest roses have the longest stems".

6'2 ½" Mikhaila wrote (July 21st 2008)

Hi, I'm 15 and I want to thank the creator of this site because I don't know anyone else that is going through what I and all the tall females are going through. I also know how it feels when you go on the bus and hit your head when your getting off. The only reason shorter women wear high heel is because they are trying to reach our sexy status. They need to keep trying. LOVE THE HEIGHT! FLAUNT IT!

Joerg says: You're very welcome, Mikhaila!

6'1 ½" Josie wrote (July 17th 2008)

I'm half Dutch, my mum is 5'11", my dad is 6'8" and my brother who's 18 is 6'10" (Yes, he plays basketball). Sometimes I like being tall. If you're in a group of friends and they're all a pretty average height, people instantly notice you first. I always get older guys checking me out, I'm 15 and they're usually 18-30. But I think I'm also attracted to older guys more than guys my age, they seem so immature and hardly any of them are as tall as me. I've gone into a shop once and the woman behind the counter said she saw me every day in town and remembered me. My friend said his mum had told him about this tall red headed girl who walked to the bus stop in my village every morning (me) and that she should be a model. I was buying teen vogue in a shop and the woman asked me if I was a model. My ex used to always make me feel good about my height and that he loved my long legs. The only downside to being tall is whether or not to wear heels, I always feel left out when my friends go shoe shopping:

a) None of the highstreet shops shoes fit me, and b) because I'd be even taller. But I saw this really nice pair of shoes online in my size and they're a reasonable height of 2 and a half inches so I'm just gonna get them. I'm taller than most of my friends anyway - it's not like it'll make much difference! My P.E. teachers always frustrate me... when I was doing netball my teacher said that I should be 'The star' because I was tallest, but I loathed it and when we were doing gymnastics and I couldn't hurl myself over a block my teacher got angry and told me I should be able to because of my height. That really frustrated me. When I saw a girl who was slightly taller than me in a shop I felt a little jealous, because I felt I was being outdone. Haha, kinda stupid, but it made me realise that this is what's special about me. Wow I'm rambling a bit!

Emmbbrraaccee your height is what I say.

5'10 ½" Katherine wrote (July 15th 2008)

Hey, I'm 16 and I'm about a head taller than most of my friends. I've never had a boyfriend which kinda depresses me. I always blamed it on myself since I'm pretty slim but I don't think I'm bad looking because I always get older guys (mid 20's) hitting on me. But now, thanks a lot to this website, I'm embracing my height and I feel so much better inside so I feel like I'll have the confidence to approach guys at my school now.

Joerg says: Well, good luck. Always remember that you're not alone out there. Tall Ladies rule.

6'2" Lucy wrote (July 14th 2008)

Well I'm 17 and 6'2". When I was at school I use to get a lot of grief from both boys and girls. 'Green Giant' seemed to be one of the favourites. I used to cringe every time the advert came on tv! Haha. I hated my height until I met a girl the same age as me who was taller! I was really jealous of her height and found myself wanting to be even taller! She looked great!

Be proud of your height, girls. After all, at least nobody can look down on us! Anyone ever seen a small model? Because I definitely haven't!

Love to you all xxx

6'2 ½" Linda wrote (July 13th 2008)

Girls, although I occasionally wish I was shorter (especially when I hit my head on something), I do love being tall! Here are some more advantages: People come to you for help ("oh tall one, could you please get this down for me???"); or if we are in a crowd ("Do you see Bobbie anywhere?"); it's much easier to be remembered in a job interview, and I believe that tall girls typically get better jobs that make more money. But as mentioned earlier, attitude is everything! Be proud of yourself and who you are, and walk with confidence!

P.S.: I heard the perfect comeback for those people who just stare up at you and ask "Did you play basketball?". Look them right in the eye and ask them if they play miniature golf!

5'10 ½" Emma wrote (July 5th 2008)

Well, I'm a teenager and going through school wasn't tough for me at all. I'm tall but I don't often get people reminding me that I am. My sister is also tall and when I used to moan that I hated it she said "When u get older

you will love it. You stand out more, and your more attractive". I've kept that in mind and I think I'm starting to like it :)

5'11 ½" Cara wrote (July 4th 2008)

I just wanted to say all of the quotes are very encouraging and inspiring. I've always been taller than my friends and it's really awkward to go places with them since they're all around 5'2" - 5'6". I'm 16 and high school kids are just plain mean... One time I was at a store and a random old guy asked me if I played basketball.. I've grown to hate sports because of things like that. Two years ago I hated my height but as I get older I grow to like it more and more...

6'0" Emily wrote (June 30th 2008)

I am 19 years old and 6'0" tall. I absolutely love my height. When i was younger, I had a hard time in school.. silly little boys get great kicks out of calling tall girls "jolly green giant" or something crazy like that. It hurt me then, but as I got older I realized that being tall is gorgeous, and 9 times out of 10 the little short girls you see DREAM to be tall. So, those of you who are struggling, hold your head up and embrace your height... you are lucky!!I

6'4" Gabi wrote (June 29th 2008)

Never be afraid to remind people you're a human being, not a sideshow prop. A man came into the coffee shop where I work, and said "wow, you're a big one aren't ya?" I may be six four, but I'm far from a "big one". I told him I was sorry, but he would have to greet me again if he wanted service, because I was not going to respond to someone with so little tact. He blithered like a three year old and apologized. He hasn't had the nerve to come back!

6'2 ½" Jennifer wrote (June 22nd 2008)

We are something special and you should never forget that. We don't have to wear heels to show off our legs in shorts and dresses they shine out on their own. Shorter females are just jealous because we have legs for days, and they have to wear heels to enhance theirs. It might be hard @ times but you just have to learn how to keep your head up, and walk nice, smooth,and tall.

6'0 ½" Shayla wrote (June 20th 2008)

Ok, first of all, just a little story: So today we had a yard sale and I was at home helping the fam. This old guy came up to me and just started rambling on and on about how tall I was, and how I was so beautiful I should be a model. I thought my dad was gonna punch him in the face! HAHA

So, down to business: For the most part I LOVE being tall! People always notice me when I walk into the room and I love to see their jaws drop to the ground when I wear my 4 inch heels! The only bummer part is I get hit on by ALOT of older guys and I'm talkin 20-30 years old! I'm only 16 I mean, COME ON! But it's ok to pretend for a conversation or two! Right? LOL

Joerg says: Old guys (20-30)? Oh, my... I feel really old now. Anyway... it often happens that tall girls appear older than they are. Maybe they thought you were in your early 20s. Be open about your age. Tell them you're 16 and if they won't leave you alone then tell someone or call 911.

6'0" Michelle wrote (June 18th 2008)

I am currently 14 and 6'0". Sometimes I don't know how to deal with it. Some days I feel like I blend, and others I feel like I stick out like a sore thumb. I'm not gonna lie, I have a hard time a school.

I have a bunch of friends, but guys my age, don't know when to stop, and certainly do not realize when a comment hurts.

I am nowhere near proud of my height, but I am in a better state of mind then I used to be.

Older women are constantly complimenting me and are telling me I am gorgeous, but it is hard to believe when a couple minutes later someone makes a joke.

I will be a freshmen in high school in the fall and I am hoping to start off the new school year with my head held high. I am slowly recognizing tall is beautiful, now I just need to believe it.

Stay Stunning Ladies!

6'1 ½" Liz wrote (June 17th 2008)

I used to be shy and quiet because I felt uncomfortable towering over others. Now I smile and keep my head up. I used to avoid heels and now I have several pairs. I get stopped by individuals all the time but I've decided it's a great way to meet people. The dating scene is a little rough but being tall helps weed out the losers. If a guy can't handle it he's not for me.

5'11 ½" Laura wrote (June 14th 2008)

I was always known as "the tall girl" growing up and I hated it. Now that im in college though, I dont mind being the tall girl because I like the attention. Every once in a while I hear people making remarks behind my back about how tall I am, but I usually dont let it get to me. People tend to make remarks about things only when they are jealous about something they dont have, so anytime I hear someone talking about me, I just think to myself how lucky I am to be this way. And if anyone needs anything good to say the next time someone comments your height and it gets to you, just tell them "I'm normal, everyone else is just short." My mom says that all the time, and people always get a good laugh at it.

5'10" Louise wrote (June 14th 2008)

Linda and Shoshana: Thanks for the feedback on the "You're so tall" comment. "You're so observant" is a good one. I can picture myself smiling and saying that to someone, making them feel silly, rather than starting a short vs. tall battle! I really wish I had been clever enough to use the "I got lucky" comment and then winked at my boyfriend, because that would have made him beam, knowing I'm happy with my height and happy being with him. I'm going to rerun this scene in my mind and practice using these responses. That way, when it comes up next time (and it will!), these healthy responses will just roll out of my mouth naturally. I suggest that to the girls needing help with asking guys out: Rehearse the whole scene in your mind many times, you asking a guy out and first, him saying ,no', and how you won't react, simply think to yourself, ,He wasn't good enough for me.' Then picture yourself asking a guy out who says ,yes' and how you'll smile and plan the date with him. Jheri is right: guys get nervous asking girls out, too, and they get plenty of ,no' responses. Do they let it crush them? No, they just keep asking... Good luck to all of us!

6'2 ½" Brynn wrote (June 13th 2008)

I know it's hard. I'm 13, and I am 6'2". I cannot wear heels because I'll trip and fall. I can get a guy to notice me, but he'll only laugh. I know all you girls are out there, crying most of the nights, but you could handle it. It's simple. Just ignore them and you will become stronger in your spirit... Don't worry, keep hanging on, and you will learn more every day. You're better than all the people who keep smiling at you and Laugh out Loud. Good luck...

Love you guys... You are the ones who inspire me the most... on the inside, and the out.

Brynn

Joerg says: I sincerely hope nobody is out there crying at night. You're still young and you'd be one of a few (tall) teens who is not depressed but trust me... there's no reason to cry. This website is supposed to help you look at yourself in a more positive light. Give it a few years - you'll have a much more positive attitude towards yourself. I bet!

5'10 ½" Linda wrote (June 13th 2008)

All you have to say the next time someone says "Wow you're tall" is "I KNOW, I GOT LUCKY!" :-)

6'3" Jheri wrote (June 13th 2008)

To Traci and Candice:

Don't wait for guys to ask you. That is so last century. Just get off your rear and ask them. You'll strike out with some and have luck with others. The big thing is to not worry too much about it and have fun. I pretty much waited through high school, which was a big mistake.

Don't worry too much about finding the hottest guy. This is all for getting experience and learning. They are going to make bigger fools of themselves than you will and they are pretty insecure too. I learned this watching my brother ask girls out - he was considered "hot", but it was very hard for him to work up his nerve and he did so many stupid things. So both sides do it.

Volunteering for activities is a great way to meet guys and get to know them well enough to ask them out - there are lots of other ways. Just go out and do it.

6'2 1/2" Shoshana wrote (June 10th 2008)

This is for Louise: You know what you say when someone says "Oh, you're so tall" - at least this is what I say: "You are so observant, nothing gets by you..." or I say "Yes, and I love it!!!". People are stunned into a stupid silence every time and for the record you are not that tall. Actually you're a nice height, I might add. Once you are truly comfortable with your height it won't matter if you stand out among others... that's the real reason ppl have a hard time with their height cause they want so hard to fit into what everybody else thinks is normal but I say "who the hell wants to be average?" I love being extraordinary and u should too although I'm sorry to tell you that your height is pretty normal. I have so many friends who 5ft10 and the next time your boyfriends' sis says "Hey, you're so tall" you say "Ya and you're average". The look on her face will be priceless.

5'11" Traci wrote (June 8th 2008)

Candice: You are not alone in this! I don't mind being tall. But, men don't seem to want to ask me out. My short friends have had no problem finding available men. But, for me, it's always a problem. I don't understand it. I'm very open to dating shorter men. But, even they don't ask me out. I really wish I could meet a guy that accepts me for me.

5'11 1/2" Candice wrote (June 7th 2008)

I really like being tall, most days, but overall I feel really unattractive. I feel like men are intimidated by my height and they just don't like me. I have a ton of short friends who have no trouble finding dates and I can barely get a guy to look twice at me. I am athletic and relatively pretty, I guess I just don't understand men. Anyone else feel like this?

5'10" Louise wrote (June 7th 2008)

Shayla: 143 lbs would be thin for a 5'10" lady. For 6' 1/2", I think it's skinny. But you're young, so maybe that's the natural weight for you right now. It may very well be too heavy for a model, so stay away from that profession unless you want to end up in an eating disorder clinic. And congratulations on holding your head high. You are now among the many women here who are an inspiration to others!

On a different note... I had something come up last night that frustrated me, and I should know how to deal with it from all the great comments here, but I let it upset me. I was at my boyfriends' family gathering, and while his family is very warm and welcoming, they're all short! (Short to my family's scale, anyway.) We entered the apartment of his nephew, who was hosting the dinner, and my boyfriend's sister, whom I hadn't met before then, approached me, and what are the first words out of her mouth as she was looking up at me? "You're so tall!" I'm sure she had no way of knowing that that was the worst opening she could have given me. I knew that I would feel like the jolly green giant in a gathering full of small people, but did it have to be pointed out, out loud?! As she hugged me, I wanted to say, "And you're so short," but I was afraid everyone would defend her and say "We're not short, you're tall," so I just smiled and hugged her back. It made me feel self-conscious of my height

the entire evening. I was filled with dread as this sister later ran scurrying around to find her camera so she could snap a picture of us. Her daughter was standing next to me in the photo, and she's only a couple of inches shorter than me, so why did my height strike her mom as so extreme? I don't get it.

6'0 ½" Shayla wrote (June 5th 2008)

First of all I just want to say thank you to all you girls that just made me feel GREAT about being tall! I used to hate it but now I'm starting to like it. In fact I just wore 4" heels to school today and you would not BELIEVE the looks I got from some guys! It really is true... it feels better to get noticed when you hold your head high! Sports... I was a cheerleader for 3 years and I ended up quitting because I was "too tall". Now I play basketball instead. Sometimes I get really frustrated that I let those "short girls" get to me and make me quit. But now I just tell them to shove it! I love my body and how long my legs are! That's actually my nickname: "Legs"! I would LOVE to be a model but I'm so scared that I will go to an agency and they will tell me I'm too fat or something. I'm 6'0 ½" tall and 143lbs... Am I too heavy?

6'3" Jheri wrote (June 3rd 2008)

To Tonya: You are in the wrong country. In Northern Europe people are much taller than in the US. The differences have been increasing in the last two generations. Holland is the tallest and the average male height for those under 30 is something like 185 cm or about 6'1" It is common to see 195 cm young guys there. In Denmark it is maybe about 3 cm less on average, but when I'm in North America it feels like everyone has shrunk a bit.

Here is a great article on the subject: http://www.newyorker.com/archive/2004/04/05/040405fa_fact

But for me height isn't a big thing. People get used to it quickly. It is for some, though.

5'11 ½" Abby wrote (June 2nd 2008)

Sure, being tall allows you to be noticed easily but it is also an automatic brush off in many cases. Guys see your height and immediately disregard you. It's not so much the height that bothers me...it's everything that goes with it for me... big feet, broad shoulders etc. I'm one year out of high school and kept busy with sports because in sports there often are a lot of other tall girls. I'm starting to have serious self doubts... why do I have to care so much what people think?! Especially guys :S

6'0" Tonya wrote (June 1st 2008)

My height never really bothered me when I was younger. Sure, at times I would wish I was 5'7" but I thought being the tall girl was awesome! I was a basketball/volleyball stand-out in High School and I even received a scholarship for college. Now that I'm older it does kind of get to me every once in a while. I love to dress up and look nice, and wearing heels only adds to my frustration. Then it feels like there are no tall men in the world! I have dated shorter men but it's nothing like having a man taller than you.

5'10" Louise wrote (May 31st 2008)

Ella, when people say you should be a model, take it as a compliment! That means you're gorgeous. Do you know how many teenage girls would love to get that comment?! The old saying goes "The grass is always greener on the other side..." It's human nature to see someone else's attributes as more desirable than yours. But the flip side of that is, the other person sees your attributes as more desirable than theirs!

Throughout my life, I have gotten many comments from other females saying how lucky I am to be tall and how they wish they were taller. High school girls and guys have a narrow view of the world. Just wait... before you know it, you'll see that your height is simply one of many characteristics that makes you the unique individual that you are. And I agree with Pat: it doesn't matter if a guy is shorter than you. What matters is the person that he is. If a shorter guy wants to date you and you'd like to date him, then go for it! Focus on his personality, his behavior, how he treats you...

I think the reason tall women tend to be uncomfortable dating shorter men is that they worry over how it will look to other people. To get over that, pretend that the two of you are the only ones out there, that the rest of the

world doesn't exist! Focus on your guy's great qualities. Be selfish and enjoy yourself! My guy is shorter than me, but he is all man in every sense of the word! I feel privileged to have a boyfriend who's very romantic and incredibly sexy. The way he adores me and openly expresses it all the time has helped me to learn to appreciate myself... to feel like a beautiful, sexy woman and hold my head high as I walk. Don't worry, girls... it will happen for you to, if you let it!

6'3" Elle wrote (May 29th 2008)

I always didn't like it as my style conflicted with what people said I should look like. I'm 23 and I still don't like it at times but then there are times these teen midgets go past and they always make a point of moving when I walk IF I hold my head up, Hehe... so it can be great. Think Goddess: it works for me sometimes. Besides, like people say - you command attention and people usually don't forget you. I'd love to be tiny but if I'm around even taller people I get scared XD

Joerg says: What do you mean by "tiny"? Tiny to me means "everyone is bigger and stronger than you and you get pushed around a lot". I don't believe that's what you'd want...

5'11" Simony wrote (May 22nd 2008)

5'11" = 180 cm right? Well, that's my height and it's not that I hate it. It just sometimes makes me feel upset, but, thank goodness not that often. I've always been tall and wanted to be few centimeter shorter. Sometimes I don't feel confident about my height and I try to look for encouragement. I have a favourite actress, Nicole Kidman, and she's 180 cm tall, just like me and that encourages me but she's an actress. Could anyone not famous encourage me? =(Thanks

Joerg says: So you're not already encouraged by the several hundred quotes by other tall women? I was hoping that would do the trick.

6'5" Abby wrote (May 21st 2008)

When I see some of these girls who are only six feet or maybe even six two I think how can they even believe that they have problems, or that they had problems growing up. I live by the theory that there will always be someone worse off and better off than you. That was one of the only things that got me through my childhood years. The other is that being different is a gift, being the same is the burden.

5'11 ½" Ella wrote (May 21st 2008)

I don't really mind being tall. I don't, however, have as much confidence as many of the girls on here seem to. I'm only in high school and I know it will get easier. I have to say the only thing I hate about being tall is that everyone, I mean everyone says I should model. I tried. It's not that easy and it's not that fun.

Joerg says: I don't know if trying to become a model is as good for your self-confidence as simply accepting yourself as beautiful and special. You're right. It's not easy to become a model and not necessarily fun. Ask Jheri.

6'0" Pat wrote (May 20th 2008)

Don't be afraid to date shorter men! If a shorter man will date you it shows he's not so completely caught up in being "macho" that he needs a shorter woman to make him feel manly. My bf is 2 inches shorter and he loves his HOT gf :)!! He's the most awesome guy ever, and I barely notice the difference.

6'0" Donna wrote (May 20th 2008)

I love the fact that tall people naturally gain self assurance and confidence as we mature versus our shorter counterparts who seem to constantly seek and crave attention/recognition at any cost. We naturally get noticed without the neuroses of having to be center of attention. It's hard to be a six foot plus wall flower in life. Besides, we always get to see the parades.

5'10 ½" Linda wrote (May 19th 2008)

The bottom line is this... If YOU think you're hot, then everyone else will too!!! If you walk into a room and you are trying to not look tall, then EVERYONE will notice how insecure you are! Hold your head high and make everyone take notice of you.

6'0 ½" Giena wrote (May 18th 2008)

I have been this height since I was 16. For years prior to that age i hated it. My mother enrolled me in charm and social graces classes. It is there when I learned to love myself and embrace the love and attentions that I receive when I grace a room with my presence.

5'11 ½" Shumani wrote (May 16th 2008)

I wonder why people hate being tall. I mean tall people, when short ones like to look tall. As I was coming 2 d library this morning, I met a short man. All he said to me was,"can I borrow me your height". I just proudly said "unfortunately we can't exchange heights". I don't know, all I know is Tall is beautiful, extremely beautiful.

5'10" Shanita wrote (May 12th 2008)

The Taller you are the more Beautiful the Lord made you - not only on the outside but also on the inside!!!!

6'3" Jheri wrote (May 10th 2008)

To Bre:

I don't think it is being confident about your height as it is about being confident about yourself. Try doing things where you will be valued for you rather than what you look like. There are many types of sports. I am awful at basketball and volleyball, but can run. Or school activities like theater. I did a lot of volunteer work in high school and it helped make me feel very good about myself.

Try asking some of the guys out. It isn't a big deal to do and remember they get rejected too. Try dating different types of guys and don't get hung up on finding the "best" or "most popular" one. Who knows - you may find a new friend.

My friends tell me they don't notice my height after they got to know me. I don't even know that many really tall people and the size, weight or looks of my friends doesn't really matter very much. And this gives me a huge amount of confidence in myself.

If you want to try a little modeling, many department stores put on shows every now and again. Give it a try for fun!

6'0" Bre wrote (May 10th 2008)

I really admire all of you who are able to be so confident about your height. I'm really trying to love it more but it's so hard as a highschooler when all guys are intimidated by your height. I'm hoping that things might get better in college next year :). I constantly get the comment that I should be a model too and it annoys me. Yes, I have the body but I dont think I could ever have the confidence to model. I have a friend who is about my height and she models and is absolutly gorgeous because she has such amazing confidence. And, no, I have never played basketball... I hate the sport and people are always so surprised when I tell them that.

6'1" Sabine wrote (May 8th 2008)

In high school I could never get a date, so I dated college boys. Being tall is the epitome of elegance and beauty. My boyfriend is a little shorter than I but then he's a really man. I love how I look - all eyes are on me when I walk into a room. I command attention. You tall ladies out there: walk with your head upright.

6'1" Anna wrote (May 6th 2008)

It's so weird that I come across so many quotes from tall women, who feel really insecure about themselves. You know, tall is beautiful. Look at the famous models of the world and look how they walk, head up and proud to be tall. It's total beauty to be tall, and guys love it when you are confident and TALL ;). Honestly, I have been dating guys since 15 years old. I have never had problems because I'm tall, more like avoidance. Confidence is the key thing. This site is great too. Hugs for tall people out there!!! Kisses! ;)

6'2 ½" Shoshana wrote (May 4th 2008)

This is for Heidi: I'm almost 6ft3 and I weigh 190 and look pretty slim and curvy so I'm thinking 175 lbs is probably good for you.

6'3" Heidi wrote (May 4th 2008)

Well, I got a question for you tall models out there. I'm going to a modeling audition in August and I'm wondering what a good weight for a 6'3" female model should be? If anyone has any idea let me know. Thanks. And I love being tall and I don't care if my guy is a ½ an inch shorter than me. He is a great guy and to tell you the truth, I dated a guy who was 6'7" and he kind of intimidated me.

6'2" Danielle wrote (May 4th 2008)

At first, when I was younger, I hated being taller, but I always walked with my head held high. It wasn't until I got older, that it is beauty in being tall. Look at these models in the magazines, and even if you look at the trend reports in fashion, they are making clothes now, to make you look taller. Tall women are in style and will stay in style! So my advice to the tall girls out there: Love your height, because we tall girls wear it well!

6'0" Jessica wrote (April 29th 2008)

Yes, the height questions people continually ask do get annoying, but I just laugh and say "wow, I never heard that one before". Pretend that you are a model, hold your head high and expect to be treated well. Be always aware that your height is not a handicap and count your blessings... there are people born with serious defects. Height is NOT a defect!

6'2" Kailee wrote (April 28th 2008)

I am 13 and I am 6'2". I have never really been insecure about my height but I have been getting worried lately that I am gonna keep growing more and more and no guys will ever like me but after reading about all these tall successful women it makes me feel super good!

5'10" Sarah wrote (April 28th 2008)

Hey, I like being tall but I don't love it. I'm 12 and it's hard coz I'm a 1st year in secondary school and everyone else is like 5'0" and I'm 5'10 and also all the boys in my class are small and I'm very self-conscious and so are they. So I'll never have a chance with any of them!! :(

5'10 ½" Linda wrote (April 27th 2008)

Trust me girls. Short women want to be taller! I was out to dinner with some friends the other night and a shorter woman in our group said to me, "you're the girl we all want to be like".

5'11 ½" Tarah wrote (April 24th 2008)

I love being tall. I'm 14 and I'm PROUD to be 5'11 ½". It's an advantage for me when I play volleyball :)))

TALL GIRLS RULE

6'1 ½" Stephanie wrote (April 22nd 2008)

Wow, this is actually the most amazing site!! I am seventeen years old, very athletic and I am having troubles accepting myself. After reading a couple of these comments, it has given me hope that one day I will find a guy who is right for me! So far I have had two boyfriends (who hardly even count and both shorter than me). I was a model for part of my teen years, yet I quit when they told me I needed to lose weight (I am average weight, not too slim). I feel huge in comparison to girls and most guys! I feel awkward, and embarrassed when people crack jokes at me. When I finally meet a guy who is as tall, or is taller than me they always talk to me about my "cute, curvy" and short friends. WHY do they like them!?! It drives me insane, yet I have actually learned to accept it. The most important quote that I use everyday is "I'm too tall to be a girl, I'm between a chick and a broad." - Julia Roberts. Julia has stated the facts here! She is so comfortable with herself that she can make jokes, and that is what I starting to do with my life!

5'10" Elly wrote (April 22nd 2008)

OK, so at 5 foot 10 I guess I'm classified as ,short' here, but I am 13 years old and it certainly doesn't feel like that! It's difficult feeling normal when all your friends come up don't even reach your shoulders, and whenever I go out people immediately look at my feet because they expect me to be wearing heels. Everyone tells me I should love my height, and at clothing size 8/10 (UK-size) I guess I have a model figure, but the thing is, I have no self-esteem :(I know it sounds awful, but does anybody have any tips on getting more confident? It would really help me out! Also, wanted to say, I love this site, especially the Tall Teens bit - I always come back and read it whenever someone has made a particularly hurtful comment about my height. :)

Oh, I have a question as well. My shoe size is only 5.5 (once again, UK-size) which is actually smaller than most of my taller friends. Is this normal, or does anyone else have the same thing? Because people automatically assume I have huuge feet, and in reality they are quite small.

Well, thanks for the site, it's great to know that I'm not the tallest person out there! :)

Joerg says: You're not short... you're just at the short end of the spectrum right now. You are probably still growing anyway. Just make sure you enjoy yourself and don't let anyone make you feel bad about yourself. By the way, not all tall women have large feet.

6'2" Susan wrote (April 21st 2008)

I just read Rebecca Thomas' article and saw the video. Yeah, Rebecca!!! Good for you!!!

Joerg says: You can contact Becky via her blog www.tallgirlwrites.com

6'0 1/2" Rosie wrote (April 19th 2008)

I've just spent about half an hour reading quotes on here, and it is so refreshing to hear so many positive words about our heights! Also, hearing people commenting on all those things that I find so hard too, like the fact I love really high heels but can never wear them, or that people comment and ask you if you play basket ball... so good to be understood!

Just wanted to say to those people who were talking about how they can't do partner dancing... YOU CAN! I'm 23 and I dance a lot of Salsa to quite a high standard, and yes, some men get intimidated and don't ask you to dance, (but you'll usually find that's a blessing because they are the ones who can't dance anyway!) and yes I get the odd comment on how tall I am, but people quickly get used to it and stop noticing. I recommend attending regular classes and you will stop feeling self concious after about two classes.

So girls, YOU CAN DANCE... I've danced with men half my height and had a great time. It's about the size of the mans character... nothing else! ;) Let them show you off!!!

By the way, thanks Joerg, this is a great source of information... especially on shoes which I have such major issues with.

Joerg says: Well, you're welcome. I'm glad you find the website helpful.

6'1" Sarah wrote (April 18th 2008)

I'm seventeen and am really tall. I'm a (UK) size 12 and have kind of learnt to deal that I'm never going to be this model like figure that people claim I should be. But I say you just have to learn to deal with what you have. Because at the end of the day... personality captures the heart, beauty just gets the attention. So work what you have and treat every street as a cat walk! JOB DONE!

5'10" Sarah wrote (April 18th 2008)

I'm new to this site but I wanted to share some information with all of you tall ladies. It's really hard trying to find tall clothing. I'm 5'10" and have a hard time so I know that those taller than me have even more of a difficult time doing the same. I found a store that I love and even better - I don't get discouraged while shopping for long pants, jeans and sleeves that are long enough. The store is called Tall Girl. I shop at the one in Chicago. But they have stores throughout the U.S. and Canada. They have a website - www.tallgirlshop.com. They carry inseams ranging from 34 inches and go up to 38 ½ inches. All of the torsos and sleeves are made longer. Whatever you're looking for they carry - jeans, dress pants, suits, dresses, swimsuits, active wear, coats and much more. Just wanted to let everyone know as tall shops are very hard to come across.

6'3" Jheri wrote (April 18th 2008)

To Gabrielle: It depends on what the two of you are comfortable with. I usually don't find height to be as important as most guys do. If he is ok with it, just go and do it. Going out is a lot more interesting than not going out.

I have mostly dated shorter guys because I haven't found taller guys that I like. It is fun to go with a taller guy because the feeling is novel to me. The only real problem I have is that my hearing is poor and it is good to not be too far away, so I think I have a limit of being a head taller (or shorter I guess, but I've never been with a guy who is hugely taller than me).

With a guy that short you are going to get a lot of stares and comments. If the two of you have a good sense of humor and have a sense of adventure, that can be a lot of fun.

6'4" Gabrielle wrote (April 15th 2008)

Hey girls, I love my height, but I could use an opinion. I met this great guy, but, unfortunately, he's only five six. Do I go for it or step back?

Joerg says: Go for it if you think he can handle you.

6'3" Sarah wrote (April 12th 2008)

I think this site is so cute! LOL. I'm Six Three and am constantly hearing "Do you Play Basketball?" and "You're so beautiful! You should be a model!" Haha!

But you know what really trips me out? All these tall guys dating these short short girls... Hey, tall guys. I'm here too! Intimidation is CaRaYZEE!

5'11" Mia wrote (April 12th 2008)

Tall galz rule! I dunno why sum crazy people hate their height. I don't mind growing an inch or 2 more. I feel bad for those girls who hate their height!! I also got teased but I wouldn't trade my height for anything in the world! But I hate the fact that guys even though being attracted to tall girls, don't have the guts to cum up ,n' talk to us or ask us out ,n' they also get intimidated. I feel ur pain, Selina, but I still luv my height ,n' so should u. Joerg, ur doin a gr8 job. I wish there were more guys out there like u!

Joerg says: Thanks a lot, Mia, I appreciate the compliment!

6'3" Jheri wrote (April 5th 2008)

It is almost warm enough to do things outside here besides jogging and biking. There are a few shoes I recommend for this, although they are sometimes hard to find in Europe. Keen and Teva. Both have interesting styles and, more important, are very comfortable when you are climbing trees (Teva Karnali Wraptors) or walking wading in streams or the ocean (Keen Maupins).

You can get either up to about size 42, which is close enough to my size. Sometimes I get a men's size as the shoes are very similar in design and construction. The women's shoes have much better colors though.

Neither have anything in the way of heel height, but I have a strong dislike for heels due to the pain. Being a bit higher is sometimes cool, but not necessary for me. People always check out my shoes to see if I'm wearing heels. They seem a bit more surprised to realize I usually am not.

But these are both great brands that you can wear all day and do almost anything with.

5'10" Louise wrote (April 4th 2008)

To Selina (April 1):

It's completely normal to feel uncomfortable with your height, or anything else for that matter, especially during the teen years. Trust us... it WILL get much better! When obstacles pop up, don't focus on the obstacle. Instead, think 'how can I get around this and still get what I want?' For example, if there's a guy you like, focus on what the two of you have in common, and use that to approach him and get the edge on your 'competition'. Don't even think about the height thing. Consider it a non-issue. And whether or not you succeed in getting the date, consider yourself a success for trying! A lot of kids don't go to prom, regardless of their height. If you end up going, knock yourself out enjoying it to the fullest. If you don't, treat yourself to some other splurge... maybe an all-night pizza/movie party at a friend's house, weekend away with an out-of-town relative, mall makeovers with the girls... be creative. Please stay in touch!

6'0" Philippa wrote (April 1st 2008)

When I was younger as with a lot of tall ladies my confidence needed a little work, now as an adult I feel most feminine when wearing heels and standing tall head held high. Sometimes though it wears me down being gawped at like a carnival side show, some people actually walk past and stare open-mouthed. Although I have great friends and family I can't convey the inner strength it takes sometimes to not let this bother you, and how it feels to be different. Finding this website makes me realize I am not alone and it has given me the boost I needed to stand tall with a smile. I've never written to anything like this before but felt compelled to do so and to thank the other ladies for sharing their stories.

5'11 1/2" Selina wrote (April 1st 2008)

All my life I've always been the tallest girl no matter where I've been. By the time I was 13 I was 5'8 and I've always constantly grew. Now I'm 17 almost 18 and 5'11 1/2. Being this tall for me is extremely hard and in away depressing. I'm usually always taller than the guy I like and it's so hard to find a guy that is tall and that has quality's I like and when I do my shorter friends end up getting their attention and sleeping with them. I've always been put down because of my height I've been called every name that there is Jolly Green Giant, Lurch, Amazon, etc. I do NOT wear heels because of the fact that I'm already extremely self-conscious as it is without them. I've tried to deal with the fact that I'm tall but it is a little much for me. Especially with prom coming up...

Joerg says: As far as the prom is concerned check out PromGirl

6'1" Lizzy wrote (March 30th 2008)

Just found this site - sometimes you need a confidence boost and this is what this site is. The few troubles I find with being tall are mainly having crushes on really decent guys, but being taller than them; let's hope there hormones kick in soon and they grow, ey? I also find that buying shoes and clothes can get annoying - not every tall girl is a UK size 8 - I'm about a 14/16, and I carry the weight well, though admittedly I would like to get down to a 12/14. There's loads of advantages to being tall - you get noticed more, and one I've found is that being tall almost forces confidence onto you - you can't be shy and 6ft tall. I'm alright with my height, but sometimes it can get annoying - then again sometimes it's a great advantage :D Lizz.

6'3" Jheri wrote (March 26th 2008)

To Jen:

You don't need to love your height, but you can get used to it. Most teenage girls have more than one insecurity and fitting in is very important. I don't know where this comes from, but it causes a lot of damage. I knew a very smart girl who played down her intelligence and never went to college - all to fit in.

I came to love my height, but it took some time. There are other things about me that I've come to realize I can't change. I may not love them, but I'm used to them. I'm nearly deaf. It would be nice to hear, but that isn't in the cards for me. My skin is very very pale. Even in Denmark I burn on partly overcast days in the Summer. I have weirdly shaped ears. I'm waaaay too thin. No boobs or other curves. I try to put on weight, but my body just doesn't do that. The list goes on and on....

Some of these things are neutral to me. I can't change them and have to live with them. My hearing, my thinness, and pale skin are good examples. Other things I've always loved. I like my laugh, my smile and my eyes. Some things I've come to love. My height and ears for example.

The hardest thing for me to accept is my thinness. I look in a mirror and don't like what I see. It even scares me at times. But it is me and I have learned to live with it and accept it. It was easy for me to accept height, but not easy to live with my skin and bones frame. If it helps I think more people can deal with a 5'10 girl than one who is as thin as me.

Maybe you will never come to love your height, but you can get along with it. Find other things you love about yourself and push them. Find the things that you can come to love.

As many have said here: we are all different and that is a good thing.

P.S.: I love to dance too, even though I'm not terrifically coordinated. Guess what, my height isn't any problem even though I'm taller than any of the guys where I go.

5'11" Sara wrote (March 26th 2008)

This is to Jen and all the others who feel such hatred at being tall:

I'm sorry you feel that way. You really shouldn't. You shouldn't hate a part of yourself which leads to hating yourself completely. I'm sorry that you don't see the many other advantages of being a tall woman or tall in general. It's tragic really. Being tall....you can have it all. Fashion is made for you. All style of clothes look good on someone who's tall since they are first made and design for someone who's tall. Sure, sometimes there's a little of a minor annoyance to finding the right length but you learn fast where to go and it's great from there. Being tall makes others think of power and strength so that's why they are "intimidated." I find I get a lot of respect just for my height because of that as well.

I stopped growing to my 5'11" height at the age of 16. I was the tallest girl at my school. I used to not wear high heels because I thought it would make me look too massive. I, too, wanted to be small and not stand out. So much so that I too wanted to literally get shorter by whatever means including surgery. Then, like I wrote in my previous post, my mother gave me a talk that woke me up. I started to wear the high heels and you know what? I didn't feel massive. I felt like a girl. I didn't think I would, just like you, before that but I felt even more like a girl, a woman by actually wearing them. Instead of feeling bad about people's comments and the ridicule, I realised what was really going on. They were jealous and the shorter girls were threatened by my height. Guys actually do LOVE tall women. Most guys' crushes are on tall women. Nicole Kidman, Uma Thurman, most models, many others. But, they also have something else; confidence. There's absolutely nothing more attractive, alluring and intoxicating than confidence. They radiate confidence. They walk with their heads high, with dignity. They walk and carry themselves as queens. The shorter girls like to act like princesses but us tall girls have the ability to act like queens. Guys see and know this and most guys know that a queen trumps a princess hands down any day. Most guys would rather be a king next to your queen than just be a mere prince. Your height physically shows the power you can possess if you only find it within yourself and embrace it. You can work on your mind and embark on a constant quest for knowledge that will make you intelligent (which guys also LOVE). You can get involved in your community and help others which shows that you care and are

kind(again which guys love because you also have your own thing going on). You can have it all. Beauty, brains and brawn all rolled into one package. I'm 27 now and trust me; polish and refine all three and you'll be constantly hit on by guys. I am and I have a ! boyfriend! LOL It's not about being a girl, hun. You're only a girl for such a short period of time in your life. The majority of your life will be spent as a woman. Being tall...you have the physical of being a woman. Work on that, not looking for surgery to make you shorter. I really hope you opt out of it. I really hope you embrace it instead because it is a part of who you are.

6'4" Gabi wrote (March 25th 2008)

Wow Jen, I'm so sorry you feel that way! I used to feel the way you did, until I stepped back and realized something that I'm going to pass along to you. You are DIFFERENT. Not worse, simply different. I'm seventeen too, so I'm sure that we share the difficulty of finding boys who accept us. Do you really want people to like you for being shorter? You want a guy who loves you for who you are right? Well, being tall is a part of who you are. Love it, it's a part of you, and it would be tragic if you changed that.

6'4" Michelle wrote (March 25th 2008)

I love this website! I stopped growing when I was 16 at 6'4". I was always one of the tallest girls in school. It wasn't easy being so tall in school with the other kids making jokes about my size. My main growth spurt started when I was 13 in junior high. I was about 5'8" and hit 6'4" at 16. As an adult now, I find that there are many advantages to being tall. People treat me with respect both men and women. I know it's my size that intimidates them. Lots of guys like women who are taller than them although they may not admit it openly. All the guys I ever dated were smaller than me and two of them admitted to me that my height was what attracted them the most. My boyfriend now is 6'1" and he loves my height. I have a pair of 3-inch wedgies that make me 6'7" and I enjoy feeling like a giant over everyone, especially men. I have no problem dating guys who are shorter than me unlike many women. And btw, the shortest guy I dated was 5'8". He came up to around my chin level!

5'11" Sara wrote (March 25th 2008)

I LOVE the quotes on here for the most part because it can sometimes seem to be a lonely thing being tall. I know I felt alone growing up because of being so (relatively) tall to everyone else where I grew up. There weren't any other girls my height and the only people who were taller than me were a couple of guys who didn't even give me a second glance as someone they would like to date. I was always told to down play my height, not to wear high heels and the like. But, you know what? My mother finally took me to the side one day when I was 16-17 years old and told me something that I haven't forgotten to this day and made all the difference. She told me that being tall and a redhead by nature means something special and that I was meant to stick out like a sore thumb for a reason. What that reason is, only time will tell but great things could come from me if I only chose it. Nature gave me those things to help that out. She told me not to listen to those idiots and be proud of who and what I am instead. Being tall is only a fraction of that. A bonus; icing on the cake. I embraced my height and celebrated it after that. It gives me an edge. I feel more independent; self-reliant. I don't have to ask someone to get things for me most of the time. I deal with the cramped traveling any way I can. I'm not afraid to tell those insecure morons to go f*** off and work on THEIR self-esteem when I have to because they are being too obnoxious. I proudly wear high heels and feel great doing it. In the end, it's only my opinion of me that matters. If I can live with myself than everything's fine. Physical beauty is only skin deep and beauty is also in the eye of the beholder. The most important beholder is yourself and yourself alone. If you're happy with yourself, can sleep like a baby at night and when you look into a mirror however often you do and still know and can appreciate, stand, the person staring back at you, than you're fine. It's what you do and what you choose that make y! ou not j ust being tall. Being tall just makes it more fun and interesting! LOL True beauty and confidence comes from the inside not the physical. When you have true beauty, it shines so brightly outward for everyone to see. If someone can't see it, than they might want to have their eyesight checked. They are going blind and that's their problem; not yours. It takes all types of people to make the world go around. Good, bad, smart idiotic, tall, short. You get the idea. Celebrate that you're part of that wonderous cycle. By working on the more important, internal things such as knowledge, merit and ability, our height only adds to it since it helps us get noticed. That getting noticed can help us change things in this world for the better and make it a better place.

5'10 1/2" Jen wrote (March 25th 2008)

Im 17 and 5'10"ish and I absolutely hate my height. I don't see any advantages to being tall. I've read everyone's comments and it's great that you're happy with your height but no matter what I read it won't change how I feel. I want to feel small and actually like a girl. I want to be able to wear high heels and not feel massive, be confident.

I love dancing but I just don't feel confident enough to do it now in fear I'll stand out. People say models are tall but that's about the only advantage. As if being able to reach things off a higher shelf is an advantage! I'm currently trying to search for ways that could reduce my height, even surgery as I hate it!!! Sorry if it sounds depressing. It's just how I feel.

Joerg says: I shudder to think what you'd feel like if you were, say, 6'4" or 6'5"... I'm very sorry that you feel that way.

6'4" Gabi wrote (March 24th 2008)

A word of advice for all my tall friends: Sometimes when people are rude, they don't even realize it. At my work the other day, a male customer saw me and said "Wow! You're a big one aren't ya?" I told him I was giving him the opportunity to greet me again, because I wasn't going to serve someone being that rude to me. He was clearly mortified, and apologized. Sometimes it's as simple as telling people they're being RUDE!

6'2" Lakisha wrote (March 24th 2008)

I just turned 18 years old and I am 6'2". It is real hard being this tall because people act like they have never seen a girl as tall as me. I really like this website because I thought that I was the only really tall girl.

Joerg says: No, you're not, Sweetie. Keep your head held high.

5'11 ½" Sarah wrote (March 22nd 2008)

As a 15 year old who is almost 6 ft. tall, this website is SO encouraging! I sometimes feel I'm the only tall girl in my whole state because no one's tall where I live. I have ALWAYS been the tallest one at school & have absolutely HATED it. I still do, but now the boys (and some girls) are catching up so it's not so bad. Because of my height I am fairly shy and self-conscious and I know that I wouldn't be like that if I were short. I don't wear heels and NEVER plan on it. I do turn heads though, and that does feel good =) I know God made me this way for a reason & he thinks I'm beautiful. Hopefully someday I'll feel the same way!

P.S.: I love reading all these comments because they help me start to appreciate my height =)

6'2" Angel wrote (March 20th 2008)

Hey, I am Angel. I am 17 years old and 6'2" tall... it runs in my family and I am not the only tall woman. I live in the UK and it's hard for me to find any jeans that are long enough. I am always having to wear boots with my jeans because they are always too short. I used to think everyone around me has a problem with my height. I've always been bullied and looked at differently because of my height. My biggest issue right now is heels. I love high heels but I feel like I can't wear them. The one reason I don't like my height is because it deprives me of the thing I love the most and that is high heels. It also affects my social life as am afraid to go clubbing or enjoy other forms of fun. If am to go clubbing I would love to wear a dress and heels but I feel I can't wear heels because then I will be too tall and the roof in the club won't be high enough or that no man will want to dance with a woman taller than them or that everyone in the club will be like "look at that tall girl". So I spend almost everyday I have free from college and every night at home in bed. I turned to modelling as a result. Another passion of mine is dancing. I love dancing and can dance. I always watch "So you think you can dance" or "Strictly come dancing" and all dance shows and dream that one that would be me there but one thing that stops me is my height. I always think it's impossible to find a dance partner taller than me that has a passion for dancing and I would love to dance in heels but then that would make me look taller. So I put my dream of being a dancer aside due to my height and sometimes it hurts when I look in the mirror because I just can't do all that I want to do. I don't model yet but I'm thinking of modelling after college because I feel it's the only place where I belong because of my height. There are a lot of tall models and if I was a model and was to wear heels then I wouldn't be criticised for it. But I don't want to have to feel that I have to be a model so that I can just be comfortable in my own bought and wear heels anytime and anyplace! I want. I am tired if leaning next to something, bending my legs to look shorter or arching my back of constantly wearing flat shoes. The one thing that would make me so very happy is to go into a shop, buy the heels I want without having to look for the inches of the heel and without thinking what are people going to think or anything negative.

6'1 ½" Abbi wrote (March 19th 2008)

Hi! My name is Abbi and I am 6'1 ½", and I'm only 15. I noticed a lot of comments on height and dating. Up until this year I always told my mom I wanted my first boyfriend (and all others after that) to be taller than me. Well, that wasn't exactly realistic. This year I met a guy who is around 5'6" and we became really good friends. My spanish teacher's room is right by our lockers, and one day during class she said "You know that boy that you always talk to? I think he loves you, the way he looks at you, he must be in love with you." I always thought that was because I was a lot taller than he was, and he always had to look up at me. Well I was wrong, because about a month and a half after that, he asked me out. I said yes, of course, because secretly I had liked him for a long time, but I thought it would be really awkward so I never told him. We're still going out, and he loves the fact that I am so tall! ^.^ He says he'll never lose me and things like that. I am pretty sure I am the tallest girl at my school, and it's huge! I always try to be myself, and I really don't care what anyone else thinks, if I am having fun, and not hurting anyone whats wrong with that? Although people do look at me funny sometimes, I try to not let it bother me, because they don't matter, and the people that do matter love you anyway. I also wanted to say I love wearing heels! All my friends, excluding my boyfriend scorn me for wearing heels, because "I am already too tall." I don't believe that, and I think it is silly to say that to tall girls. I feel empowered when I wear heels, and it boosts my self-confidence too. I also want to say I love being tall, and have always embraced that part of my physical appearance, even when I was little. It is just another thing that makes me ME!

I also forgot, I wanted to add that I have extremely small feet for my height. I wear an 8 ½ or a 9, so finding shoes has never really been that much of a problem. I am not saying this to brag, but my small feet do get quite a lot of comments, and not always good ones, why? I don't know.

Joerg says: You must be one of the most grown-up teenagers I've come across. You keep going, Abbi and don't let anyone stand in your way.

6'1 ½" Selina wrote (March 19th 2008)

Being tall is beautiful, being tall is elegant, being tall is powerful.

Isn't it nice to stand out from the norm?! I love standing out in the crowd. A lot of women would like to be tall. God made us this way so we should learn to embrace our height. It is an advantage!!!

6'2" Gabriella wrote (March 18th 2008)

Ladies, whether 5'10" or 7'0" you should know one word: CONFIDENCE. Nothing screams sexy to a man or even women more than that. A beautiful woman is one who, when she enters the room, sucks in all the air. My dear teenage sisters: if you find being tall makes you odd, it doesn't enjoy it. You don't need the tabloids to be popular; nature has already made you popular. Throw away those baggy clothes and dress to flatter your figure. Wear make up to enhance your looks and go strike a pose in the sun for the whole world to see that you have arrived. I am 6'2" and I enjoy my height. I am a size 18 with a big ass and broad hips. When I walk down the street, you are bound to notice. You know how many people are envying your long legs that stretch to almost eternity? Your arms? I love myself to the fullest and if someone has an issue then that is their problem. God made me tall and he did the same for you so be grateful to be one of the few who has been blessed that much. Remember that the Ugly Duckling matured to be the most beautiful SWAN!

5'10" Louise wrote (March 17th 2008)

I find lots of tall clothes in the JCPenney catalog (and on-line). Great styles, great prices. I highly recommend JCPenney!

6'3" Chrissy wrote (March 17th 2008)

Hi, I'm 6'3" and I love being tall. Why would u want to be a normal height?!?! I'm a size 14 with blonde hair and blue eyes, with long legs... but when I was younger I thought I had a curse, all the boys were shorter than me and I was always the tallest in the class. But as I got older (I'm 26 now) I realize I wasn't cursed but blessed. Nobody gets a tall girl do they? If you carry yourself well with confidence, u'll be the envy of a lot of women... I love nowt better than to put my short skirt on and my heels and heading out. I love it! If you are tall just accept it and use it to ur advantage. There's not a lot u can do but to be proud!

5'10" Amy wrote (March 15th 2008)

Hi. It's great reading these quotes and knowing that other women feel the same way I do. I get told by my friends that they want to be tall but I tell them I want to be short. It would be so great to go to a club and dance knowing that I'm not the one that sticks out like a sore thumb. Anyway I've got to live with this hey. It is impossible to find a bloke that is a normal man height... (I class normal man height as 6ft plus), I would never be able to date someone shorter than me. I'd feel like the Mum if I did. Also I get really annoyed that short women nick all the tall men when they actually have the choice of any bloke short or tall. Sorry about my rant... I'm obviously a bit down at the moment about it... I like all the positive comments though :o) Thanks

5'10" Louise wrote (March 15th 2008)

To Jenn (March 10) and others who have posted unhappiness with being tall: Yes, being tall can be difficult at times, especially when it comes to dating. Some of us simply are used to and prefer our men to be taller than us, when it comes to standing and hugging and so forth. I struggle with this: my man is a couple inches shorter than me. He minimizes the difference, but to me it's huge. He is such a wonderful person though, we have been deeply in love for years, and he treats me like a princess (every day!). I wouldn't trade him for any taller man. He is the best. I have to accept our height difference not going the way I'd like, but that doesn't make our relationship any less rich. We all have a choice: either accept what life presents and make the best of it, or beat our heads against the wall. I choose to accept life and all the happiness that is there for the taking. And it's okay to have times when you struggle or get a bit down. We are humans with feelings, not robots. In order to experience happiness, you have to be able to experience sadness, too. It's part of the human condition. So is the ability to choose! Choose to get involved in clubs or activities, dare yourself to try at least one new thing every week... choose to change your focus to fun! My best to everyone.

5'11 1/2" Jewel wrote (March 14th 2008)

Whats up all. Been a while. Anyways, Jenn, you could have been taller - and then what?

6'3" Jheri wrote (March 11th 2008)

Jenn, I will try to counter what you are saying.

There are some things where being tall cuts your choices. Clothing, where you can ride in an airplane and things like that. I happen to be taller than most of the guys I meet, but big deal. There are lots of people who can just be friends and don't let a little thing like a few inches of height get in the way. If a guy is so superficial that height is a problem, you don't want him anyway - even if you are shorter. Guys like that have problems.

There are wonderful things about being tall. Little kids think you must be magic, you can help people reach stuff, people notice you. Maybe they notice too much sometimes, but you can be comfortable with your friends. My apt mate is jealous of my height sometimes. She has a real problem getting noticed. That never happens to me. I don't get lost in the crowd.

5'11" really isn't **that** tall. You can still find clothes that fit without tailoring. You don't slam into doors when you are wearing heels. You probably don't get trapped in cars. Those are things that happen to me, but I wouldn't trade my height for anything.

Another thing that comes with being a tall woman. You can get away with being a bit assertive. Go ask some guys out - don't worry about waiting for a tall enough guy to show up. Just go out and have fun. It works for me.

5'10 1/2" Linda wrote (March 11th 2008)

This is in response to Jenn. You can't do anything about your height so you might as well like it! Why go through life hating yourself? That's really sad! If someone says something about you being so tall, ask them "is that a bad thing"? Or say "I know, I'm so lucky!"

5'11" Jenn wrote (March 10th 2008)

I hate, hate, hate being tall! I have always wanted to be short. I can't stand this crap. All the men I meet are shorter. How would you like to have your choices in the dating world made even smaller because you are so damn freakishly tall that you can only date men over 6"? As if dating wasn't hard enough already, right? This tall

stuff is for the birds. It's awful. No matter what you do, people notice you. What I wouldn't give to wear a size small. Oh my God, I haven't been able to do that since I was a child. Damn.

Joerg says: This is probably the most negative quote I've ever read. Hard to counter what you're saying, I'm afraid. One thing though: Try to be a little more positive so you can enjoy yourself more.

6'0" Charisse wrote (March 8th 2008)

Jheri, dear heart... good for you! You've shown that you can go out and have a great time no matter what. That's how you show them!!! continue dancing and you never know....you might end up teaching someone else how to get down.

To Erika: BRAVO!!!! We have been mocked, labeled, and probed for as long as time its self. But you are completely correct. And I commend you for what you have said and what you believe in.

6'3" Jheri wrote (March 8th 2008)

Last night I went swing dancing for the first time. It is getting popular here and there are at least two clubs in my town. What is very nice is the people are friendly as they always want new people. They are also so interested in watching other dancers that you are not noticed.

I was the tallest person out of about 50, but no one stared. People were watching the couples who were very good.

I don't know how most of these work, but they had a beginners session for the first hour where experienced people try to teach beginners. They were teaching a dance called the Lindy Hop. It was too complicated for me to learn in that time, but it was a lot of fun. For the next two hours people just danced. They were very helpful with woman and men teaching the three of us who were new. I was not out of place. Only two comments about height and they were friendly.

So the young ones who worry about sticking out may want to try dancing where instruction is doing on.

6'7" Erika wrote on her Myspace (March 8th 2008)

These words of wisdom from the tall club woman out there at the Tip-Toppers Club of Los Angeles, which I hope rings with some of you. This is said in the solemn light of what its like to be very different in life where you know some families are going to give medical attention to children, which would abate the effects of an abnormal puberty.

There is tallness like really tall, model tall, Big Girl tall, and fetish Amazon-Giantess Tall which I wish to address with the humble alacrity of a train horn. After reviewing the posts on Amazon-Fest

I DON'T LIKE BEING TALL WHEN TREATED LIKE A TOKEN!!

5'9" girls can get on with life with plenty of men and shoes to choose from. The model tall get all the attention and can afford to splurge on shoes from all the credit lines of the drooling suitors; multiple come-a-calling, yet have their turns with the rock-star league of gentleman-grunge. Big Girl tall; the sad the lonely and the horribly frustrated at the really tall men dating Ms. Squat's Shortness to my friends and yours the Amazon-Giantess—who have to be paraded around like some form of FREAK SHOW—the stomping and the lifting from the by-gone era of the traveling carnival delighting the morbidly curious. I guess being more than woman is really neo-novelty crowing for a great bizarre.

I hope you girls at Amazon-Fest and the even sicker fan club of dehumanizing men who treat us not as cherished gifts, but objects or the brunt of anti-erotic jokes. Please girls have a bit of pride and leave the worm-like-harlequins to their devices and become ladies however tall you are.

Joerg says: Erika originally wrote this on October 28th 2007.

5'11 ½" Melissa wrote (March 6th 2008)

When I was coming up in grade school I never got teased about my height. Maybe some other things. But never my height. I like my height. When I wear heels I do feel taller than everybody because I am. Although I feel funny when I wear them that's not going to keep me from wearing them. As long as your outfit is really nice and your stiletto heels look good. Wear them and when somebody says something it's because they are jealous. By the way: I am 32 years old

6'2" Elise wrote (March 4th 2008)

I just came across this site, too. I was actually Google-ing some funny quotes for tall people to say, and this was one of the sites that popped up. I had never been amazingly tall for my age - just moderately. But I had been told that I would be at least 6' with my large feet (size 13 Women's, currently). But once i turned 14, I shot up. Almost 4 inches over the course of 2 years, I believe. At first I was self-conscious, because I stood a good 8 inches above most of my friends, and while they were developing more feminine bodies, I was only getting taller and skinnier. But now at 16, I have grown to love it. Of course I have been labeled "that tall girl" by upperclassmen, and once at the mall a man asked if I got my legs from a baby giraffe, but I play basketball, and being tall definitely has a great advantage in that game. And I once read that for every inch taller you are than someone else, you will earn \$10,000 more on average than them. But anyways, I'm 6'2" at 16, and still growing, apparently. There are still some disadvantages, for the guys always seem to goggle over my shorter, more curvy friends. And people *always* ask my height first, then my age, then my name - especially at family reunions. Also, it is incredibly hard to find jeans, which are what i mainly wear since shorts look like thin strips of cloth on my legs. But I found this great store called Buckle, and things have been going pretty well since then. Thanks for making this site for tall women - it was a great idea. I'm glad there is a place for me to gripe about my height, since not even my mom can truly understand!

6'1" Cristina wrote (March 2nd 2008)

Well... I know you r all tall, but my condition is horrible. I am an ecuadorian girl and here there are no tall girls. In all the city u can find like 2 tall girls in a day. I'm 15 years old and I don't practice any sport. I'm afraid to be bigger. I feel really alone. Any boy wants to be with someone bigger than him... they are really accomplished... not used to be with tall girls. I have friends. I think I'm cool. I would like to live in another country. Can you give support quotes?? Please? Thanks. Kisses

5'10 ½" Linda wrote (March 2nd 2008)

Just remember, girls: No one can make you feel insecure about yourself unless you let them!

6'1" Jessa wrote (March 1st 2008)

I am a 14 year old girl having some troubles fitting in. At first it was just the mean little boys used to call me things like "tree, skyscraper, giraffe, giant..." you name it, they thought of it. But now of all people, it is my 6'5" math teacher who is giving me grief about being tall. Of course I play basketball. It is my serenity, yet my inflictor of pain. The other girls on the team are only nice to me if I'm having a good game, because I play so much more than them that they get mad, and so does my mom (5'8") because I can't walk the day after my tourneys. My dream is to be a world famous model, to just say "that's right, I'm 6'1" and a great model!" My mom, trying to discourage me, said I am too big to be a model, when I run a size 5. That hurt me more than all the mean little boys, but has made me more determined to prove her wrong. I need help and inspiration. You can't teach tall, but sometimes I wish it came with a hand book.

Joerg says: Well, I wouldn't call it a "hand book" but you can find a lot of motivational stuff on this website.

6'3 ½" Tonya wrote (February 25th 2008)

I am 37 years old, am 6'3 ½" with athletic build and I absolutely love being tall. It was sometimes difficult as a teenager, but I found playing sports helped. I played basketball. It increased my self-confidence and it gave me something else to focus on beside boys. Today I am married to a wonderful, tall man of 6'5". He loves for me to wear my 3 or 4" heels, so he can feel what it is like to be shorter than a woman. They also accentuate my extremely shapely, long legs. My inseam is 38". I also work in an office sales environment where the tallest man

is only 5'7" and the tallest woman is 5'3". The men are in awe of me and the women are jealous. On a daily basis, I get comments from total strangers about my height or my legs. Most of the time, it doesn't bother me at all. They are mostly very complimentary and usually just curious. Women like us are very rare and most people find us fascinating. Use this to your advantage. Being a tall woman is a huge benefit, not a handicap. Tall women of the world stand tall with pride!

Joerg says: Couldn't agree with you more! 🤔

6'1" Megan wrote (February 24th 2008)

Thank you Kris for your comment. I am a senior in high school and I am always wondering what it will be like when I am older, if you really do learn to have more confidence about height. And for all you other tall not BIG teenage girls out there: I have loved playing basketball and other sports - it was a great use of my height.

Joerg says: I know a lot of BIG girls who have played (or play) basketball... they are all tall though. If you find a sport you like and it helps you feel better about yourself go for it.

5'10" Margaret wrote (February 21st 2008)

Great site and so many good quotes! It's funny how a person's sense of height can change in different circumstances. I often don't feel very tall (I guess I'm on the shorter end) and only notice it when trying to find long enough clothes. I recently started a new job working with two women under 5'2 and two men under 5'7. They treat me like a giant! On a regular basis, the men joke around about how a short man at a meeting came up to my waist, I shouldn't wear heels, etc. At first, I only wore flats and went along with the jokes. Then I realized that stepping around their little-man syndrome was a waste of time. I've started wearing heels and responding that I'm not tall, they're just short. It feels great!

Being short would be much worse - people would consider you "cute" and, as my boss says, you get stuck riding at armpit level on public transit.

6'1 1/2" Salihah wrote (February 21st 2008)

5'8" Joerg says: I have my own classification for tall women. Somewhat tall (5'9" - 5'11"), tall (6'0" - 6'2"), really tall (6'3" - 6'5"), very tall (6'6" - 6'8") and extremely tall (6'9" and over). I can only talk about my own experience but I've noticed that really tall women seem to find me more suitable as a partner than somewhat tall ones do. I wonder why that is.

My answer:

Women who are only 5'8" to 5'10" still have a chance to find a man taller than they are, they will hold out and hope beyond hope that a 6'0" guy will talk to you then. Now take that 6'6" girl - she can not hope for the same. Finding a man taller than her is damn near impossible so she will accept a 5'8" guy very quickly. She may even tell herself that she prefers short men when in fact that is all she can get.

I myself being over six foot find that taller men have their choice between all women tall and short and feel like "A King". I had a tall guy ask me why I wasn't drooling over him like everyone else was. Why would he believe that I would fall over myself just to get to him. He was rude and had many women. He said he didn't like tall women because we did not treat him like "A King". He said short women fall over themselves trying to get with a 6'6" man. I didn't even look in his direction and it made him flaming mad!

5'11 1/2" Jewel wrote (February 21st 2008)

No Jheri, I have always been a consistent 6ft, in fact, an EXACT 6er. My doctor and I know the reason I have cut a bit.

Jessica: Its only becoz ur young right now, thats the hardest bit, but believe me, there is somebody out there for u. Whats the point of dating 20 hundred boys and then just being in a mess at the end of it. Quality not Quantity. Now ur young, focus on a career, something important, and when the right time comes - SO WILL HE. If God

could make the most complex DNA structures in you - a billion times more complex than the entire universe, is it hard for Him to give you a mate? Take your time gurl.

5'11 ½" Renee wrote (February 19th 2008)

I am 13 years old, 5'11 ½" and I love being tall!!! I go to a private school and I am the tallest person in the school. I also am asked all the time to get stuff off of high shelves, but I don't mind. TALL GIRLS ROCK!(!)

6'4 ½" Jessica wrote (February 17th 2008)

I just turned 15 and I'm almost 6'5". Everyone asks me if I play basketball... and I do... if I model, and how tall I am. The questions don't bother me it's just the amount of times they're asked. I love being tall... don't get me wrong, but I sometimes think it would be so much easier if I was shorter. Especially with guys. Guys just don't think of me as a girlfriend or attractive just because I'm tall. I know it's not because I'm ugly or not pretty, people tell me I am all the time, but sometimes I just can't believe them because guys just don't like me because I'm tall. I wish they could just get over that, but I know they won't. Maybe someday I'll find the right guy for me. If you think it's hard to find men, clothes are another story. I'm on the slimmer side and have very long legs so it's hard to find pants that fit me. I would definitely recommend alloy.com. They have great jeans that are still in style and are long enough. So if you could give me any advice on anything I'd be so happy.

Thankx,
Jessica

5'10" Louise wrote (February 16th 2008)

To Alex (Feb. 10): Thanks, Alex, for writing, and being part of this awesome group! As to the self-esteem issue, you're in what is probably the toughest year developmentally: sophomore in high school. Not only are there major physical changes taking place, but the stuff that goes on in high school that year - huge academic load amidst a whirlwind of social pressures - make ALL students question who they are and how they fit in. The self-esteem crisis drives lots of girls (and some guys) to eating disorders, cutting, and other dangerous coping behaviors. The majority of girls in eating disorder clinics are average height or shorter than average. Many are very pretty and thin, and you'd think, "How could they possibly be unhappy about their size?!" Well, the answer is, it's not really their size that's the issue; it's their self-esteem.

You are ahead of the game, Alex, in that you recognize that self-esteem is an issue for you, and you're not afraid to admit it. Take comfort in the fact that it's an issue for probably all teens. Many of the girls you pass in the hallways at school might look all confident and together on the outside, but trust me: they're struggling with issues on the inside.

Like Jheri (Feb. 11) suggested, get involved in school activities, like sports or chorus or science team... check out all the stuff your school has to offer. During this turbulent year, nothing beats being part of a group. Doesn't mean you hang out with the same kids all the time, but it does help you feel like you fit in.

Sounds like you have a great head on your shoulders... I'd wish you luck, but I don't think you need it. You're going to do great just being you!

6'3" Jheri wrote (February 16th 2008)

To Jewel: Getting an accurate height measurement is difficult and if you want it to a cm (about a half inch), you need to have someone who is skilled make the measurement. Posture is important, how fluffy your hair is (why they put pressure on the top piece that hits your head) and there is a diurnal (sp) variation in your height due to the effects of gravity. You are usually tallest when you wake up in the morning. This variation can be a few cm in some people (nearly an inch).

Mine varies from 189.5 to 191cm when taken professionally. I go with 190cm when asked.

5'10" Liz wrote (February 15th 2008)

I love being tall, I always stand out.

5'11" Janna wrote (February 14th 2008)

I've always been tall growing up. Even though I was aware of this it wasn't until I was about 14 that it started to become an issue with me. It was difficult to see my friends and other girls my age getting attention from guys and me being left in the corner. I was too apologetic over my height and used to justify being treated like a leper. I thought I was the weird one, and the odd one out, and it was only natural that guys would be repelled by me. However, it wasn't until I was about 17 that I began to realise that any (positive) attention that I had got over the years had come from guys who had really amazing personalities, they were self assured, had varied interests, and were probably a little quirky themselves - which I love. This was exemplified more so when I went to university. To all the girls who are in the position that I used to feel when I was just a little younger - think quality not quantity. I'm in my late twenties now, and yes, you have an off day about yourself, but every girl in the world feels this at time to time - but never feel the need to excuse your height for anyone or feel that your place in society is any less deserved than anyone else. Tall girls are lucky- when a guy likes you the thing you're probably most insecure about is on full view to him- and he still likes you for it- its more or less done and dusted - other women's - insecurities lay mainly in their heads or under their clothing, and takes a whole other, perhaps longer journey to deal with.

5'11 ½" Jewel wrote (February 14th 2008)

Well, Joerg, firstly, you might discover that although I usually post 6ft, I am posting 5'11 ½" today because I just got measured at doctor's other day, and I have well, "shrank".

It's not a big deal, I still consider myself 6ft, which I have always been.

To little Sarah below: All people are different, they come in various formats shapes and sizes, and some people hate short, fat women, whilst others tall leggy ones, truth is, we can't have anything both ways, and your attitude is on the mark girl. Don't let anybody make you feel hurt, you are responsible for your feelings. I don't consider you even really tall, so dress up in your heels, little tight DECENT skirt, do your hair and nails and face and walk like a model in town-centre, let them worship.

JEWEL

5'11 ½" Sarah wrote (February 13th 2008)

Hi I'm Sarah. I'm fifteen and I've been tall my entire life, and usually I love it. However, I agree with many of your comments, especially the ones about people asking if you play basketball, but I understand that those people are just trying to be friendly. The thing that annoys me the most is when guys say that they'd NEVER date a girl taller than them. Today one of my "friends" said it to me and at first it kind of hurt my feelings. Then, I remember how much I love being tall and all of the great things that it enables me to do. I decided that not to let shallow and ignorant boys, who are obviously not comfortable with their "size" (lol) bother me! So, now i think guys like that are super funny. Being tall is beautiful!

6'0 ½" Ashley wrote (February 11th 2008)

I love being tall! Don't complain about the thing you can't change, embrace the things that make you different!

6'3" Jheri wrote (February 11th 2008)

To Alex: I never went on a date until I was 20, but that was more my shyness than my height. Believe me - most girls have lots of self-image problems and I had more than one. Just get to know people, get involved with some school activities, hang out and have fun. Things will probably come to you.

6'0" Alex wrote (February 10th 2008)

Thanks to everyone on this website who has given advice. I'm 15 a sophomore in high school and 5'11 ¾" and I have major self-esteem problems. I know I should be proud of being tall but most of the time I hate it cuz all the

guys are shorter than me and I've never had a real boyfriend or even a guy say I'm pretty or anything. It's really depressing when all the guys only like the short girls that have terrible personalities and here I am who's nice and funny and just wants someone. I know when I'm older guys will grow up and appreciate me and want me but what do I do till then? Cuz I don't want to go through all of high school the lonely dateless awkward giant girl. I wanna be like y'all who are confident in yourselves and showing off y'all's beautiful tall selves but I'm having a really hard time doing that.

5'11" Lauren wrote (February 10th 2008)

I'm not comfortable being tall. People are always telling me that I'm huge. It doesn't make me feel good. It's really really hard to find guys taller than me.

6'2" Sheila wrote (February 9th 2008)

Hello all, I just found this site today. I have been enjoying reading your quotes and not feeling like the only tall gal out there. I still feel a little insecure at times and could definitely relate to a lot of your stories. Regards, Sheila

5'10" Ally wrote (February 9th 2008)

Hi, Ladies. First off let me say that I understand totally where all of you are coming from. In high school I was tall and skinny and had to wear a dorky school uniform that accentuated it. I always felt so out of place with my friends who were always shorter with coke bottle figures. Sometimes I would try to wear heels but whenever I went out in them, I found myself trying to stay seated for most of the night, so i'd watch my friends having fun and wouldn't join them. Since I've gone to college however, I find that it doesn't matter as much. I go to a college in the US and they're a lot of tall, beautiful girls so I think to myself, some of these girls are taller than me and I think they're georgeous. So I feel georgeous now too and I think that's what people see when they look at me too. If not? Screw them.

6'0" Linda wrote (February 6th 2008)

I just found this site and it is awesome! I have met very few women in my life as tall as me. There are unique issues a tall women deals with, finding clothing being one of the most problematic issue. I am always on the search for stores that carry fashionable clothes that fit me. I hope I can learn something here and share some of what I've learned. I am 46 years old and absolutely love being tall. I didn't always feel that way, however, it's taken me years to feel comfortable. It's so great to see a forum here for women like me.

5'10" Marie wrote (February 4th 2008)

This site is just pretty cool. I think I'm not comfortable with being this tall, cuz everybody else isn't... I'm 17 years old and yeah, they ask me: "Do u play basketball?"... But I don't. It's so hard to find guys who are as tall as me, and I'm taller than all of my friends. It's nice to read all the comments on this page =)

6'3" Jheri wrote (February 3rd 2008)

I was thinking about the posts we make here. They complain about our height, talk about how we are happy to be tall and have questions and suggestions about clothing mostly.

How about some stories? Funny, strange or whatever. Height related and not height related. I have many and many of you probably do too.

Here's one:

Here is a practical joke I did last year. I won't mention the country to protect the guilty (me).. It is related to tall other than I have a lot of confidence from being tall.

I had to blow off some steam after a really bad week and decided to do what is for me a big practical joke. The idea was to go to a public event and take enough of the men's urinals out of service to make them wait like we

have to. I found a big roll of yellow vinyl tape with "out of service" printed in this countries language. Then I got a workman's vest to look like a workman. I thought a lot and found a pre season hockey series by some local clubs at a small rink not far from where I live. The idea was guys drink a lot of beer when they watch hockey.

So it was Friday night...

I got in early with my coat over my workman's vest and my hair tied back. As people were coming in I scouted out the facilities. A men's room and a women's room. This isn't a big place and they mostly use it for people who practice skating and club hockey games. There was a janitor's closet, but it was locked. I took out a credit card and was able to move the little lock bar and got in. Inside I hung up my coat and found the janitor's cart. It had a mop, pail, garbage can and a few signs including a closed for cleaning sign.

I left the room and waited about fifteen minutes for the game to get going, then I went back in and took the cart. I knocked on the men's room door and asked if anyone was in. No one answered. So I propped open the door with the cart, put out a closed for repair sign and went in with my tape and tools. First I put the tape over all ten urinals, then I used a wrench to shut off the water to each one. That part felt risky and probably took five minutes, but it was pretty exciting. I didn't touch the three toilets, figuring a thousand guys drinking beer need more than that.

I left the mop and pail to make it look like something had happened, and then went back to the janitor's closet where I put the cart back in and put on my coat. I heard someone walk by and waited about a minute become coming out, closing the door and letting it lock behind me.

I should have gone in and watched the game, but I was excited and scared at the same time, so I just walked out into the night, got on my bike and raced home.

I don't think many guys carry pipe wrenches with them and most probably don't know how to pick locks (Jheri was a really bad influence on her older brother), even if they are really easy to pick.

Joerg says: Oh, my... Oh, my!

6'3 ½" Saliha wrote (February 2nd 2008)

Hi, everybody!! My name is Saliha and I'm 22 years old at 6'3 ½". I think I can agree with everybody when they say growing up was tough but we all managed through it. People are going to find something to pick on you about, so if it wasn't your height then trust and believe they would have found something else. Sooo you can't be pressed that people want you to conform and you can't. I mean there's no operation you can have to make you shorter... so you might as well deal with it and make the best of it. Besides if people are going to look, give em something to look at, right. You got to be confident, you got to feel it. Remember you're not abnormal, nine times out of ten one or both of your parents are tall sooo two tall parents make a tall baby. That sounds normal to me... You know how many people do crazy stunts or drastic things to get noticed?? See you don't have to do all that. You can wear sweats or heels, people gonna look in astonishment regardless! So be proud and represent. Don't think you're the only one out there... all my amazons need to stop hiding and come out of the dark corners to be an example to other tall divas. Don't let complete stangers make you feel small! Be the bigger person... literally you are. And don't let complete strangers dictate your life. If you don't want to play basketball then DON'T PLAY. You live in a world where the norm isn't the norm anymore, you have to break these stereotypes not just for yourself but for your daughters who will be tall, their daughters and every other woman. LOVE Y'ALL MY TALL DRINKS OF WATERS!!!

5'10" Lena wrote (February 2nd 2008)

For as long as I can remember I hated being tall. What made it worse is that I have always been thin. I didn't have any boyfriends in high school, which made me feel even more like the odd (wo)man out. I was a bit of a jock in high school which gave me some confidence. I have just recently started to feel comfortable in my own skin. I am now a mother and I want my son to love and be satisfied with who he is... so I've got to lead by example. It is hard to drown out the negative words that were spoken to me, but I am learning to do just that. To all the teens and young women: Always love yourself, and don't let others trap you with their words. People forget what they say, but for you to hold onto it puts you in a prison... that's no way to live life.

5'11 ½" Yomi wrote (February 2nd 2008)

I'm about 5ft11 - 6ft. At times I love my height but there are times when I would do almost anything to be short so that I could wear high heeled shoes, skirts without them being too short and feel like an equal compared to other girls. My boyfriend is shorter than me. Not that much, maybe about 2 inches shorter but it also makes him feel insecure about his height because I'm taller. I'm quite thin - not size 0, more like a size 10, and wish I knew what more I could do to my height and not just hide in clothes that I'm lucky fit. I wish I had a wider range of clothes to select from but then I guess I'm also scared about standing out and people just staring. I just wish I was equal to other girls. I know that there are other girls that are my height and taller but being in the UK where the average height is 5ft4 - 5ft5, being over that height I feel like we tall girls are one of a kind. But that doesn't stop it from being hard .

5'10" Roe wrote (February 1st 2008)

I am a 5'10", 26 year old female, and I have ALWAYS been tall for my age. All through life, the mean and blantly rude comments people made to me about my height really bothered me. I never had a boyfriend in high school, and I remember on a few occasions guys say "You're cute, but you're too tall for me". That really hurt. Got my 1st boyfriend at age 19, and he was 5'4". Go figure, right? LOL. I have never worn heels, even though I always had a strong desire to. But was too insecure. Well in December, I made a New Year's resolution to start living my life the way that I want to, and stop trying to make other others feel comfortable. I said to myself: "I have had enough of slouching and trying to hide my height. I am going to wear heels daily, and learn how to walk with pride!" I immediately went out and bought a new wardrobe and about 10 pair of high heels, and was determined to strut my stuff in them. Well let me tell ya... It has only been a few weeks, and I have worn heels at least 5 times a week!!! I feel so free and it's like I have a new lease on life! I have of course recently gotten the "WOW, you're so tall!" comments, and I always respond "Yeah, it's beautiful!" I've noticed people are caught off guard by such assertiveness and self-praise, and they don't know what to say next after that. LOL. Ladies, please listen to me. Life is too short... literally. Put on those heels and stand tall and confident!! No one should have to slouch or wear flats to appease a man and his ego. I'm waiting for the man that will approach me while I'm in my 3-inch stiletto boots.. because that is a man who is secure and accepting!!!

**Normally it's Ladies only but I'm making an exception for
7'1" Don who wrote (December 31st 2008)**

Evening, folks!

I'm not a woman, but I've been through the same things that everyone on this site has been through. I'm actually a little taller than the stated 7' available on Joerg's form :-) I was 6' 9" at age 17, which gives you a clear indication of what we're dealing with.

Hang in there, folks, I know it's very tricky at times because the world is chockablock full of people who can't wait to point out what we already know and whose "Think Before You Speak" licence has expired. Believe me, tall gets better and better as time goes along. Tall is never uncool. It never looks bad. Ever. Some people are just not ready for us, that's all. There's an expression in basketball circles. They say, "You can't teach height". They are absolutely right.

Remember this, though: tall people bring something to every situation that no-one else is capable of. We attract attention all the time, obviously... Some people manage to control their curiosity, others not so much. (All the jokes and comments paint quite a worrying picture of the people who make them. If seeing a tall person is too much for them, Goodness knows what'll happen when they see something REALLY unusual. Spontaneous combustion is my bet. They'll just burst into flames...)

The kind of advice I can offer, based on things that proved VERY helpful to me, are to do things like the following:

Surround yourself with images of tall people, read up on tall issues, let it become a cool feature about you. Take an "attacking" position when facing the comments etc., like saying in reply: "You wish you were as tall as me. Everyone does! Everybody wants to be taller!" This is actually very true. There's not a person in the world who wouldn't like to be taller (even if only slightly!). I would like to be five or so inches taller myself. Fact.

Tall is supergroovy, it is supercool and at the end of the day most people just wish that they were taller. Who wouldn't?

Peace out!

6'5 ½" Jimmie wrote (January 29th 2008)

Well Mel, Karen and Melissa, Loves. Don't worry bout it! I still really don't have much confidence but since I found this site and started talking to wonderful people (like Joerg) I realized something: Don't listen to what other people who are unimportant in your life think because you know what? They don't do it very often. I'm proudly (kinda) **6'5 AND A HALF!** (since Joerg doesn't have it on the height). And I wear anything from flat dress shoes to 4 or 5 inch heels because they make me feel good.... make my feet hurt but they make me feel good. And as for the jeans, you can also try Fashion Bug - they've got good jeans that are custom ordered... I think they go up to a 39" inseam. I know they've got 37" and 38" because I've got them. But ya'll don't fret about the men. Lots of guys who you meet will become your best friends and you'll learn things that you'd only learn by getting hurt otherwise. And some you can have eat out of the palm of your hand (or get a crate to stand on to kiss you!). But I think with time you get more confidence... I'm fixing to be 19 in March and I'm just NOW getting my confidence and self-esteem booted. Love to all!

Joerg says: Oh, my... Jimmie. You're more confident than I thought 

5'10" Karen wrote (January 29th 2008)

I'm glad someone thinks about us. Here's my story: Well, I'm only fourteen and standing at 5'10" so that means I have 2 more years of growing to do! I don't have a problem with it either cause I know I'm going to be a goddess when I grow up!!!

Joerg says: You don't know it yet but you've just made my day, Sweetie. And I'm sure I'm not alone out there!



6'2" Melissa wrote (January 29th 2008)

Hiya, everyone! My name is Melissa. I'm finding it really hard being tall due to the fact everyone is so mean when they see a girl who is a lot taller than them, especially men. It really hurts because all my friends are small and everytime I go anywhere all I get is "... the size of you!", "... how tall are you?" or ,... ,aren't you big". I find it really hard to find shoes too. The only shop that goes up to my size is Evans. I find it really hard because the shoe I want they never have in my size (11). It's all platform heels and I don't want to make myself look taller. I know I should love my height but I have to have (more) confidence in the way I look.

Joerg says: Have you taken a look at the Shoes International section UK? There are several companies listed that cater to women who wear a size 11 (UK). And not all shoes in bigger sizes are platform heels. There are plenty of flats out there.

6'2" Scarlett wrote (January 29th 2008)

Hii! Mel, I'm just about to finish High School here in England, and I know exactly how you feel!

I remember times when I was with my ,so called friends' and they would stand and make comments about the size of my feet and the length of my legs being abnormal.

It's obvious that your a smart girl, and you shouldn't let the things people say let you down. Whatever height, weight, colour you are people are still going to find something to criticise.

I like the fact that being tall (and big built in my case!) makes me feel safer when im out and about. Also being able to see over the heads of people at concerts and in the cinema is a bonus as well!! I only have one friend now that is taller than me, and one of the same height. All I can say is, that all that matters is that your happy in your own skin. Sometimes you just have to ignore what the sceptics say.

Good Luck :)
Scarlett

6'0" Tiffani wrote (January 29th 2008)

Been taller than alot of people most of my life. About 90% of the time I love it. People always need your help to, say, get something off the top shelf or hang pictures. Buying clothes however absolutely STINKS! I have found one store that carries the perfect jean for me: "Buckle". They carry up to 37" inseams and have great styles for young adults. For all you tall girls that are getting bullied... I believe that people are just jealous - so many men LOVE tall ladies!

6'4" Gabrielle wrote (January 28th 2008)

I know just how you feel, Mel. It can be really hard to get through school when you're different. At this point, I promise, it's a waiting game. The boys come to their senses eventually. Be confident, embrace what makes you different. And you're not alone, every woman on this website (mostly) either went through, or is going through exactly what you're going through. Forget the short girls. Forget the mean boys. In a couple years, they'll line up for you. Take it from someone who lived it!

5'11" Mel wrote (January 28th 2008)

I'm already 5'11" and 14 and it makes me feel so awkward when im around any of my friends who are around average height, I get bullied by the kids at my school just about how tall I am, and it's driving me crazy. Everyone is telling me to appreciate my height, and how I could model (which I'm not) or how taller people are considered smarter and how guys like taller women (which is definetly not true at my school). Even if I play a sport that is considered for taller people the shorter people are still better then me! I don't know what to do about it now and what their saying doesn't seem true because it seems that people only like the short girls and just laugh at me because I look down at them. Any advice is appreciated =(

6'0" Jewel wrote (January 28th 2008)

Shumani: always, and Gabrielle: I like the ring of that word "abstinence". Lovely. YOU GOTTA STICK NO MATTER WHAT.

5'11" Shumani wrote (January 27th 2008)

Hi, my name is Shumani and I'm from Thohoyandou, currently in Pretoria because I'm studying there. I never hate to be tall and I am tall. This year I'm going to turn 21. I don't see any problem with being tall as long as you can do everything a normal person can do. By the way, people used to describe a good looking person as being tall and slender, you are dark, you are light - they don't check these things. Even those who enter Miss World must be tall and slender... SO TALL IS BEAUTIFUL

6'4" Gabrielle wrote (January 26th 2008)

Thanks for the advice Jewel, and you don't have to worry about me, I'm an abstinent teen, so I've already made the firm decision to wait until marriage. Your concern means a lot though, i appreciate it!

6'0" Jewel wrote (January 25th 2008)

Gabrielle: Just think of the height difference. I dont think 3 inches is bad at all! Especially if one day you wanna feel a bit level, wear flaties and him thick soled shoes. 3 - 5 inches is where a woman is taller but still "ok-ish" and it looks attractive, be REALLY confident, it's so attractive. Take care of your sexual health first though. Wait till marriage - ideally. If not use a condom (they are not fail-proof though).

Chanel: More grease to your elbows!

All the best!

6'4" Gabrielle wrote (January 24th 2008)

Chanel, I truly hope you appreciate how lucky you are that you've never dealt with height related problems. And thanks, Jewel! Comments like yours keep me going. So right now I'm heading towards a possible relationship with a shorter guy. (He's around 6'1") Any advice?

Joerg says: Go for it. I'd love it if a lady like you were interested in me (but then I'm not 6'1" and much too old anyway).

6'0" Jewel wrote (January 24th 2008)

Gabrielle, your attitude's brilliant, I know you will make it.

5'11" Chanel wrote (January 23rd 2008)

Hey! My name is Chanel and I'm 5'11 and I love it! I never have any problems with guys or other people. I really think that God made me tall for a reason, and for all of the tall ladies **STAND UP STARIGHT, DONT HUNCH OVER AND USE YOUR HEIGHT LOVE YOUR HEIGHT!** =)

6'4" Gabrielle wrote (January 23rd 2008)

Hey, I want you to know you're not alone in worrying about your height. I'm 17, so I know just what it feels like to walk through school hallways and have everyone stare at you, often negatively. I can promise you it gets easier, it's all a matter of learning to accept and embrace being different. I have a lot of tips for things like dressing and flirting, all in ways that compliment your advanced height! Send Joerg an e-mail so he can forward it to me. I'd be happy to share some tricks.

6'0" Jewel wrote (January 22nd 2008)

What a shame, Camilla... :(

5'10" Alix wrote (January 22nd 2008)

Camilla, I'm 5'10 ½" and I know how you feel! I used to feel very awkward getting on the bus and having my head an inch away from the ceiling! I used to be very insecure about my height and let myself think I was shorter. The minute anyone asked "How tall are you?" I would let it ruin my day. Sometimes I even came home from school crying. Now that I'm 21 I have learned to LOVE love LOVE my height. Let's face it we have such an advantage over "average" sized women! The only reason anyone that doesn't know you would be mean to you is because they are insecure or jealous. People stop me in the street or the metro to tell me I am "strikingly beautiful" and they probably wouldn't notice me if I wasn't taller than your average chick. It's hard being in school when most of the guys are a couple years behind the girls height wise, but they will catch up. I am dating the most wonderful gorgeous man (he is 6'2") and he loves that I'm tall! So I wouldn't have it any other way. Hope this post helped out ;)

5'10" Camilla wrote (January 20th 2008)

I am extremely insecure about my height. No matter how hard I try to embrace it, there seems to be more bad days then good.

I am constantly trying to convince myself that I am 5'9" and every time I measure myself I slouch a bit to make it look as though I'm smaller. I don't think there's ever been a day where I've been happy to be tall :(

It's come to a point where I don't even want to stand up and I hate getting on the bus because I almost touch the ceiling and it makes me feel so insecure. I have a pretty face but people never notice it because it's my height that catches their eye and boys only ever look at me as their "friend." I even try to put on weight because being skinny makes me look taller.

I hate it when people make rude comments about my height especially when they use the word "lanky". It hurts me so much, I'm not sure why but if someone makes a slight comment about my height, it often upsets me for the rest of the day.

I constantly wish I was smaller and had a curvy figure instead of being a ,stick' - I do try to over come my insecurity like some of the women have on here but I dont think I will ever be completely happy with my height. I just wish i was just that little bit smaller :(

5'11" Margaret wrote (January 19th 2008)

I have just come across this site and boy I love it. I am 39 and have always been very uncomfortable with my height. The main reason being that I have always struggled to find stylish clothes and shoes, and have always bought whatever is available. This site has lifted my spirits and has given tips - I think it will go a long way in boosting my self esteem. Thanx Joerg

6'0" Jewel wrote (January 11th 2008)

Joerg, is there a chance people could show their heights. It makes it easier for reference. Case in point LAURA's comment leaves us guessing what height really is on the shorter side of tall!

5'8" Joerg says: I have added the height of each contributor to all entries made in 2008. I may try and add the respective height to the older entries as well. I hope this helps.

6'0" Hannah wrote (January 11th 2008)

I like being tall, it's really cool. I dont mind, I feel good about it! Ok, not always... jiji, for example, I haven't dated anyone taller than me. I have dated shorter guys, but my dream is to be with a man taller than me. Where I live there are not many tall guys, and the ones that I have known are just not my type... So that would be a problem, I guess. I'll be patient :)

Shoes, jeans, shirts... that's definately a problem too ! Most of the time I buy male clothes/shoes, and that in some way make me feel insecure cause I don't wanna look like a boy. I wanna be considered girly, delicate, and cute! Not rude and evil :P Another problem for me is that I always walk with my shoulders and head down. I don't even notice it! I just do it and my neck hurts :(...jiji. However I love being tall, I feel good :) and it helps when I play basketball with my basketball team :)

6'3" Jheri wrote (January 10th 2008)

I see that I'm a "really tall woman" by Joerg's comment :-) But I think he is right. I don't have much of a problem with the height of a guy. I think our sort of height is rare enough that you just get used to things and height in people just isn't important. There are exceptions, but I think I'm more typical.

A friend sent me this link: <http://www.paleofuture.com/2008/01/taller-women-by-year-2000-1949.html> amazon women by 2000!. Amazing sexism and really funny from another age.

In reality the average height of a woman in the US went down in the last fifty years even when they correct for immigration. Other countries are getting taller. I haven't seen anything on my native Canada, but I think it must be like the US. There was a great article on it a few years ago that someone mailed to me. Here is the link: http://www.newyorker.com/archive/2004/04/05/040405fa_fact.

5'8" Joerg says: I have my own classification for tall women. **Somewhat tall** (5'9" - 5'11"), **tall** (6'0" - 6'2"), **really tall** (6'3" - 6'5"), **very tall** (6'6" - 6'8") and **extremely tall** (6'9" and over). I can only talk about my own experience but I've noticed that really tall women seem to find me more suitable as a partner than somewhat tall ones do. I wonder why that is.

5'10" Laura wrote (January 10th 2008)

I realize as far as tall goes, I am on the shorter side, however we should all be proud of it. It is a rare beautiful thing. Yes, as a young person I received ridicule, but as an adult I receive a lot of respect. Most men find it attractive too. I am married and my husband is 6'4" and like having a tall man too. Wish all of you well in your journey! There are other really great benefits too, like being able to see over crowds and not have to ask someone to get something off the top shelf, always look at the positives.

6'2" Kris wrote (January 8th 2008)

I'm 50 years old and 6'2". No one was my height way back when I was a teenager. It was so very painful. Constantly ridiculed and made fun of. My mom taught me to stand up straight and to act confident even though I was very insecure. I learned to fake it and one day I actually became confident. People are so stupid. They'll say "oh my gosh, how TALL are you?" like I'm a freak. I would never ask someone "how fat are you?" My biggest problem now? I have really long legs and I need a 39" inseam if I want to wear 2" heels. So hard to find jeans that long. Thanks for creating this website. To all the young tall girls out there: when you enter a room, stand tall and walk proud and when you do, you'll own the place.

6'3" Jheri wrote (January 8th 2008)

I don't find shorter people hating me. There is a lot of curiosity when they see you for the first time, but the people I have gotten to know quickly find that the height isn't a big thing and it is about the person.

It is different for teenagers, but that is a time when you and everyone around you is immature and mostly insecure.

I hate heels and the pain they bring. When I'm not working, I'm in my running shoes. Unfortunately my work pretty much requires a certain type of dress that I can't pick myself. I'm experienced in walking with them, but ... feh - I dislike them so much. I wouldn't mind being taller, but with the real thing rather than shoes. Sadly, at 24, I'm not going to grow any more.

One thing I have noticed is that people, when they first see me, look me over to see if I'm wearing heels. They seem more startled when they see I'm not :-)

5'10" Anela wrote (January 8th 2008)

I'm 18 years old and 5'8", well, actually I might be 5'10". I'm European and I live in the USA now. I never have been put down about my height, in a bad way. Yes, I have been asked questions like "are you a model", "do you play basketball???", "how does it feel to be tall???" To tell you the truth I have my days where I hate being tall but I never let it bother me to the point where I would stress over it. People would always tell me how pretty I am, and that's what they notice about me the most and not how tall I am. I have lots of friends who love me for who I am. Sometimes it's hard to find a "tall" boyfriend but I would never go out with a short man - it makes me really uncomfortable. The only problem I have is finding jeans!!! I swear it makes me so mad. I hate going to the mall knowing I will spend hours looking for jeans and won't find any!!! Anyways, I ignore everyone that says negative things about me [mostly girls]. I just take it as them being jealous =] Why bother caring what they have to say?? They just want to put you down to make themselves feel better. You have no idea how many guys [even short guys] have told me they are more attracted to tall women than short.

I even wear heels now, it doesn't even bother me that I just might be taller than few girls out there!! So what?? It's not the end of the world. I love who I am and I would never let anyone get the best of me.

Stay positive...
God bless

5'8" Joerg says: Let's just say you're 5'10" and not 5'8". Otherwise I wouldn't have posted your quote on here. It keeps surprising me that more really tall women (6'3" and above) are open to dating shorter guys than somewhat tall women (5'10" and 5'11").

5'10" Carol wrote (January 7th 2008)

Hi guys, Carol here. I just love this site, I wish they had it around when I was in junior high, Anyway I am 53 and 5'10" and this site has helped me to start wearing my high heels again. It also helps when I go out with my son who is 6'8" and he gets the comments and he doesn't get bothered by it. He has a tall girlfriend who is gorgeous, and they make the most striking couple. I love it now, thanks Joerg, for this great website for the gals that are younger than me, I really could have used this support years ago. Hugs to all. Carol

6'3" Mimi wrote (January 7th 2008)

In response to what Clare wrote: Hon, I am 6'3" and wear 3 inch heels. It doesn't matter, I mean we are tall already so 3 more inches won't make a difference. It makes the short women hate on us more and look at us like we are the scum of the Earth. I get so much attention when I go out and nothing but short people surround me... it makes me laugh because I am the center of attention! To all the ladies: LOVE your height and how beautiful we all are! It is rare when you are 6'3" and up! So God made us this way for a reason and I wouldn't change it for nothing :-)

5'8" Joerg says: Not so sure about the "scum of the Earth" part but a lot of them are jealous alright. There's no reason not to wear heels unless you really find them uncomfortable. A tall woman in heels is a confident woman. She enjoys her height and is woman enough to enhance it even further. Go, girl...

6'2" Christine wrote (January 5th 2008)

Faith: of course we have bigger feet than most average or short women, if we didn't we couldn't balance, remember we're very tall, so sure a 12 would be large on an average height woman, but not of a woman of 6 feet or over. Just my opinion. Hope you understand the perspective :>

Peace, Christine :>

6'2" Clare wrote (January 5th 2008)

There was a point in my life recently where I said to myself, "screw it! I love being tall and I love being a woman and if people are intimidated by me wearing 3 or 4 inch heels they can get over it!" But I soon realized that things are not that easy. I am 6'2" and if I wear 3 inch heels I am 6'5". That is about a FOOT taller than the average woman; a huge deficit. There are times when being 16 and 6'2" is close to insufferable. But I realize that there are actually women who envy me. Life is tough and when I start feeling bad for myself I think about people who actually do have it bad. I hope that all the young women who read this and go on this site realize that they have something that very few people have. Those who remark about our height are always one of two things; genuinely fascinated or jealous. Being confident and non insecure is easier said than done, believe me, I realize this, but remember that we have been blessed for a reason. So own your height and by doing this you will unconsciously own everything about you and give others the right to own their own individuality as well.

6'2" Katelyn wrote (January 2nd 2008)

I'm 15 years of age and 6'2" tall. Sometimes being tall is hard but God helps me through everything. I'm sure all of us have been asked "Do you play basketball?" because I do all the time. I always hear remarks like "wow she's tall!" or "look how tall she is!" or they'll come up to me and say "you're tall". Normally I just ignore it but sometimes I'll look back over my shoulder and say "yeah I'm tall not deaf," "I do own a mirror you know," and sometimes if I'm aggravated I'll say "& your short. What's your point?" and just walk off.

Boys are easily intimidated by our height though. So I hear a lot of comments from them at school but I just ignore them. I know they're jealous that we hit a big growth spurt before they did :D.

I was surfing the web for tall clothing and came across a site where a lady was saying that no one was over 5'10" and that manufacturers should stop making such long clothing because she has to get her pants hemmed because they're too long. I replied by telling her that not everyone was average like her. I told her she should be glad that all she has to do is cut off the bottoms of her pants, unlike tall women we have to find extra fabric to go at the bottom of ours! She wasn't very nice about the way she was telling other women who were average about her "trouble" and they were agreeing with her. Saying that the only women who were tall were models. I simply told her she was wrong and that she needed to get her facts straight before she started running her mouth on a subject she didn't know much about. People like her irritate me.

I'm just glad that someone has made a website for tall women, one that we can all talk about our problems and help each other out. It makes me feel good that someone else goes through, or has gone through, what I've been going through. You'll definitely hear from me again. :) THANK YOU Joerg!!!

5'11" Faith wrote (January 1st 2008)

Hey, I just came across this site... it's pretty cool. I'm tall, I didn't like being tall before wasn't that much of a problem. I actually love it... Well, it's a beautiful thing. Even though my feet are humongasourous and the tall girls store has super expensive jeans and pants for no reason - it's not bad. The only thing I would love to change is my shoe size but I cant. It's so hard finding nice shoes in size 12. I want to model as well but I dont know where or how to start. I need help in a way.

Joerg says: Well, most shoe companies on here sell shoes in at least up to a **size 11**, often **12**. For some serious thoughts on modelling check the notes of a real catwalk model (who's **6'3"** and a friend of mine).

Tall Quotes 2007

5'10" Kelly wrote (December 29th 2007)

I'm 16 and 5'10" and I dunno if I could grow a bit more, but I have a feeling I can. My mom said I probably can grow an inch max and reach 5'11". :P Late growth is also genetics, cuz my mom didn't start to grow until late. When she was 17-18 she was 5'2" and then went from 5'2" to 5'8". Besides finding the right pant length I like being tall. :P

6'0" Charisse wrote (December 28th 2007)

Rachel, honey. That's the way to think. If you base your height on people's thoughts and judgements, you will NEVER be able to move forward in grace!!! Always remember, Height is a privilage that not everyone can experience 24/7. Besides, heels only compliment who we really are!!! Believe that!!

To Emily (12/17 comment): In order to combat comments like that without hurting the person's feelings is simply let them know that, "I dont have a problem with your height...so since I dont have a problem, then you should be alright." If that doesnt work...then you know that that person is not there for a good reason. Friendship should not depend on one's height for acceptance. If you accept the person, the accept everything about them. Not just certain things.

To Val: We have ALL been there!!! I think that every single one of us at some point in our lives have been teased maliciously. Some of us more harshly than others. For the most part you have a solid grip on reality and you know the truth about yourself. However you are ONLY pointing out the negative parts. Like Louise so brilliantly put it, contrate on building up that entrepreneur mentality. It just may be the thing that can bring about a change not only in your life but the people that you love and care about. Not to mention the community. Also, once you subtract the negative people in your path that have nothing better to do than to disburse their low self-esteem in your direction, the better that you will feel. They are the ones with the problem. They are the ones that are missing out and they dont even know it!!! So, I'd say, let them.

Also, when it comes to clothing and shoes, Joerg has done an excellent job providing us with websites that you can go to... that you can find what you need to compliment your figure. Once you find something that works for you, then you will be just fine, if not great!!!

Charlotte... it's ironic... b/c my mother's name was Charlotte. LOL!!! But in the words of my mother: Change the way you think about yourself... and you will change the way you see yourself!!! Continue to work out... not for your husband, family, co-workers, etc. Do it for yourself and for your health. That's important!!! As far as you feeling ashamed to stand next to your husband, honey!!! Make a date to go out somewhere...wear a nice length skirt, blouse, and some heels. Stand straight and with confidence. I am quite sure that your husband is not going to find a problem with it. As a matter of fact, by you standing next to him boldly, that just may be the ticket that will bring excitement in the relationship!!! Your are letting the world know that I am NOT ashamed of who i am, and who I am with!!! Dont allow negative words to penetrate and destroy your confidence in yourself!!! Your belong to a wonderful group of people that God handpicked himself.... to represent the beauty of tall women everywhere!!! Stand tall and proud!!!

5'10" Linnette wrote (December 27th 2007)

Kellie & Erin, you both are off-the-hook!! I have never been so encouraged about being tall. I'm not looking to date anyone at this time; however, I believe someone is interested. He claims he's my height, but I can see clear over he head and I caught myself slouching when I was standing near him, but I straighten up with the quickness. I'm not going to hurt my back just to hold a conversation. He's a fun person and easy to talk with and that's more important than height. It's like you said Kellie, tall is beauty and I'm going to express it from head to toe!! :-)

6'2" Erin wrote (December 26th 2007)

Hey Ladies... I can relate to many of you and dating shorter guys. My first boyfriend was 5'7" and I was (and still am) 6'2" in high school. I called us the "sit down" couple b/c that's when we were eye level! I let it effect my posture and slouched a lot b/c of it. We later broke up and I married my husband, who is 6'4", and I love it :)

Guys really didn't like me in high school b/c I think I intimidated them, but my height helped me get a full ride volleyball scholarship to a Division I school so I can't complain. I enjoy being tall b/c I'm confident in who I am in Christ! I like it when people or kids look at me and go, "Wow... you're tall!" (Like I didn't know!) Anyways... my dad always told me that "Tall is beauty" and it really is, so be proud! Little women would kill to be tall!

5'10" Linnette wrote (December 26th 2007)

Hey everyone, I just found this site today and I just can't shut it down. I have wanted for the longest to find an outlet for being tall. I have been 5'10" since the 9th grade and it hasn't been too thrilling. My oldest daughter's father is over 6' tall; unfortunately, not very bright (so that relationship was a bust). After him, it has been downhill (size-wise) ever since. My ex-husband is my height, so I was in flats for 10 years (what a horrific experience). And recently come out of a 6 year relationship with a guy an inch taller, got back into my heels and loving life. I wear 3" heels which puts me at least 6' and enjoy it. My parents are shorter than I am; my Daddy stands at 5'7" and my Ma is at 5'6". I'm the tallest female in my family and got teased alot when I was younger. But as I got older, I learned that most short people dream of being my height which inturn boost my confidence. Now with this site, I can shop the way I want for pants that will actually fits. Y'all will read from me again soon. And I hope to meet new ,TALL' friends.

6'0" Kellie wrote (December 26th 2007)

Wow, this is awesome! It's so cool to hear of other women who feel the same as I do. Why can't all tall women live in the same place! I agree with the shorter guy bigger compensate theory. I'm 6 foot... maybe even six one now and I date a shorter guy. I don't actually know how tall he is but he's filipino which makes him generally shorter anyway. I think he's about five five maybe? At first I didn't like it and tried to avoid standing up around him. I'd sit down, slouch or find lower ground, hehe. I guess I just wanted that feeling of looking up to someone, or even looking into his eyes... not down. Then about a year later I was offered a modeling job and suddenly became comfortable with my height because to other models I was short. Most of the models had short boyfriends and I was completely normal. I had even avoided going to the ball because dancing with a short guy would feel and look sooooo strange. But recently I've realised there's no one else I'd rather be with. He's a dancer, mc and comedian and an excellent listener and can always make me laugh. Which is good because I talk heaps :) I think if being tall means you can stand up and be seen then bring it on. It's better than being short. Come on, ladies, it's like someone complaining that they're skinny and they're healthy - it's just their body shape. It's better than being a healthy fat?

Every time someone says that you're tall... just look at them and realise that they are actually short and crying out for attention. Tall women are gorgeous!

6'4" Dee wrote (December 22nd 2007)

I'm 6'4" and 42 years old and my husband is 5'10" we have been married 20 years but sometimes I still feel a little uncomfortable. My 2 daughters are 5'9" and 5'10" and my son is 6'2" but the are slim so they can find pants a little easier than myself. I get so stressed trying to find tall clothing lines any suggestions. The only site I could find is longelegantlegs.com - I need like a 36 length but prefer a 37. This website really made me feel alot better knowing there are other women out there who feel the same way.

Joerg says: You will find a lot more stores on the Clothes International and the Clothes USA pages. I'm pleased to hear you married a man who is quite a bit shorter than you!

5'10" Rachel wrote (December 22nd 2007)

Hi, my name is Rachel. I am 5'10" and I love my height! At first, I was ashamed that I was usually taller than most of the girls in my class and guys that I liked, but being almost 18 years old, I've learned to appreciate it. People always think that I am a model or like a star basketball player! I believe that God made me for a reason and being tall is a gift from HIM.

6'0" Maddie wrote (December 22nd 2007)

I'm 6'0" and 13. I LOVE IT! I play travel volleyball! My boyfriend Jack is SEXY AS HELL and he is one inch shorter than me! And it doesn't bother him at all. I am confident and I don't slouch. GIRLS BE F*****G

PROUD BECAUSE PEOPLE WOULD KILL TO BE US! You wanna be a model? Well, you probably could. You're tall. GET USED TO IT! AND BE PROUD OF WHO YOU ARE!
Merry Christmas

6'3" Gwen wrote (December 21st 2007)

To Patzie: I totally agree with you. A taller man is not necessarily more capable of protecting a woman than a shorter man. Bruce Lee is an excellent example. My brother is his fan and I know from him that Bruce Lee was very strong for his size and could kick butt. Another analogy: What breed of dog would you prefer as a guard dog? A pitbull or German Shepherd? Although a German Shepherd is a very good guard dog and physically larger than a pitbull, a pitbull is capable of inflicting more damage than a German Shepherd.

6'1" April wrote (December 20th 2007)

Hi, tall girls. I'm 6'1" and I'm so proud. I'm 12 and I'm the tallest in my class. My petite cousin is 5'6" and 16. All my classmates can't reach my shoulders. My big brother is 5'7" and he is very happy to see me taller than him. My cousin just loves to be lifted by me. I'm very happy to be that tall. Thanks to Joerg for building this website.

6'0" Emily wrote (December 17th 2007)

Hey dudes! There's a girl at school that I'm friendly with, but whenever I speak to her she says "Wow, I feel so small next to you", although not in a mean way. I'd just like to know what I should say to this the next time, I just don't know how to handle comments like these. They make me really uncomfortable. I don't want to insult her, or apologise for that matter. I just don't know what to do.

Thanks, guys!
Emily.

5'11" Patzie wrote (December 16th 2007)

Here's one for all the women who don't feel protected in the arms or presence of a shorter man: Who would you feel more protected by on a dark lonely street: Kramer from Seinfeld (6'3"), or Bruce Lee (5'7") ??? If you want to see some short men who can make you feel protected, visit the weight lifting area of a gym. Lots of short but very strong men; no tall woman's lanky long arms could compete with these shorter, muscled-up totally masculine arms. Short men in the military, too.

6'2" Mimi wrote (December 16th 2007)

Hi there! I visit this place almost every day and I enjoy reading everybody's comments. Yesterday I found this very touching story and I wanted to share it with all of u lovely leggy girls who are wondering whether to date a shorter guy or not.

http://www.nowpublic.com/what_every_guy_and_girl_should_know

I myself have a crush on a shorter guy right now, hehe. Hope it helps
Much love M xxx

5'11" Patzie wrote (December 16th 2007)

Mary, I'm more impressed that you are open to having a relationship with a younger guy! Kudos to you; this shows your maturity. The older guys are more apt to want to take advantage of younger girls and pressure them, if you know what I mean. As for kissing and hugging, your young man still has some physical sprouting to do, so if it's awkward now, you can bet in six months he might match you in height. In two years he may very well be over six feet. You can always hug and kiss while both seated. I'm 5'11". If two people have good hygiene and clean breath, height won't matter.

5'10" Mary wrote (December 15th 2007)

Ok, I am 5 ft 10 at 16 yrs old and I have a boyfriend who is 5 ft 6 and a half and who i love very much. I haven't met him yet. I met him online through a friend, but I know who he is. He is also nearly 2 years younger than me but I don't care about that. It's just the height thing - he says he doesn't care and that he has dated a girl taller than me, but I'm worried: Will it be awkward kissing and hugging him???

5'10" Andrea wrote (December 12th 2007)

I sit her for the first time reading all these great quotes and I'm just amazed. I have been told back and fourth by different people measuring me, that I am 5'9.5" - 5'10" tall. Well, I am 5'10" tall and my man is 5'8". I stumbled on this web site because I am in love with this man, yet this is my first time dating someone shorter that I am and am uncomfortable with it 95% of the time. I now think that my insecurities lies within me and how tall I don't want to be, rather than being with a short man. I can honestly say, after reading these quotes, you bet I will walk away much taller and feeling much better. I think this is one of the best sites out there because I just received an automatic self-esteem boost. Thanks to all you ladies out there.

6'3" Jheri wrote (December 12th 2007)

To Val: I had real problems when I was a teenager. I badly wanted to date, but none of the guys would approach me because I was too tall and just ridiculously thin (I was 6'2 and 110 pounds at 17 - now I'm 24 and 6'3 and 118 pounds when I'm wet). I didn't even have my first date until I was 20 and I had been approaching guys and getting turned down since I was 16.

It sounds silly to say you will come to enjoy your altitude and probably wrong as some tall women don't, but if you can figure out how to give it a chance it can be wonderful. I certainly wouldn't want to be shorter.

I think there are some positive stories and tips for dealing with life here. Take a bit of time and look around. And remember that height can be a very special thing.

6'1" Elyce wrote (December 11th 2007)

Thanks for this great site - I'm 6'1", 28 years old and married to a man of the same height, but that doesn't stop me from wearing my heels and he loves it!

I did get teased some in high school so my heart goes out to the girls going through it now, but things will change. College was a great time, adulthood even better! Kids will pick on anyone who is the least bit different, be thankful you are just tall, things could be worse and being tall is pretty cool most of the time! I do get annoyed at the questions about my height though, anytime someone remarks "wow, you're tall," I will respond "wow, you're observant!" It usually embarrasses them enough into silence! Oh yeah, and though I have no problem with shorter guys, I do hate that the 5'2" - 5'6" crowd always seems to be the most aggressive about hitting on me!

Stand tall and continue being beautiful!

5'10" Louise wrote (December 11th 2007)

Dear Val (Dec. 7, 2007), my heart goes out to you. I understand what you're going through, but may I share some positive comments? First of all, congratulations on not being afraid to confront reality. You know what bothers you and you acknowledge it, which is the first step toward getting over it. Second, you obviously have a good head on your shoulders... love the comment about you owning the burger joint while they're flipping patties! (Sounds like you've read Rich Dad, Poor Dad? If not, check it out from the library, and cultivate those money smarts that you already have going!) Now, as to how to get through the hurts in daily living. Trust me, nothing lasts forever... it WILL get better. You can't change your height, or other people's ignorance, so focus on other things, like hobbies (or getting rich with your smart brain!). Not thinking about something means it can't hurt. Good luck to you, Val. You're going to be a shining star!

6'1" Val wrote (December 7th 2007)

I don't so much care for being vertically enhanced at 17 years old, which is only emphasized by the fact that I'm freakishly skinny and have orang-utan arms as well. I'm often made fun of and feel extremely unlucky that I'm

forced to wear short sleeved shirts ALL the time because hoodies and thermals don't come in my arm length anywhere. I think it's unfair that I have to pay an extra 20 dollars for my pants because of something as out of my controll as height and these same stores sell only shirts that fit "average people." So yeah, maybe I'm a little above average.

A few months ago I was standing with my boyfriend, who is only 5'5" and happened to be complaining about his shortness, and a very rude friend of his (that says he would never date a tall girl because they look funny) told him "You're not short, your girlfriend is just freakin' HUGE. I don't know how you put up with it." I went home crying.

The problem with my height is that it doesn't make people jealous, nor does it make me look good. Honestly, i'm not a good looking person and my body is shaped like that of a male so my height does nothing more then add financial burden to my family and emphasize my distortion.

I can't make anything out of my height. I'm not good looking so i can't be a model and I'm not good at sports because I'm clumsy.

But if there's one thing that having my head at a higher altitude has done, its that it made me smart and older people have never looked at me as a child. Since i'm big, I look more mature and try to act more mature because of it. (In fact, a few time's i've been let into bars and have been getting away with watching rated R movies since I was 14.) The truth is that all those little men that make fun of you aren't worth getting upset over after all.

Because one day I'll own the burger king, and they'll still be flipping patties. Hah.

5'8" Joerg says: In order to become really self-confident you must remove phrases like "freakishly tall" or "orang-utan arms" from your vocabulary. Put and see yourself in the most positive light possible.

6'3" Danielle wrote (December 5th 2007)

I LOVE what Kathryn wrote on her Myspace! It is so how I feel and what people tell me when I am out and about at bars and clubs. Men make me laugh at the sight of how tall we are! I LOVE it!!! THANKS to all the ladies who give me smiles and support every day! :-) Keep it comin!

6'0" Jewel wrote (December 5th 2007)

To Ellie: Yes Baby, you need to realise one thing... God NEVER makes mistakes, everything HE does is done with a purpose in mind. Did you know that when Kimora Lee Simmons' mum realised that the kids in High School would tease her - she simply put her in modelling school. Now who's laughing all the way to the bank? Whilst you are different, you are gorgeous, I know that. So look good, accept yourself, hold your head up high, and take no hostages. Those who like you - like you... those who dont TOUGH.

Joerg: I really want you to cut her a link or something with Kimora in her signature mile high heels. If not, Ellie look for her on Google. Thanks Joerg.

Joerg says: How about this one? They look like three or four inch heels to me. Also check out Kimora's website at www.kimoraleesimmons.com



6'0½" Charlotte wrote (December 4th 2007)

I'm 6'0 ½". I used to wear a size 26 plus size. I lost 65 pounds and kept it off for 9 years. It has always bothered me being tall. I have long, long, legs. I'm shorter than a person 5 feet sitting down. My feelings have been hurt lately with my height. I started working out again due to a little weight gain. Everyone is asking me "are you getting taller?" - I say "no, I'm getting thinner. I'm 39 years old and done growing. LOL! I don't want to pick my weight back up so I went to this website to help me deal with this. I see I'm not in this alone. I see other couples that the man is taller. My husband is only 5'9". Lately I have gotten to the point I don't want to stand next to him. My height is causing me to feel very depressed. Thanks, Charlotte

5'10" Ellie wrote (December 4th 2007)

Hi, I'm Ellie. I am in the 8th grade and at 5'10" I am the tallest girl in the school. A lot of the time I get made fun of or picked on for it and most of the times I just get over it and move on but sometimes it is really getting on my nerves and bothers me tremendously. I really wish people could understand. I have a big problem with boys. I'm taller than a lot of them and I guess that really bothers them and when I like one of them they just say "no, they won't go out with me". I'm too tall which makes me even more self-conscious. I have never had a boyfriend and sometimes it gets to the point when I think I never will. But I know they will grow soon and I will stop eventually so I should just relax but it is hard when all your other friends have boyfriends and u get the lame reason "YOU'RE TOO TALL FOR ME". I just can't handle it... one person that has helped me through this though is God. I have come to realize that he made me this way for a certain reason and I need to respect his decision and realize I'm beautiful the way I am!

6'2" Kathryn wrote (December 4th 2007)

Yep, I am tall... but thanks for pointing it out. LOL

Okay, so I just want to say a few things about being tall. First of all I thank God for the people who were finally smart enough to make tall jeans for females... cause wearing boy's jeans in jr. high SUCKED!! At 6'2" I am taller than almost everyone I know... which is sad cause I don't feel like I am freakishly tall or anything but that's how it is. I have been stopped in bowling alleys and bars to have pics taken with random short (sorry, "average" LOL) people who are amazed by my height. I roll with it cause "f*** it why not?". I am proud to be tall, it's unique! I also get asked to reach stuff on top shelves in stores by short people... mostly little old ladies. So I'm pretty sure I

have a place reserved in heaven just for that alone. LOL. Always in the center-back of group photos, the tallest chick in the bar or on the dance floor, people asking me if I play ball and occasionally the reason for some asshole making a rude remark... usually something about me man-handling them in the bedroom like I'm the giant lady from Deuce Bigalow... and I respond like this: "I'm sorry that you are so insecure that you feel like I would be too much for you in the bedroom cause odds are I would be, and I'm pretty sure you are hung like a buck hamster... eeew. LOL. But I just ignore it cause what's the point? I have dated guys both taller and shorter than me. I gotta say I prefer guys taller than me. It feels nice. But, hell I only know a handful of guys that got me in height...and thats not with heels on. And yes I will continue to wear heels. I like how they make my butt look and I like cute shoes, so there. And props to other tall girls who appreciate what they have. Stand up straight and PLEASE dont hunch over trying to hide the fact that you're tall. It doesn't work and it looks ridiculous. Embrace it. You're hot!

With Love~Me

5'8" Joerg says: Kathryn's blurbs are actually from her Myspace blog but she allowed me to use her thoughts on here. Thanks, Doll! The "giant lady" from Deuce Bigalow is 6'6", by the way.

6'2" Scarlett wrote (December 2nd 2007)

Hi! I was amazed when I came across this site! All of the links were so helpful and I have managed to find a few pairs of shoes that I like!

Being only 15 I am really self-conscious about my height, I wasn't a particularly tall child, but as soon as I hit 13 I just grew!

In the UK there aren't many shops that stock the tall ranges instore, and the ones that do normally have a tiny range.

Topshop have recently started selling a 9, but whenever I have tried to order any on the internet they have been out of stock!

I find it particularly hard going clothes shopping with my friends and not being able to shop at the same places they do because of my height. I want to have the same clothes as them in the fashion trends. But all of the tall ranges I have come across seem aimed at adults rather than teens.

Thank you so much for all the links! It's nice to know you're not the only tall one around sometimes!!

Much Love Scarlett :)

5'8" Joerg says: Stay hopeful... I'm sure there is a lot to come as far as clothing is concerned.

6'3" Jheri wrote (November 30th 2007)

I've been exchanging email with a researcher at Cornell who studies scanning systems for fitting clothing and getting good fits for unusual body types. This will eventually happen for many types of clothing. I can't wait... here is her email:

"Dear Jheri,

thank you for your comments. We hear similar reports from women who have body types that are not particularly 'rare', just different from the standard used by the apparel industry. There are indeed several companies that are using bodyscan data for apparel, and one in Denmark, though I suspect their garments are fairly expensive, and I am not sure if they do womenswear or not. I think the company in Denmark is now called Harvey Lewis. Bodymetrics in England makes jeans for women using scan data. Also, Lori Coulter in the US makes swimsuits from scan data, and Brooks Brothers has a scanner in their main NYC store...

Good luck to you and your friends. The technology is certainly developing, and may be more widely available sooner than we think!

Susan"

5'8" Joerg says: I couldn't find any information re. the Danish company. If someone knows who they are let me know so I can add a link.

5'10" Priety wrote (November 29th 2007)

Hii, all tallies. I got dis site sum month back. I am 22 n 5'10" - 6'2" wid heels which I wear sumtimes. Means I'm shortest here. But I'm from India where 95% of men r shorter then my height. I can see people stared u but in my country they dont ask silly questions. Actually in my family everyone is average or below average. My father is 5'4", my mom is 5'6 ½" n my bro is 5'7". I passed my father when I was 12 n my brother before 14 (he used to be the tallest in our family). After that he don't go for shopping wid me. I go wid mom. I always luv my height n i wear heels as well. But I'm shy. Dis is my nature n it doesn't mean I don't have confidence. In my office there is a guy who's 5'6" (or even shorter) who always makes comments on me. Infact not only on me but on everyone... but nowadays I'm reading these quotes so naturally I gained lots of confidence. When he made comment on me I just stood up went closed to him. His face was reaching near to my breast n I said "have some milk u can be taller too. But 2day u r looking even shorter" he was ashamed for a sec but he started clapping n said to all staff that their tall girl has become mature ... In the 2nd half he asked me for date n guess what... Yeah, he proposed me for serious relationship n now I'm thinkin about it.

Thanks, Joerg - this is only b coz of u n sorry if I made some grammar n spelling mistakes. EVERY TALL GIRL SHUD ATLEAST GIVE A CHANCE TO A SHORT GUY LIKE I AM THINKING TO GIVE COZ "SHORT MEN LOOK MORE CONFIDENT COZ WHEN THEY SEE YOU THEIR CHIN IS NATURALLY UP".

Am I ryt Mr. Joerg?

5'8" Joerg says: That's another way of putting it but I'd say you're right.

6'0" Kate wrote (November 28th 2007)

I'm 20 years old and 5'11 ½". I have always felt insecure about my height. I can remember being called hurtful names like Jolly Green Giant, or giraffe growing up. It seems funny now though - LOL. People don't call me names anymore, but they STARE! I'm not sure if they stare because I'm tall or beautiful, but I'll go with beautiful! But it really does hurt when I walk past someone and they say "WOW she's tall!" or "Oh my god, how tall is she!" I especially hate it when people come up to me and tell me I am tall! Hello I know that already you idiot! Or the so annoying "Do you play basketball?" or "You should model". Can't you short people just give it a rest already!? I'm sorry if I make you feel inferior, but that's really not my problem! LOL. No, but in all honesty I'm so glad to have stumbled upon this site! It is amazing and so are all of us wonderful, elegant, and tall ladies! I might even break out the high heels to go to the groceries store because I am so emboldened!

5'11" Katie wrote (November 28th 2007)

I think this website is great!! I have always felt so alone with my height and self-conscious. It took one too many times of me getting upset for someone to finally let me know how I should be proud of my height and who I am. Everyone is special and with our extra height I think we are extra special!!! I'm 5'11", by the way.

6'0" Jennifer wrote (November 21st 2007)

This is in response to those who are not comfortable with their height. It is first a blessing to have something not alot of people have - just because you're taller then most people doesn't make you an outcast or freak. Most people are seriously jealous of what you possess, especially your height. I hear short people all the time say they wish they were a little bit taller so don't worry other people's opinions. I'm 6 feet tall any wouldn't have it any other way.

6'1" Taylor wrote (November 21st 2007)

Hi!, I'm Taylor I've been 5'11 or the longest like since I was 11 (really) and when I was younger I hated being so tall and it didn't make matters better that I was 85 pounds till I was 15 but now that I'm 6'1 and I'm 125 I feel better, not only because I realized that people can say what they want, they're just jealous, but because as my

grandma say "chile, you just thin and fine" lol. Plus, I get compliments all the time on my height and weight. They say I should go on ANTM, but I'm scared. The only thing that bothers me is that I can never find a pair of long pants and a shirt that actually fits my arms. My shoe size is a 10, which is not really bad but I have a very slim foot, which makes it hard to find nice stylish footwear. I also had a problem of finding a man, it seemed like all the short men just adored me.

6'3" Jheri wrote (November 21st 2007)

A note to Chris

I would advise waiting and learning how to see people as people. I was felt pretty much the same as you. I went through 182 cm when I was 12 and am now 190 (close to 6'3). I was taller than anyone in my family including my older brother and dad before I turned 12.

I was super shy and none of the boys would go out with me in high school. But with time I found that people were more curious than resentful or nasty and that once you got past that, there are many great friends to be found.

Mostly I don't notice my height these days. I have a good friend who is 2 meters tall and she is also very used to her height and regularly doesn't even think about it even though she is usually the tallest person on a city block or in a big store.

But teenage girls worry about everything. I worried that I was too thin, too pale and almost deaf. None of these are things that I can really help and I wasted so much energy worrying about them.

It will change for you. Just give it time.

Find some friends and do things together and search out new friends. Forget about any difference between your height and theirs. Trust me - after a few hours of knowing each other you get to the point where you don't notice.

Don't fall for society telling you what to do!

6'3" Amy wrote (November 20th 2007)

In response to Chris from Nov 20th... I find when I go out with my friends of average height and I am the only "tall" one (6'3") people perceive my height as a bad thing. When I am out with my "tall" girls we are the center of attention and everyone thinks is great that we are so tall and beautiful!! I also note that my confidence soars when I am out with my tall friends. Sometimes I find it hard to judge whether someone is staring at me because I am tall or because I am beautiful. A lot of times people tell me I am tall, their second phrase is that I am beautiful, and the third is that they wish they had my figure. Most of the time it's from average height women. Anyways, I would say a lot of times people are just ignorant to women of height. Try and keep your head up, I understand how you feel.

6'1" Chris wrote (November 20th 2007)

It hurts a lot to be that tall if you are like me, a person with a very low limited self-confidence. I'd like to disappear just in the crowd instead of gaining everybody's attention. It's cruel to be shy AND tall at the same time but actually, I never had the chance to decide by my own if I want to stop growing. A few years ago I went to the doctors' and he told me that I'm about 5'8" and I would grow just a little bit more. As I heard "a lil bit" I imagined that I would be in the end maybe 5'9" or something similar. I thought: "Well, 5'9" isn't too bad..." but now I'm about 6'1". I thought it must have been a fault of the doctor but when I asked my parents they told me that he said that my height would be finally as it is now! They never mentioned this when it would have been still possible to stop me growing. I'm so angry and disappointed... it should have been my decision but they didn't allow me to choose if I wanted to stop growing or not. I'd do anything to be just 2 inch smaller but now it's too late. It sounds hard but sometimes I'm feeling even abnormal with my height. I'm tired of all the comments and of not being able to look in the eyes of most people. You would think that people just say stupid things because they're jealous but that isn't true. Just a very few people claim that they would enjoy to be this tall. I'm sorry that I maybe destroyed your vision of the tall lucky woman but not everyone is thinking like that. I also

want to apologize for all the spelling mistakes I made. I'm German and just 15 years old so my English isn't too good. I hope you could understand me in spite of that.

5'8" Joerg says: Maybe tall women and girls lacking self-confidence is a German problem. I find that most of my lady friends outside of Germany are more self-confident. You may want to check out the "Lange Forum" of the "KLM Deutschland". In spite of what you think you're still not that tall. Maybe you just need a few more appreciative (and hopefully tall) friends. People who make stupid comments aren't necessarily jealous - they're more likely to be intimidated and they probably lack self-confidence as well. I say this a lot but I'll say it again "wait a few years and you'll learn to love yourself more than you do now". Most tall women have started off as insecure as you are right now.

6'0" Vivienne wrote (November 18th 2007)

Ladies, love your height. Wear your heels, walk tall, shoulders back and head high. Don't give a damn at other peoples negatives comments, they are just jealous. When you walk into a room you command attention and peoples heads will turn but when a small person walks into a room they are unnoticeable!

I am 6ft I wear my heels 4 inches most of the time, very rarely flats unless trainers/sneakers.

My mother said ,God made you tall so that men can look up to you'. I feel so blessed to be tall and thank JOERG for putting this website together. I've never met you but if I did I would give you a big hug!

5'8" Joerg says: What can I say apart from "Thanks, I'd love a hug from you!" 😊

6'3" Jheri wrote (November 18th 2007)

A bit more for Clare:

You need to ask yourself how **you** will feel too. Do you feel out of place around him if you are five inches taller? Do you feel out of place in public? If it is an early date I would worry a bit about that because if you are nervous, it will come over. Dates can be rough enough. You need to be as comfortable as possible.

I think many women worry about these things if they are short, average or tall. My short apartment mate worries about guys being too tall for her and wears ridiculously tall shoes that are hard on her feet, are hard to walk in and just look dumb and slutty - all to get closer to what she thinks is ideal.

I wish people treated it more like eye color or something like that, but they don't. Although I'm very comfortable and happy with my height now, I constantly run into people who aren't.

6'0" Clare wrote (November 17th 2007)

Thank goodness there are tall women who are proud of being height supremacists. I was searching the web to find advice on wearing heels (will make me 6'4" at least - I'm 6'0") on a date with a guy who is 5'11". Major quandary. Maybe it is trivial, but I don't know how to resolve it: is he going to be intimidated by me or appreciate the fact that I have left my battered flats at home? Sometimes I envy the short girls who never have to consider these things. And men out there, please realize that calling a girl "strapping" doesn't do a whole lot by way of a compliment.

5'11" Sara wrote (November 17th 2007)

Whenever I feel awkward about my height, or someone who's 5'7 says their too tall I listen to Randy Newman - Short people... it's kind of a guilty pleasure. I love short people too but its nice to gloat sometimes. Plus it's proven that tall people generally get better jobs! I'm 5'11".

6'0" Delisa wrote (November 14th 2007)

I'm 18 years old and 6 feet tall. I've been tall my whole life and personally I have always hated my height. I hate constantly being asked do you play basketball. No, I don't, so stop asking! I also hate it when people come up to

me and say, "wow your tall." I already know that! However, after reading these encouraging comments from fellow tall women, I feel a little better about being tall. I love this website!

6'0" Christine wrote (November 13th 2007)

Hi, it's great to know that I'm not alone in my experiences as just today I have been looking for a xmas ball dress but it is proving a nightmare to find one that fits! Most are just 1 inch too short - sometimes I just wish that I was short so that I could wear pretty dresses and shoes and be really girly!

5'8" Joerg says: I bet you're at least as feminine (if not more so) as all of your short friends.

6'2 Maria wrote (November 10th 2007)

Hey there, I have come across your website which I find truly helpful, informative and encouraging. But most of all I wish to thank you for giving us this opportunity to express ourselves.

Standing at a good 6'2" I feel like I'm the tallest girl around. It was a problem for me in my teens and sometimes it felt really awkward having to put up with the silly names other school girls yelled at me, but at 24 now I grew more confident about my height.

I still get my days when someone tries to test my confidence and when I walk down the street people can't help but look back, stare or comment as if an alien has just walked by. But on the other hand I love it when people tell me I have a great figure and should become a model although I have never thought of it. I also love my long legs which men go so crazy about. In getting a tall boyfriend is a bit hard as it seems that taller guys tend to opt for the smaller girls.

I try my best to keep fit and in good shape, in order to live healthier....and also give a push to my assets! hehe! ;P

I tell others that if I had the chance to be born again, I wouldn't choose to be any smaller!! Other short girls would give anything to be just a little bit tall!

So please let us all learn to appreciate and be happy with our extra given asset!! :)))

Kind regards
xxxxx Maria

6'3" Diana wrote (November 7th 2007)

This website is really cool and is changing the way I have been thinking for 24 years! LOL. I am 6'3" and am always the tallest of friends and fam and am always the one to stand out. I am not necessarily ashamed of my height for I have gotten soo many compliments and reassurances that this is the greatest to be tall. But I never looked at short men as attractive. I have to admit probably my own insecurity of laughter at me or gossip because my MAN is a shrimp. These women on here sound so strongly about what they are saying and I feel like my belief needs to change. I love being tall although my heels are only 2". I can't be 6'5" or above or I cant get into places. LOL. There are not too many women that are my height here in California so it is hard to have someone know how it is to be ME and my 6'3" self! Thank you for all this on here!

6'1" Renée wrote (November 4th 2007)

Hello Sweetie, we met the other day on MySpace. I love the web site. After reading some of the quotes left here I have to agree that you have done a wonderful thing. When I was younger than my current 37 years I too was ashamed of my height. My father (6'5") and my mother (5'4") always taught me to walk proud and be comfortable in my own skin. I tried as hard as I could but it was not always easy. Then my uncle married a tall woman - Aunt Dawn was 6'0". She changed my outlook. Dad tried but he was never a young lady trying to fit in, Mom tried but she was never 6 foot tall. Aunt Dawn was the one that got me to the comfort point. I was about 15 when she married into the family and I could not have been happier to have someone that understood all I was going through. This website is a wonderful and well set up idea, keep it going. Never forget that tall girls come

from every background and sexuality. I myself am a lesbian. My ex was 5'1" and my new love is 6'0". All women are beautiful no matter the size or shape.

5'8" Joerg says: Thanks... couldn't agree with you more, Renée! Your viewpoint is most certainly very welcome.

6'2½" Susan wrote (November 4th 2007)

Hello all (especially Louise),

it is a shame to let the fact (which is so small) of size difference interfere in your happiness. If your guy treats you well and you are happy. The heck with everything else. It really does not matter. I would really think about how it would feel to be with a man that because he is physically a few inches taller you are going to give him preference over a guy, whom you know is already great!!! Get over the fact that not all eyes are on you both. Get on with living life to the fullest! Also, anyone that stares ignore so what on what some shallow person is thinking or saying. If their life is that boring or uneventful that they have to be concerned on what other people are doing or who is with who they really should work on making their own life more interesting...

Take Care
Susan

5'10" Louise wrote (November 3rd 2007)

To Marta (October 24):

Thank you for writing. Hearing about ladies who love their shorter guys gives me real hope. Hope that it will stop bothering me someday. My sweetheart and I are only a couple of inches different, but it feels like more than that to me. We love each other so much and will probably spend the rest of our lives together. I'm disappointed, though, that he's not taller than me. I love the feeling of hugging and kissing a taller guy. It's what I've always been comfortable with. He's a handsome, fit man, but he's small in my arms. I know it shouldn't bug me, but it does. I do feel better, though, every time I read all these wonderful tall ladies' positive comments. Thanks everyone!

6'3" Gwen wrote (October 29th 2007)

I'm 6'3" and have learned over the years to embrace my height. Naturally it was difficult in school because of all the immature kids who tease or make dumb comments, especially the boys. In 5th and 6th grade there was a boy who had a crush on me. We were about the same size and we called each other alot almost everyday, but we never really went out on an actual date because my parents thought I was too young. He transferred to another school and we lost our friendship. But there's a saying that we've all heard : "It's a small world". We met each other several years later at a club. We were both seniors in high school. I had grown to 6'3" and he turned out to be a short guy, only 5'5". He was shocked to see how tall I was and frankly I was shocked that he didn't grow so tall. He asked me out and I hesitated but thought I'll give it a shot. He was such a sweet and charming little guy so the height difference turned out not to be such a big deal, although it was awkward kissing and hugging him. I got comments from my friends such as "But he's such a little guy", or "you're so much bigger than him". It was true, I was 6'3" and my weight fluctuated between 215 and 225. He was just a short slim guy 5'5" and about 150. So there was quite a size difference. We went to different colleges and our relationship slowly dissolved. Today I'm married and 2 inches taller than my husband. He loves my height and makes me feel good about it. I feel I owe him alot (and my ex) for making me feel comfortable about my size.

5'8" Joerg says: As another "little guy" I want to compliment you on your attitude, Gwen. Good luck to you.

6'1" Monti wrote (October 28th 2007)

WOW!!! This site is the most awesome site I have ever visited in my life!!! All of these tall beautiful women are so incredibly beautiful and amazing. I'm 15 and 6'1" and have recommended this site to all of my tall girlfriends. It's so incredibly awesome that there are websites out there like this that support all us tall women. I admit that there are some (O.K. many) times that I wish I was shorter, and I don't always stand up straight, but this website has shown me that it's O.K. to be different and proud of yourself, even if that means your are a head above the crowd. I just wanted to say thank you Joerg and to all the beautiful tall ladies out there that have made this site such an awesome place to visit!

5'8" Joerg says: You're very welcome! If this website can help one tall young girl feel better and more secure about herself all my efforts have been worthwhile. I often hear the comment "I wish this website had been around when I was young". You're young and it's around so visit as often as you like and take what you need from it!

5'10" Patricia wrote (October 28th 2007)

Hey, people I'm back! :D Well, now I have another problem. People ask me "how's the weather up there" and my BEST friend keeps laughing along. It really hurts - but I know I shouldn't care coz they look like 3rd graders and were in 6th.

6'1" Jam wrote (October 27th 2007)

What an inspiration this site is for all us exceptionally tall girls out there. I have a trip coming up to an extreme party town with a guy that's the same height as me, and I really want to look hot, which means wearing heels. I don't even own a pair higher than 2 ½", and I was feeling very insecure knowing I'll tower at 6'4" or 6'5" in real heels. Reading all these positive comments has given me a boost of confidence and the realization that I need to embrace who I am. Who cares what other people think. My assumption that their thoughts are negative about my height are probably misconstrued anyway.

5'8" Joerg says: Perfectly put! There's nothing to add.

6'0" Tess wrote (October 26th 2007)

Just found this site today, 10 years after I reached my current height of 6'0 (5'12", I like to say)! Wish yall had been around when I was 16!

Anyway, I wanted to share a funny tall-girl incident that happened to me about a year ago. I was sitting at a bar near some guys, and in walked a group of beautiful 6+ women. Interested in the men's reactions, I eavesdropped as they tried to recruit tall men to their little group so they would feel confident approaching the women. As a tall woman, it was funny to hear them try to figure out the minimum number of tall men they had to bring with them to interest the women in talking to them.

Some of us, I am aware, are only interested in men who are taller than us. But this conversation was interesting for me, because I never really understood the intimidation factor that a tall woman presents. The point, I guess, is it's easy to assume (especially as a teenager) that people aren't interested in you because you're "too" tall. It's easy to feel big and awkward and out of place. In fact, it seems, the opposite is often true.

5'10" Yvette wrote (October 26th 2007)

I'm 5'10" and I love being tall. Legs have more power than you think. Here's a quote I wanted to post: "It fits very well. A pair of long legs look even better in a pair of high heels..."

6'5½" Marta wrote (October 24th 2007)

Hi, Joerg. I am writing first to thank you for your excellent site, and to tell you and anybody else who think they are too tall that that I am happy with my height. I am 197cm or 6'5 ½" tall and weigh 88Kg or 180lb and I am married to a lovely guy who is 171cm tall or 5'7" and weighs only 55kg or 115 lbs!! An odd couple, no? At first we tried to make as if our size difference didn't exist but later we discovered that that idea was stupid, so we came to accept our differences and now we are a happy as a "strange couple". I can help him carrying heavy weights (even more than himself!!) and with any other hard work, so I am not forced to sit and watch him sweating alone carrying something. Then we can play many things, such as to carry him on my back!!! Jeje, (if somebody think this is a stupid game say what you want. I don't care!) So tall ladies be proud of your height and use it to give a special "taste" to your relationship. I would love to read your opinions and any advice you could give us is welcome. Anybody may answer. I am from Bahia in Brazil so sorry if my english is not so good or hard to read.

5'8" Joerg says: No worries. Everyone will understand what you're saying. You seem to have a great attitude and your boyfriend must be glad to have you. I would be!

6'0" MeriLee wrote (October 23rd 2007)

Hi Joerg - went back to the site. I wish you had been around when I was in high school. Love the site. Talk soon
Meri Lee - The Long Stemmed Rose

6'3" Jheri wrote (October 21st 2007)

I think most girls worry about being "different" when they are teenagers. There are many kinds of "different" - too tall, too short, too thin, too fat, too smart, ... too different. I've seen smart girls act dumb to get the boys because they thought they had to. And at the expense of their education.

So most of us here happen to be tall. Big deal. Sure some people are insecure with being around a taller woman, but some are insecure about a woman who is strong or smart or who is their boss. That's their problem.

I went through a couple of insecurities. I'm tall and I'm also hard of hearing. I really retreated when I was a teen. But as I got older I came to love being tall. Most people think it is beautiful and tell me how lucky I am. It sucks when I fly and when I look for clothes, but most of the time I wouldn't trade it.

What I really enjoy is seeing the reaction of young girls. They think it is really cool that I'm taller than their dads. I tell them they have something different and special about them and they need to be proud of it.

5'11" Elisha wrote (October 20th 2007)

What's all this about "men crap"? Who cares if you can't get a man because of your height? Who wants someone that's superficial? My problem is WAY TOO MUCH attention from men, ESPECIALLY when I'm wearing heels. Like, why do they always need to comment on my height? It's so rude! And they're always so loud about it. Yuck! I'm 5'11", by the way.

5'11" Kayti wrote (October 20th 2007)

Hey everyone, I just wanted to thank all of you for your wonderful supportive comments. I have gained so much confidence by reading all of your comments. I am 5'11" by the way. This website never fails to give me a good confident start to my day. I am currently a music student at a small conservatory, and I am the tallest one here including the guys who stand about 5'6"-5'8". But you guys give me confidence. Thank you.

P.S.: A good comeback for the "Do you play basketball?" is to say "No, do you play miniature golf?" :)

6'0" Jewel wrote (October 18th 2007)

Yeah, my boyfriend is shorter than me. But I don't consider 1-3 inches difference too big a deal. I tend to go for that range shorter than me. Taller than that - especially marginally taller i.e. 6'1", 6'2" feels awkward. Guys 6'3" and above I do like and guys 5'9"ish. The ones way below or the average masses of 5'9" - 6'2" I think are the most problematic. Yep.

5'11" Lisa wrote (October 18th 2007)

I have hated being tall for most of my teenage years, as I'm getting older I am learning to embrace it a bit more (I'm 23 now). I shot up to my full height of 5'11 when I was 15 so I felt like a total freak when I was at school. I was badly bullied and it really knocked my confidence. Although I am happier with my height now, and have friends who are almost as tall as me, I still have days when I feel bad about it, like when someone makes a comment or people stare (mainly old people in supermarkets, what is with that?!). I have found this website a real comfort as there are women the same height or taller than me who have 100 times the confidence I do. It's nice to know that there are people I can relate to.

5'10" Melissa wrote (October 17th 2007)

After reading this I feel like the short insignificant one lol. I'm 5'10" and 21 years old. In the fifth grade I was 5 ft and by the time I reached the sixth grade I was 5'6. I gained about two inches a year and luckily stopped growing

in the ninth grade. I was so nervous I would grow more. It's hard enough already finding decent clothes. I still hate shopping. I laugh at the "did you play basketball" or "you should model" comments. I can totally relate. I hear them on a usual basis. At this point I am numb to it though. I am trying to overcome my insecurities of wearing high heels. My boyfriend is an inch shorter than me and I thought I'd never date a shorter guy lol. How shallow of me. Anyways I just wanted to say that you should all love your height as I do. Who wants to be average and not be able to reach the top shelf anyways. :-)

5'8" Joerg says: You're not insignificant but shorter than the "average" woman on here. You're still two inches taller than me though (but I don't count) 🇺🇸

5'10" Amellia wrote (October 14th 2007)

I'm 14 years old and 5'10". I really can't find anything that great about my height except my 3ft long legs. I don't date guys shorter than me so it's hard for me to have boyfriends. I love heels but I do not wear them. I have three older brothers who are all taller than me. My dad is taller than me, but I outgrew my mom last year. My name is Amellia my e-mail is (*withheld*) if you would like to contact me and talk. I would appreciate some good comments about being tall. It would help me a lot with self confidence. I am always getting called mean names like Paul Bunyan and Giant. It really hurts my feelings a lot. I'm not a small girl. I have big bones and I've been fed good. Don't you want to help boost a young girls confidence? -Amellia.

5'8" Joerg says: As you can imagine I'm not going to post the email address of a 14-year-old on this website. If you want to send words of encouragement to Amellia email me. I will forward your emails to her.

5'11" Michelle wrote (October 14th 2007)

I used to think being tall (I'm 5'11") was a bad thing. Every now and then I still do. I feel like it's such a turn off when I walk into a night club and I'm taller than a lot of they men. I feel like they are turned off by that? However I have come to learn that guys love a girl with skinny long legs and the tall people are always the ones to stand out in the crowd... So I HAVE 2 WORDS FOR YOU TALL LADIES:

1. WALK
2. TALL

Every other girl would kill to be taller. We have got it so let's flaunt it. WALK TALL hehe :):)

5'11" Tosha wrote (October 14th 2007)

I was in the shoe store the other day in the bigger shoe size section when two girls came in. They were looking at shoes right by me and one girl picked up some cute boots with a tall heel on them. I heard her say she really liked them, but her mom had said she was already too tall. The other girl agreed and said, "It's true". Immediately, I wanted to say "What's wrong with being tall?" but I didn't. The girl put the boot back on the shelf and they left. I saw them again walking through the mall and never said anything. But those are the kind of comments that make most of us tall females feel unconfident, ashamed and want to be shorter. I felt like I wanted to tell the girl making the "It's true" comment how ignorant she was. Sometimes people just don't realize the power their words have over us, especially when we've been told most of our life that tall is "bad".

6'2" Tanya wrote (October 13th 2007)

This is my first time on this site and I think it's nice that it's here to help, inform, encourage, etc. tall girls/women. I have never been made fun of (6'2"), in a bad way, about my height while growing up. Anyone who does make fun of tall girls is either jealous or dumb. Everyone's different, just accept it and mind yourself and not others. I personally LOVE being taller. Like everyone says: I get noticed, turn heads, get complimented, start conversations easily with strangers, wear heels if I want... I'd rather be tall than just plain normal! Yea, the clothes are harder to find but when you do find something that looks amazing on you and fits in all the right places, then there's nothing better than flaunting your height. I worked as a waitress for awhile, and so I was exposed to alot of people asking about my height, blahblahblah...especially since they're sitting down at the tables and I'm still standing there! One good line I got from a very nice, respectful old man was when I went to his table and he turns to face me and looks up and says with a smile , "Well, I almost got a nose bleed there". I

also take the athletic advantage with my height! I got a rowing scholarship for college 5 years ago and I was the MVP there as well as in high school. One of my goals is to be in the Olympics for rowing in the future and I'm going to work very hard for it. I used to think that I wanted a guy taller than me as a boyfriend because I wanted to feel "smaller" and "protected"; but I am dating someone a bit shorter than me, maybe 6' tall, and I can tell you that I might be falling for him - so - personality matters a lot, more than you let yourself think!

All in all, never be sad about your height, it's a rare gift, "stand up and be counted!!..." as AC/DC said.

6'3" Katie wrote (October 12th 2007)

Hey, I just want to say that being tall has really made my life special! I love it and the best part is: I have tons of other tall girl-friends that range from 5'8" to 6'7". All us chickas got each others' backs and we embrace our height no matter what! Some of us are more blessed with boys than others but then some of us are more blessed with athletics! I have a college scholarship to play ball for a big D1 school! Being tall is just an amazing thing and I cherish every minute of it! Don't be afraid to be the tall girl at the dance, or to be the only one with out a boyfriend. I can guarentee you that there are short girls that would kill for those legs. So, Hunny if you got it - flaunt it! ;P

5'10" Jo wrote (October 11th 2007)

I just found this site when searching on Google for "high heels tall women" - I am only 5ft 10in, so a shorty really on this site, but have just got some gorgeous 3.5" heels to wear to a wedding. All the shoes either seem to be flat or really high at the moment so I thought "what the heck!" But then I had second thoughts as I thought I might tower over most other people, and my boyfriend is the same height as me.

This site has inspired me to wear the heels and walk tall - thanks guys!

6'0" Rebecca wrote (October 10th 2007)

Hello! :-D I am a student at a school in Bournemouth, UK and I was just wondering if you ever got bullied because of your height, because I do. I'm between 5'11" and 6'0" and I hate being tall. Could you write back please and give me some words of confidence. Thanks!
Becca x x x

5'8" Joerg says: Email me if you've something to say to Becca. I will forward your emails to her.

6'1" Meg wrote (October 8th 2007)

Hey everyone! I'm Meg! Im 6'1" and 22 years old. This is such a great website! I LOVE LOVE LOVE being tall. I also have an identical twin sister who's the exact same height! Duh. I just want to say that it's very sad to see such beautiful tall girls walk around hunched over trying to disguise their height. It only makes you look worse. Nothing is more beautiful than a confident tall woman. Embrace your height and always walk with you head high, because chances are, the people staring at you are most likely jealous of you. I love the compliments I get on my height! I love it when people look down to see if I'm wearing heels - which in a lot of cases I am. my boyfriend is 5'11" and calls me his long stem rose. I know "cheesy", right!? Haha! I still love him! My best friend is 5'3" and she's always saying she wishes she was tall like me. I know this is funny but I love it when people at the grocery store ask me to help them with something they can't reach. I also love it when people tell me I should model - although I would never... it's just nice of people to say that. The comments are twice as nice when I'm with my sister. I have gotten the occasional "how's the weather up there?" and I just laugh, say "gee, never heard that one before" and walk away. Some people are just too shallow. Anyways, I hope all of you girls who are uncomfortable or embarrassed about your height realize how beautiful and special you are because you only live once and you should embrace every part of your life. You should be proud of who you are. Also, don't worry so much about what others think of you, because chances are, they're busy worrying about what others think of them. Love yourself no matter how different you are.

5'10" Veronica wrote (October 8th 2007)

Hi! I love the site!

I'm one of the short girls at only 5'10", but I still get my share of remarks. Just the other day I had some guy ask how tall I was, when I told him he said "just wondering if you would fit in my bed" Wish I had a good comeback then.

Any ideas?

Thank you for your wonderful site!

~V~

5'8" Joerg says: Do you have a comeback suggestion for Veronica? Email it to me so I can forward it to her.

6'2" Erin wrote (October 8th 2007)

I just recently stumbled onto this website and think that it's really cool that so many tall women all over the world have found each other! I am 18 and while it is frustrating to hear "Hey you're huge! Do you play basketball or volleyball?" every five steps, its fun to answer "Nope, I play flute." I love to wear heels, I am currently sporting some 3 inch stilletos - red and in a size 12/13. My friends always ask me why, and I just tell them: "I'm not going to get any shorter wearing flats, so why the hell not?" I'm 6'2", by the way.

6'0" Emily wrote (October 7th 2007)

Hello, fellow tall women! Well, I'm Emily, a 6ft (and still growing) 15 year old girl from Ireland. I LOVE this website and visit it every day - It's helped me to realise how lucky we are to be tall! I never realised I was tall until I turned 13, when I passed my mom out.

I've always been the quiet one in my class, and being tall didn't help. I felt really awkward all the time, and had no confidence whatsoever. I was bullied by one girl, which was terrible. She used to call me all sorts of horrible names and used to trip me and blame it on my "huge clown feet". I was ashamed of who I was, and would have given anything to be what I thought was "normal".

But that was until one day in English class. As I go to a Catholic school, at certain parts of the day, we all have to stand up to say a prayer. After the prayer, my English teacher, Mrs Keavney said "Why Emily, I've noticed you have grown up a lot since I saw you last. You're growing into a beautiful young woman". I wasn't ashamed of who I was after that.

The next week, the girl who was bullying me came over and said "You haven't shrunk yet, have you Emily?" with a nasty smirk on her face. "I turned to her and said "Why on Earth would I shrink at 15 years of age? Are you stupid or something?! Clearly you haven't GROWN UP yet. Go away and get a life." She walked away with her tail between her legs. I've never felt so proud of myself.

I have my dad to thank, too. He's 6'2" and is an inspiration to me. We went to visit Spain together, and he got called "King of the Leprachauns". We both just laughed it off. That must mean I'm the princess of the Leprachauns! Teehee! My dad had been saying all along about how tall women are beautiful, graceful beings. I wish I listened sooner!

And thank you for this website! It's so inspiring. :)
Emily.

P.S.: I'm planning on going to Japan when I'm older, where the average woman is like, 5ft! But no matter what, I'm going to stand tall and be proud, because in todays world, true height is about the only thing you can't have surgery to get. Thanks again!

5'8" Joerg says: Thanks for your comments, Kiddo! My special lady spent a few weeks in Japan a while ago. She said it was very interesting.

6'2" ½ Susan wrote (October 5th 2007)

Hello, all...

For what it is worth - just to put some perspective regarding how ignorant some people unfortunately are in this world. For all that are familiar with Lisa Leslie, the WNBA b-ball player. She had a baby girl a couple of months ago. I wanted to see the baby, etc. I personally have a lot of respect for Lisa, I think she is pretty, graceful, etc. I was reading some of the comments some people had made. You know, there are some people who are sooooo jealous they just have to reach for anything to try to tear it down. Making comments that she looks like Scottie Pippen, etc. In actuality she looked beautiful, but, really made me sick. So what I am getting at it really does not matter what people think. Just strive for the best you can be...

6'1" Barb wrote (October 2nd 2007)

My problem is my husband. He is 5'9" and I'm 6'1". We have been married for 27 years but lately I've become so insecure and don't know why. My son is getting married this weekend and I have been so nervous that everyone will say under their breath "Damn, she's tall and taller than her husband...". I need some advice please!

5'8" Joerg says: If you've got advice for Barb email it to me so I can forward it to her.

6'0" Jewel wrote (October 2nd 2007)

So true. Ur attitude is all. Everyone has something to contend with. Catherine Zeta Jones says that we all have insecurities - it's just showing them or not showing them that sets us apart. Try visiting some short people websites: www.shortsupport.org then u will see which end of the spectrum u prefer (to be on).

6'2" Christine wrote (October 1st 2007)

"The Lord doesn't make junk. Beauty comes in all sizes, shapes and colors". Well said Susan, and so true!!! :)

5'10" Tina wrote (October 1st 2007)

Here is some more experience:

I have gone back to school to get my degree. I am taking psychology classes. In one class we have to talk a lot about ourselves. I have not had the chance to get up and say my thing yet, but there is this girl in my class who is 20 and she is 6 feet tall. She brought in some art work and there was this one painting she had done about how she feels so insecure and ashamed about being tall. I watched the reactions of the other people in the room and everyone got that look of shock on their faces. Then there were whispers from the girls, saying I would give anything to be that tall, and the guys, Wow and she is so hot.

What surprised me the most was that she said her mom was just as tall, but that her mom was so loved by everyone, that she was a waitress and everyone just loved her. It turns out that her mom is very outgoing and engages everyone in conversation, she does not hide or cower from people. That just proves my point about how your attitude can affect you so much.

Every one gets negative comments made toward them. No one is exempt from them. it is how we process them that counts. You young girls will reach the age where you will see that being tall was a whole lot better than being short.

6'2½" Susan wrote (September 30th 2007)

My comment is specifically to Carol and Tina. I am 6'2 ½" with red hair so I completely understand. Don't let the ignorant comments get you down. Chalk it up to plain ignorance. I have experienced as it seems we all have the stupid comments. As I have taught my 6 year old daughter, who is getting the same junk... Don't start anything, but, don't let someone let you think you are anything less than very special. I am going to get on my soap box. The Lord doesn't make junk. Beauty comes in all sizes, shapes and colors.

Take care,
Susan

5'10" Carol wrote (September 29th 2007)

To Tina: Thank You so much. I to am 5'10" and although I dont feel different, I do get the unwanted comments ever so often. It's the comments that have hurt more than anything. I love your attitude when someone has made a comment. Thanks so much! It happened at work the other day and I just came back with a comeback to them. It still hurts but thanks to this great group I feel I am getting better. From Carol

6'0" Jewel wrote (September 28th 2007)

Tina that was wholesome, it was great.

5'10" Tina wrote (September 27th 2007)

I'm 41 and 5'10". I am the tallest in my family. My aunts and cousins are all under 5'6". Both my Grandmothers were 4'11".

When I was growing up I did not notice much of a difference it was not until I was about 11 that I started to notice I was taller then those my age. I did go through a period where I felt insecure.

My idol was Cheryl Teigs and I wanted to look like her, later it was Susan Anton. Both of them are about 6 feet. I've been told I look like a taller version of Kim Basinger.

I dont remember any negitive comments growing up about my height, I was teased because I had blond curly hair and kinda looked like a boy. There was one class in elementary where our teacher would take our height and put our names on the chart to see how much we grew during the course of the year, I remember I was the tallest and the other kids were like WOW!! thats cool. It actually made me feel proud.

When I was about 23 I was working in a restaraunt, this guy who may have been only about 5'7" looked at me and said wow your so pretty its to bad your tall. The second he said that I was so hurt, but then as soon as I felt the stab it ocured to me that I was taking it out of context. I then turned back to him and looked him straight in the face and said, Yeah! To bad for you shorty. That turned his face red.

I know there are some people out there who make mean comments, but sometimes its how our own insecurities that make some comments sound worse then they are. Those who say things that are meant to hurt, are jealous and insecure with who they are. Tall women are always beautiful. You can not be a model if your under 5'10" unless your a just a cheep swin suit model. run way models have to be real tall. The most beautiful women in the world are tall.

Try to notice a group of women standing and talking, notice the ones who stand out, they are the taller ones. I have never heard anyone say they want to be short.

Short girls are cute or pretty, we tall girls are elegant and beautiful. If men dont approach you its because they are intimidated. Its your attitude and your confidence that makes you attractive. If you smile and are outgoing your going attract people to you. Try to be proud with who you are.

5'11" Chantell wrote (September 20th 2007)

Hi, my name is Chantell and I'm 5'11". I just recently purchased a pair of 3" high heel boots. I didn't think I had enough courage to wear them until I read the encouraging comments on this page and site. Thanks ladies!!! (and Joerg especially). :)

5'8" Joerg says: You're very welcome, Chantell! I'm sure you look great in them boots! Even though it's a modelling shot I recommend all you women who are worried about wearing heels check out 6'9" Caro wearing boots. I'm not sure she wears them on a regular basis but she looks great in them.

6'0" Mia wrote (September 19th 2007)

I grew up in Toronto and went to an all girls private school back then I never felt too tall cuz I was there since the first grade and so all of us girls saw each other grow up so no one bothered about that I was too tall. But when I moved to Pakistan (where I'm from) for 2 yrs and joined a coed highschool, that was when it hit me. All

the guys used to call me names ,n' sumtimes words I didn't even understand but the most memorable for me was "big show" and "giant gal" and a couple of others. Sorry for beating about the bush... I've got a question for u, Joerg: "What do guys see when they come across a tall girl or woman?" I mean do they admire them, are they attracted to them or what? And what do guys who don't prefer tall women feel when they a see a tall woman? Although anybody else can also answer.

5'8" Joerg says: When I see a tall woman I notice her. I most cases I see a confident, good looking woman who stands out in a crowd. Unless I'm in love with someone I want to talk to that tall girl and find out who she is, what her interests are and what kind of woman she is. I can't tell you what guys who aren't into tall women think but they may be intimidated. A lot of guys (mostly those who lack confidence) are intimidated by taller women. But remember: that's their problem not yours!

5'11" Amy wrote (September 18th 2007)

Hey, I'm 12 years old and I'm 5'11". I've always been the tallest in my class and on every sport I play which is a lot. The other day I had cheering pictures and I was the youngest on the team but yet the tallest. I can sometimes enjoy it but others hate it. My past boyfriends have been shorter which I hated but, oh well. I always hate it because most of my friends are short and ppl think they're my sister's friends. Finally when I went to a different school I became best friends with girls my height. A lot people think I'm older cuz of my height.

6'0" Jewel wrote (September 17th 2007)

Hello all, I am a frequent visitor to this site.

I am 6ft tall, I love my height 100%, and although I am taller than majority of females by far, I just don't consider myself "freakish" or "weird", I have always been taller than most people, especially gurls but that is no issue to me, so I'm used to perceiving life like that. I also happen to think I'm beautiful and model-like, so people who have looked at me and thought "woow!", have just fallen from planet mars in my opinion -so that's their baby and problem.

Anyways, I am always drawn to the short men. It's weird, ain't it. I have loads of tall friends etc, but I feel more comfortable in the presence of a short man, they are cute and I like them fat and chunky, and even sometimes bald, as long as they have deep pockets ... LOL!

No seriously, I just think they are cute and also my kids won't be too tall.

I just met a guy, and I am digging him seriously. The amount of emotional support he's given me, oh! And I feel like his baby, and he feels like my baby. But he is strong, clever, gentle, and kissing him is just the best.

So yes, it's nice to have a nice tall, strong guy, I like them too. But I feel like it can be competitive for both parties. The tall ones, the attraction doesn't go far enough for me.

I think dating short, chubby, bald, rich men - Like Danny De Vito, is not such a bad idea.

I am his arm candy, a guarantee of taller offspring, a beauty by his side... that can't possibly hurt.

Bye!!!!!!!!!!!!

6'3" Elena wrote (September 16th 2007)

To all those fashionable tall ladies who can't find jeans their size, check out Alloy.com. They have pants and jeans in 37" inseams that are pretty cheap. Most of them are about \$30. It's really awesome. The pants are great quality too. When my sister who is 6'2" showed me the website I couldn't believe it. Well, I hope you all stay proud of who you are. I have decided to write my college admissions essay (I'm a senior in High School) on how my height affected how I view the world. I am having trouble wording it, so if anyone knows some cool famous quotes or anything, please respond. Thank you.

5'10" Carol wrote (September 15th 2007)

To Marie: I am so glad to hear how proud of being tall has made you who you are today. People can be so cruel but they are just jealous because we stand out and show everyone we are very cool.

To Patricia: I am 5'10" and my honey of 6 years is 5'7" and he has been the best thing that has ever happened to me and he has never said one comment about our height difference. I am 53 now and I have finally found someone who loves me for who I am. Height has nothing to do with it.

Love from Carol

6'0 Marie wrote (September 14th 2007)

I'm currently a senior in high school and have been tall almost my entire life. Not only has my height (I'm 6'0") made me A standout in a crowd, but I also have red hair which isn't very common. If I'm in a big crowd people can always see me because my hair is so vibrant and it is higher then everyone elses. I have always loved the fact that I stand above almost everyone, but some people would sometimes make me feel ashamed about my height. The things they would say were sometimes so cruel. Anyways I just want to say no matter what anyone says, be proud to be different. Use your height to stand out even more.

5'10" Patricia wrote (September 12th 2007)

Okay, my problem is that I can't find a boy that's around my age and is taller... I like this guy but he's shorter than me. It feels awkward when I realize that I like him.

5'8" Joerg says: Don't be a "heightist". If you like him give it a try... there are no guarantees anyway.

6'0" Charisse wrote (September 7th 2007)

I am loving the fact that all of you ladies are recongizing that height doesn't just make you beautiful....it makes you unique in a beautiful way!!! Being tall is a luxury that many can't have!!! So enjoy the royal treatment!!! Until then, ladies keep loving yourself!!!! The more you love yourself, the less time you will have to concentrate on those who hate!!! Be good to yourselves and the people you love!!!

6'4" Marina wrote (September 5th 2007)

Hi! I'm Marina, I'm from Minnesota, and I love being 6'4" at 16! But sometimes people can be pretty weird about my height, so I give them a taste of "How would you feel...?" I got this off of a UK shopping website - it is so funny I use it at least once a week.

Comment: Geez, you're taller than heck! But dont it hurt lyke crazy when yew hit yer head on t' car door?

Comeback: Geez, your grammar is atrocious! But it must hurt like crazy when you hit your head on the door handle! (Minnesota nice is sometimes twisted.)

Alternatively you can use

Comment: Geez, you're tall! But doesn't it hurt when you hit your head on the car door?

Comeback: Wow, you're short! But doesn't it hurt when you hit your head on the car door handle?

6'1" Elena wrote (September 5th 2007)

Hey, ladies! It's Elena from Italy. I'm 6'1". Well, it's amazing to find that all around the world the "tall women situation" is the same! I mean... it's wonderful to be tall. I love it! But sometimes it's so frustrating! Everyone asking you "How is the weather up there??" or people looking at you, then down to your feet to see if you are REAL or if you are so tall beacause you're wearing high heels!! Well, I'm happy to meet this community, let's keep in touch!!! And THANK YOU JOERG!!! LOL

5'8" Joerg says: 

6'3" Shoshana wrote (September 4th 2007)

I was reading Jeannette and Jheri and thought of myself. I am also the tallest girl in my immediate family (and extended come to think of it) - lol. My mom is 5'7 ½" and my dad is 5'11 ½". Meanwhile I'm 6'2 ½" - we love the halves in my fam and my younger brother is 6'5". I often wonder where I got my height from since the average girl in my family is 5'5" - 5'7". Maybe it was those martians again. It's not always easy - even as an adult - but I wouldn't change my height even if I could because without it I wouldn't be who I am today. I swear it has made me a stronger and more confident person then being average ever could have.

6'1" Katie wrote (September 4th 2007)

Hi tall ladies out there !! I am 6'1" and 20 years old. All I would like to say is that all women should keep their heads straight while walking and cherish every moment of your life. I would also like to thank Joerg for his wonderful site that helps and encourages tall ladies like us to keep our ideas in front of the world at a global level. Joerg, you have really gone beyond the limits in terms of providing a win-win situation to all tall people of the society !!!

5'8" Joerg says: Not much... just **Thank You!** I'll let the guys "speak": 

6'1" Jeannette wrote (September 2nd 2007)

In response to Jheri's comment: It seems like our families closely resemble each other. However, unlike you getting your height from the "martians", I may have gotten my height from my dad's side, although they are not overly tall. He has a brother who is 6'2" and a sister the same height as him. My family doesn't really look upon me like a freak or anything like that so maybe that does affect how I view the world, because from reading many of the comments here I could see that alot of tall girls were teased. By the way I enjoy some advantages like you such as getting to ride in the front seat.

6'1" Erin wrote (September 2nd 2007)

I'm 6'1" and SO proud to be tall. When a tall beautiful woman enters a room, she is the center of attention, she turns heads when she walks down the street, and when you meet someone for the first time people will automatically respect you. Hold you head high, I even walk upright to appear taller, honestly. So the next time that small minded frustrated little man makes a sarcastic comment don't dwell on it, because people will say the nasty things out loud but everyone is really thinking about how beautiful you are. I bet if God gave any of you the opportunity to be shorter you wouldn't take it; because underneath it all, you all know you love ,looking down' on everyone else :P

6'3" Jheri wrote (September 2nd 2007)

On Jeannette's comment. I don't know that many other tall women to know how tall the others in their families are. Usually, of course, everyone is tall.

I'm sort of the exception like Jeanette .. in feet (I think in cm, but this area seems to be in feet and inches). I'm 6'3", my older brother is 5'9, dad is 5'10 and mom is 5'7. We all look alike, so no switching at birth:-) No one except me in the extended family is over 5'11. very strange. Dad says the martians did it.

I wonder if the heights of your family, since you spend so much time with them, has much to do with how you see the world. I wasn't novel at all in the family. The only differences were that I was a pain to find clothes for, but I got to ride in the front seat of the car because it was adjustable.

Jeannette wrote (August 31st 2007)

I'm 6'1". I never expected to be this tall. My dad is 5'10" and my mom is 5'6". My brother is 5'10" like my dad. I was 5'5" at age 13 and then I started a growth spurt and outgrew everyone. In addition to that I've grown fond of high heels and I own several pairs. I stand about 6'5" in my highest pair and I feel like a giant over my family and my boyfriend who is 6'1" too. It took a bit getting used to. It was awkward at first being taller than everyone but now I like it. I think tall women should look on the brighter side and see the advantages of

being tall. Most short women are jealous of us and would love to be our height. And there are plenty of guys who don't mind dating taller women!

Patricia wrote (August 31st 2007)Ok, I'm back. Yesterday I got really upset. I went online and came across this question asking who was the tallest girl youve ever seen? And this one person posted "in catholic school there was this tall *** girl - she was like 5'3", her name was Patricia. Def a giant in our school". I didn't think it was me but then her name sounded familiar and that was my height when I went to a catholic school...

Carol wrote (August 29th 2007)**Patricia****Simona wrote (August 29th 2007)**Hello! I'm from Serbia too... I'm 6'0" tall like Sandra... But I feel really good... I sometimes wear heels. I also sometimes feel insecure about my height but when I look at myself in the mirror I feel great. And when I see men on street checking me out I feel great. And Patricia, don't worry... Those people are just jealous, believe me! Ever since 1st grade I was very tall and there were always people who were making fun of my height... And of course, you can become a model if you want - way easier than all these jealous girls!!! Trust me... Kiss

Patricia wrote (August 28th 2007)Okay, in the height box it only said that shortest was 5'10 so I'll go with that... My real height is 5'9" and the thing is, I'm only 11. I try to embrace my height and sometimes I feel good about it until someone happens to say "Hey, King Kong!". That problem got so bad that I had to switch to a school that had 6th grade in a middle school. I felt better since at least I wasn't the tallest one but I've always been tall. I remember when I was in 3rd grade I was 5'3. I was always taller than most of the teachers. I'm proud of my height but I just dont understand why people have to make fun of me.

Diane wrote (August 28th 2007)I'm 45 and 6ft tall. I also hated it in HS, but my mom who was 5'8" always told me I would be glad when I got older. She was right, I love being tall and woudn't change that for anything. Tall women look sooo much better in their clothing than short women. And I think men in general prefer tall women. My husband is the same height as me... works great!!

Hannelore wrote (August 28th 2007)Hi tall girls/women out there! I'm an 18year old 6ft tall girl from Belgium and I started checking out tall women websites for a few years now, since I realised I was quite tall... Anyway, this is my favorite tall-site of all! Sometimes when I feel bad about my height (which used to happen pretty frequently), I need to read these quotes to boost my confidence a bit, and it helps! I just wanted to thank all of you for helping me through some tough times. I've always been the tallest girl in high school, which made me very uncomfortable about my 6ft (or 1m83) so I used to be amazed by how many women here, who were a lot taller than me, were proud of their height. Tanks to you I can finally say "I'm proud too!!". I'm not scared to wear heels anymore, I realised my boyfriend doesn't HAVE to be taller than me, but most of all, being tall didn't kill me, so it made me stronger! I'm proud of who I am, and if someone else doesn't like it, that's his problem! Thank you!!

Joerg says:**Jewel wrote (August 27th 2007)****Christine****Joerg says:****Sandra wrote (August 26th 2007)**Hi there... I'm 17 years old and I live in Serbia. While I was younger I loved my height (I was always the tallest girl in class), but when I wanted to wear heels everyone was like: "Are you crazy? You are too tall!!!" I played volleyball for 3 years and I stopped because I was scared that I would keep growing. When I found tallwomen.org I was so happy. Before I used to think:"I'm too tall" - especially when I'm around shorter people (by that I mean 5'6" and shorter). I still sometimes feel bad about my height and because of that I don't have confidence...

Joerg says:[Tall Woman of the Month](#)Christine wrote (August 26th 2007)Hi again gals :)

I just want to add my 2 cents worth :> For some reason, and granted, this is just MY opinion, I DISLIKE it STRONGLY when a woman of 6 feet says that she's 5'12", to me that seems

she's ashamed of her height and trying to "appear" shorter, and we SHOULD NOT be ashamed! God made us tall, dunno why He did, but He did, and I dunno why tall people are a minority (but we are); Well, apparently not in some parts of the world. I'm Canadian, and here it's not too common... Anyhoo, LOL... please don't say 5'12", say 6 feet! Man, that bothers me!!!! But then again that's me :-> Think about it! It makes a woman sound ashamed and we're here to support each other. And, yeah to the girls that are 5 foot 10, you're really not that tall. Maybe 25 years ago it was considered super tall for a woman, but NOT today! I know... I'm in my early 40's and the whole height issue regarding tall women has changed DRAMATICALLY in 25 years! Most of the women on this site seem around my height - 6 feet plus - which is cool :-> Blessings, Christine (who's 6'2") :->

Jheri wrote (August 25th 2007)I was asked by another tall lady where I get my jeans. I had to confess that the ones I was wearing were cheating because they were custom. I do have real problems trying to buy from the rack because most of my height is leg.

I found this in my notes from a few months ago. I have an old roommate from my NYC days who is pretty short who has as much trouble getting jeans that fit as I do. She is a little less of a tomboy than me and would save up to go into some of the custom clothing makers. A few months ago she sent a letter and I finally found it.

I don't know how good this place is, but she is pretty reliable - has anyone had any experience?

Joerg says:www.makeyourownjeans.com**Clothes USA page****Sade wrote (August 25th 2007)**Hello everyone. This is my first time on here and I think it's great. I love my height except when it's time to wear heels. I love heels but when i wear them I feel like a giant. I ask people all the time but most of them were short. (So it really does not count) - I would like to hear from some women with a little height. I try to just ignore the stares of ignorant people, but I want to hear what some of you think.

Jewel wrote (August 25th 2007)MORE COMEBACKS? Try, "I was supposed to be twins". If people ask you do you play basketball say "No, im lazy and I smoke" or if they say how tall r u say "I am 5ft 12inches". tee hee:)

Jheri wrote (August 25th 2007)On comebacks... I gave up on trying to come up with snappy things. Most people just aren't used to seeing tallish women, so I try to take it as a complement and return one.

So if I hear ... my god you're tall... I might answer ... "Hey, thanks! And I really love your suit."

I've had some very nice conversations with people I would not have otherwise met and a few that have led to good friendships. Sure there are some jerks who say nasty things, but I think more people are just startled and don't know what to say.

Sara wrote (August 25th 2007)I just wanted to give a hug to all the young ladies still fitting into their height. I am 29 years old and was 6' by age 12 (I'm 6'2" now). Being tall is a beautiful thing. It just takes some getting used to in this non-tall friendly world.

Susan wrote (August 24th 2007)[Laycie's comment](#)Jewel wrote (August 24th 2007)Carol - some comebacks?

"God stretched me out when I was a baby".

I FIND IT'S GENTLE AND DOESN'T SHOW PEOPLE YOU ARE INSECURE. IN FACT IT ATTRACTS THEM SOMEHOW! :)

P.S.: Guess you can't argue with what God has done cause it's always good :) !

Laycie wrote (August 24th 2007) This site is full of feelings from the perspective of the tall woman who always gets asked how tall she is. Well, have you ever wondered what REALLY goes through the minds of those people who ask you your height? I am one of those people. And I will tell you exactly why I used to ask tall women all the time, "How tall are you?"

The more I reflect on this, the more I realize I did this pretty often, beginning in college. I can't speak for why men ask women their height. I can only speak for myself. I am just a hair under 5'8", and I've always wanted to be taller. So when I'd see a woman who is taller than me (which is not the norm, since 5'8" is taller than most women), I'd invariably ask how tall she is - but only if we were already chatting or I already somehow knew her. I'd never just go up to strangers. I did not ask for heights to be mean or to offend them. This was akin to asking a woman where she got a great-looking pair of earrings, or where she got her hair done, or where she got her outfit from. Even if a woman seemed to be only two inches taller than me, I'd ask. I did this out of sheer envy. If the woman was close to my height, like 5'9" or 5'10", I'd ask also because I'd first estimate her height, and make a visual note of how tall she appeared. Then, if it turned out she was only one or two inches taller than me, I'd realize that, hey, if she looks tall, and she's only one or two inches taller than me, then I MYSELF must look tall, too! I'd want that confirmation.

Other women I've asked were usually 5'11", and some six feet and over. None ever reacted as though they were offended, except for just one (I found out later she was 6'1"). Another woman responded, "I'm six feet and I love it!" I always have followed up my question with something like, "You are so lucky! I wish I had your height!" Sometimes they'd say, "No you don't!" Then I'd tell them why I did. I've run into quite a few tall women through my volleyball playing. The tallest one I ever asked (not a volleyball player, but... well, okay, I confess, she was a complete stranger, but we were in line for something), was 6'5"! I complimented her after she answered. So when someone, at least a woman, asks you your height, it IS a compliment. I'd never go up to a fat person and ask how much they weigh, because I don't want to be fat. This is a poor comparison. I'd never ask a short girl how short she is, because heaven forbid, I'd never want to be short.

My message is: Stop being so \$#%\$ overly sensitive. So what if someone comments on your height. How many of you, yourselves, have NEVER commented on someone's physical appearance, be it skin tone, hair color, shape of eyebrows, fingernails, shoulders, whatever ??? Nobody on this board is perfect. I wonder how many of the women here, who despise their height, would be changed instantly if they got in a car wreck and had to use a wheel-chair.

P.S.: Joerg, I had to put in 5'10" in the "Your Height" box to allow the site to accept my posting.

Joerg says: Carol wrote (August 23rd 2007) Hi guys, it's Carol again. I love to read this website so much, I was wondering if some of you could give some phrases that you have used as a comeback when someone asks you how tall you are or the great saying gee you are tall, as if I don't know that already. If I could have some good comebacks that would not sound mean, I am so sensitive that even a mention of my height can somewhat ruin my day. I know it sounds lame, but I need some good comebacks that can help me feel better about these comments and then help me feel more like the tall beautiful girl I am. I am 5'10" and I do feel good about being how I am. Thanks so much! Hugs, Carol

Joerg says: [comebacks page](#) Jewel wrote (August 22nd 2007) Dear Joerg, I am considered tall at 6'0", and even then, I have never looked at it like I am weird or something. Sure, some people will look at me but usually they are not so tall people in the first place. I kind of lament girls who are like 5'10" - 6'0" feeling terrible about themselves! If only they knew how gorgeous they are.

I tell you Joerg, on a given day at work, I will get my hair done, do my make up, dress in my lil outfits and put my heels on. And when I walk through town, I have this attitude that says "better get out of my way". It's attractive, when a woman is tall, looks beautiful and confident.

The only reason I won't wear heels sometimes is on a day like this: I am just feeling "blurrghh" and I don't really wanna talk to everybody a lot. Maybe just a bit, I wanna keep in my own corner.

Bottom line: at 5'0" - 6'0" a woman sticks out. I have seen women this height dressed up - and it's made me want this bad. I really want these gurls to take a breather. Cause when you look attractive, you feel attractive, and you become attractive - to others.

Girls do what you can to feel good. paint your nails. you are beautiful. ok?

Joerg says:Kyra wrote (August 22nd 2007)I'm sorry, maybe it's just me but I find it rather offensive when people think all I can do as a tall woman is model and play basketball! (The fact I love playing basketball has got nothing to do with it!). You wouldn't go up to a short person and say "WOW, you must love pot-holeing!" or something.... I know it sounds bitter and I'm not. I love every inch of my height! I'm the only 6ft1 18yr old I know!! It just annoys me when I tell people I'm about to do a degree and they say "Well, it's alright for u. U can pay ur student fees by modeling". EXCUSE ME! But maybe I'll just get a job like everyone else on my course. All I'm saying is: There's more to me than my height like there's more to everyone on here! I wish people would recognise my other gifts not just the vertical one! xx

Joerg says:Lea wrote (August 21st 2007)If someone comes up to you and says something about you're height or tells you you're soo tall... take it like a compliment cause nobody would go to a small person and comment about her height... that would just be mean!... The most important thing is the confidence. If you just stand up straight you'll own the place!

Carol wrote (August 20th 2007)I am so glad I found this website. I have stuggled with the comments on how tall I am at 5'10". It's been tough. I don't feel tall but when it is pointed out to me now that I am 53 I feel so uncool again... like I felt at age 15. Kids were cruel then. Thanks, guys for being there, so glad to talk to other gals who are going through the same thing, being supportive makes all the difference to me. Thanks! Carol

Alley wrote (August 15th 2007)I am 25, 6'0", about 200 lbs and I LOVE it. I have always wanted to date a man taller than me, but when I did it never worked out. Here I am dating a guy that is 5'8 ½" and he is wonderful. So I don't see anything wrong with dating someone shorter than you. It's their personality and the way they make u feel that should matter the most.

Emma wrote (August 14th 2007)I think some people here are a little over-sensitive about their height. I'm 5'10" but don't see myself as that tall. Sure I was one of the taller girls at school but I'll see hundreds of girls around my height on any saturday afternoon trip to the mall. All stores seem to have clothes that fit OK, and I can count on the fingers of one hand the times that people have mentioned my height. I can understand the problems when you're 6ft plus, but not really below this. Anyway just my 2c....

Daniela wrote (August 14th 2007)Hey, I was trying to find soem long pants online and came across this website - it's interesting to read all the other girls comments. I know exactly how they feel - now at 30 - I love being tall. Thank God!

Stephanie wrote (August 12th 2007)Hi, I'm 6'2 and only 16. I'm always one of the tallest people in class. I always hear about how tall I am from the girls but the guys usually don't say anything to me about my height, maybe they like it, I don't know. The last couple years I wasn't satisfied with my height, I always wanted to be a few inches shorter so I wouldn't stand

out in the crowd. But now I couldn't care less. Being tall is beautiful and a gift. So be proud to be tall!

Katie wrote (August 10th 2007)It's me again. I guess you're right, Joerg. I am among the shortest women in here. I shouldn't be complaining. I do like being tall sometimes. It makes me feel sexy and unique.

[Danielle](#)Hey, did you go to that "Pete Newell's Basketball Camp For Tall Women" this summer in Oregon City? Sorry, but there was a girl there who was 6'4", 14, and her name was Danielle. Just curious. Was that you?

Wow. Now I know I really shouldn't be complaining now that I know of a girl who is younger than me and 6'4"! Wow! I think extreme height is awesome! I have recently learned to accept, embrace, and love my height. Anyone who makes fun of tall, sexy, confident women is just plain JEALOUS!!

TALL WOMEN ARE BEAUTIFUL!!!Joerg says:[Danielle](#)**Katie wrote (August 9th 2007)**My whole life, I have been tall. Sometimes I feel insecure, sometimes I feel confident and sexy. I usually feel confident though because I always seem to get attention and get comments on how gorgeous I am, and how I have a cute butt, before comments on height. I am 15 years old, 5'10", blonde, green eyes, tannish skin-tone, and extremely athletic (but I have a slender build - not muscular). It seems like I can't get through one single day without at least one person commenting on how tall I am! That gets annoying after a while!

I also have a reputation at my school for being very smart and following the rules (which I do). I have a 4.0 . I have a tall family, but not extremely tall (and I have a lot of people in my family). But what sucks, is that I am the tallest of the girls in my family. I am very close to my girl cousins, but I sometimes get jealous of how petite they are! They are like 5'6" or 5'4". My mom and dad are tall. Mom: 5'11, Dad: 6'3". My mom has 3 brothers and my dad has one sister. My mom is the only girl in her family, and she was the tallest child (except for my uncle Tony, who is like 6'2" or 6'3")!!! It's not fair! Why did she have to be the tall one?! I have 10 cousins altogether, and my brother Jacob (18yrs. old and 6'4") and I are by FAR the tallest out of all of them!

Joerg says:5'10"6'4"6'5"Maybe you want to be average? **On here you're well below average.** Think about it!While I'm at it: [Sandy Allen](#)Jheri wrote (August 7th 2007)[Danielle](#)How true. I took a look through their online catalogs and would peg the youngest stuff at closer to 20, but there isn't much there.

The problem is volume. There is no way a clothing manufacturer can get the required volume to justify a size. I went through the same thing and, shudder, had an aunt who was an excellent seamstress with really old fashioned tastes. She would make wonderfully crafted things for me that were - well - twenty years out of date.

The trick is to customize things. If you can sew all the better. Look around in the magazines and racks at what you really like and see if you can find trends that might go back. Maybe the way some old jeans fit 10, the color of a shirt, things like that. Get out the scissors, throw things together - just be creative.

I model for a living and some of the designers will tell you that a great place to trendspot in among new models showing up in NYC, Paris etc. They are usually from really small towns and didn't have enough money to have custom clothing made. Most of them are a bit too tall for rack clothing (although nothing like my 6'3 or your 6'4 plus) and they started their own designs.

Someone has to start trends and it isn't the designers (they are followers - trust me :-)) Find some friends who are really interested in this and put together things together.

I'm not terribly stylish, but remember finding some really tight old jeans that were way too short in a thrift store when I was about 15. I turned them into shorts, put some cute pockets on them, built my own belt out of old leather and chain from a hardware store and had all of the girls my age (and older) asking where I bought them. I also had more than a few disasters, but it was a lot of fun.

Remember - thrift stores can be your friend :-)

Here are a few more hints (These might be out of date - they probably are, but they give a place to start): You can make a denim miniskirt by finding some very high waisted jeans from the 80s (goodwill or other places will have these for almost nothing. I used to buy them for 50 cents each). Buy them a couple of sizes too big. Don't worry about the legs being the right length. Get some chalk and mark a very straight line across them just **above** the crotch. Cut on the line—a mini! you can now customize it to your heart's content.

- You can make distressed jeans by ripping open seams with a seam ripper. Open up the inside leg & crotch seam. Now seam-rip the seam starting at the bottom of the fly, going down to the front hem. Depending on the thickness of the denim, either lay the curved seam over the other side and sew or fold the curved seam under to form a straight seam and sew. If needed, trim shorter for an even final hem.
- Cut off the waistband on your jeans. Seam-rip the belt loops first.
- Go to a hardware store and find stuff to make belts, belt loops etc with. Tall gals look great with lots of metal.
- You can "age" denim dramatically with a cheese grater. It pretty much destroys it for cheese or carrots, but it works pretty well.

I just built my iPod shuffle into a belt buckle. It looks like it belongs there.

I'm really thin and never had boobs (still) there are things you can do that will get attention to things other than your height. I found some old model rocket nose cones that were about 2" wide and as long. duct tape and my AA bra gave a different effect under a somewhat loose top (you wouldn't do this with anything tight:-)

[Joerg](#)P.S.: Danielle - I've walked things for major designers you've probably heard of that had lots of stuff from hardware stores and hobby shops in them. Use your imagination!! Tall is a wonderful canvas to paint on.

Haddy wrote (August 7th 2007)I just had to add this quote:

"There comes a time when you have to stand up and shout: This is me damn it! I look the way I look, think the way I think, feel the way I feel, love the way I love! I am a whole complex package. Take me... or leave me. Accept me - or walk away! Do not try to make me feel like less of a person, just because I don't fit your idea of who I should be and don't try to change me to fit your mold. If I need to change.

When you are strong enough to love yourself 100%, good and bad - you will be amazed at the opportunities that life presents you."

"Stacey Charter"

Danielle wrote (August 6th 2007)[Dorothy Perkins](#)[Top Shop](#)[NEXT](#)[Joerg](#) says:[TopShop](#)[Beatrice](#) wrote (August 4th 2007)[Beatrice Bofia](#)[Suzy](#)[Elizabeth](#) wrote (July 29 2007)[Sacco Shoes](#)[Jheri](#) wrote (July 27th 2007)[Kati](#)The "right" weight is another thing women of all heights struggle with. Usually the body mass index is used. If you have a BMI less than 18.5, you're underweight, if more than 25.0, you're overweight (not that the divisions mean much). But women who are muscular can have pretty large BMIs and not look overweight at all.

I have a problem with being very thin. Flat - almost no curves at all. I'm 190cm and 54kg .. so my BMI is 15.0. The problem is I model and some of the EU countries are talking about banning models with BMIs less than 18.5. I don't diet or take other measures to loose weight - I keep trying to gain weight. So I had to get a doctor to examine me and certify that I'm healthy at my height and weight and it is natural for me. He said it was very unlikely that I could gain and keep more than a couple of kg.

But healthy is the right word. I don't do english units very well, but 5'10" and 175 may be perfect for you. The doctor (who specialized in weight issues) says people seem to have weights they regulate to. They can try to eat a lot and gain weight or starve and loose it, but their body will try to push back to its own range.

So the healthy thing is to get comfortable with your own weight. And to ignore things people might say - I get called flag pole and bean pole a lot.

Oh, and just because models tend to be thin, that doesn't mean guys don't like curves. Models exist to sell clothes to women - not to get guys excited. My experience is most guys prefer curves (but fortunately I found one who doesn't mind thin).

Leslie wrote (July 27th 2007)www.tallgirlshop.com**Kati wrote (July 26th 2007)**I'm 5'10" and feel very tall as I grow older (41). My height did not bother me much when I younger and I grew to love it as I matured. I always felt strong, healtly, and attractive. I have had many dates and relationships. My current husband loves my height very much, he says he loves the attention tall women command when they walk into a room. He is 5'11" by the way. I could not really stand to date men shorter than me. Not to say I have not been attracted to them, but I found I would not go anywhere in public with them (so you know what that leads to...when you stay in all the time :)) Anyway, my point is that now I'm getting older, I find myself very self-conscious about my height. I think it has to do with my weight which at 175, I am at my most heaviest. I feel like a football player. So I don't know what I'm really putting out there to the young and older woman with exceptional height, except that, stay in shape as much as you can. I hope that is not too vanity conscious, its just what I feel for myself. I loved my height when I was thin and now that I am overweight, I want to hide instead of shine.

Joerg says:Christine wrote (July 25th 2007)[Shumani](#)Great attitude!!!!!! Keep it up :) Cheers :) may you be an inspiration to young (and not so young) tall women everywhere !!!!

Linda wrote (July 25th 2007)[Susan](#)**Wannie wrote (July 25th 2007)**I never liked when people just look at me and say "you are tall" like I dont know that, but now I like the height and I really wish that I hadn't spent all these years wishing I was shorter. Now I wish I'd just enjoyed it because the truth is a lot of women would kill to be our height!

Lucy wrote (July 24th 2007)Sometimes I hate it and I feel so awkward stood all around my friends who are short. And I get SO sick of people constantly commenting... what am I supposed to say back? It's not like I would go up to a fat man and make him stand next to me so we could measure our waists like they make me stand up next to them. And then comment about it and stare. But then sometimes I just think how average I would be without being tall and tall people are elegant and lovely!

Susan wrote (July 23rd 2007)[Linda's comment](#)P.S.: I am not referring to people geniunely being curious because sometimes I am curious too. I am referring to people just being out and out rude, ignorant and/or insecure.

Linda wrote (July 23rd 2007)The other day I was getting my nails done and the technician was a really tiny young woman.(from Italy) Without even realizing it, I was asking her the same questions that I sometimes get asked about being tall. I asked her if her mother was tiny like her, and I asked if her sister was small too. I definitely wasn't in any way being mean

spirited. I was just curious! So, don't get upset if someone asks you about your height. They are just curious and want to start a conversation! So everyone should lighten up. It's not a big deal! Someone in this forum said it best. When a person sees you walking a big dog, they will comment on how big the dog is. It's just human nature to comment on what is obvious!

Joerg says:Shumani wrote (July 23rd 2007)I am 20 years, 6'3" and taller than everybody at my home, even my dad. At first I felt so embarrassed but now I am starting to enjoy my tallness, and people around me are starting to accept me for who I am. And it's real coooooooooooooo!!!!!!!!!!

Lea wrote (July 22nd 2007)Hey! It really makes me feel good after reading all your quotes..My real problem is that I LOVE HEELS but I just think I would look scary because I'm 5'11 ...

Joerg says:Katy wrote (July 19th 2007)Hi!!! My name is Katarina, come from Croatia and I am 17 years old :) I must say I really love this website! I am 5'10" and I am the tallest one between my female friends. I have always been the tallest girl in the class. At the age at 14-16 it bothered me so much, cuz all I was hearing was: Oh my gosh, u are so tall! It was so annoying! Guys didn't bother about me being tall, yet they were always saying I have great body :) The ones who "made fun of me" were those REALLY short petite girls. Now when they do it again, I just say: "Shut up or I'll squash you!!!" :) Today I love being tall. It feels so superior. I have so may female friends who wish to be taller. I also became a model. Every single item of clothing they put on me looks fantastic and I get more jobs then other shorter models. Tall woman rock! We are goddesses! Most of my friends are guys and it feels sooo good to be as tall as them. I also asked them if they prefer short or tall girls. 90% of them said they prefer tall ones!!!! Be proud of your gorgeous height! Kisses for all of you

Xaria wrote (July 17th 2007)[JHERI](#)**Jheri wrote (July 16th 2007)**Someone said "what doesn't kill you, makes you stronger..."

I model for a living and had a terrible time for the first few years. Agencies couldn't or wouldn't place me and most of my income came from waiting tables. Then I started marketing myself and talking with potential clients directly. I would tell them that since I get attention on the street, I can help their product get attention.

I still use some non-exclusive agencies for contacts, but most of my work comes from me - my little one person company. Some of the companies like my approach and I've started branching out doing the creative piece and subcontracting photographers. So by sticking with it and making it work, I found something that works specifically for me.

If my height was that of an average model I would have given up. Hearing "you're too tall" six times a day while people still stare lit a fire under me. If there is a moral here, it may be that being what society considers a misfit can make you a lot stronger if you choose to work at it.

Nicole wrote (July 16th 2007)I am 34 years old and 6'1". I was reading through the comments and found a few things troubling. Regarding the comments of the woman from Switzerland, she was upset about tall models being featured on this site. This site features all different types of women. Some models, some not, many shapes and sizes, but all tall and wonderful. Why is it that some women feel the need to tear apart others as a manifestation of their own insecurities? We should be embracing each other. Let's face it some of us would be considered "model" types and some of us are not, but we all face the same looks, comments and inconveniences of trying to fit into a 5'6" world. That doesn't make us abnormal it makes us unique and since when is unique something to feel self-conscience or ashamed of? Our individuality should be relished and celebrated. A cookie cutter world would be a pretty boring place to live.

Secondly, to all the young girls that are struggling with their height and all that comes with it... hang in there. It can definitely be tough when you are the one that is different from all of your friends, but down the road, you will come to appreciate your height and the strength your struggles have built. I was the tall gangly girl in the back of all of the school photos. I didn't have as many dates in school as my friends, but all of that changed. I met the man who would be my husband when I was 21. He is shorter than me and it doesn't matter. He is a wonderful husband and father. Height has no bearing on the qualities that matter. If you get hung up on a potential partner's height that makes you just like those that look at us like the freak show oddity. Love has no height requirement!

Simply Tall**Joerg says:**[Simply TallClothes USA](#)**Angelika wrote (July 15th 2007)**I'm 5'10 and 18 years old. My dad is 5'8 and my mom is 5'4. I'm actually the tallest person in my family. I've pretty much always been the tallest girl in my class, especially when I was younger. I have learned to accept my body the way it is and the way I think I did that is with time. Just lately I have come to accept it to the point where I didn't pay any attention to it. I know where to look for clothes in the stores I like in the mall and shoes aren't a problem for me, since my feet are size 8. After coming across this site though, it has reminded me that I am on the tall end of normal height. I love to wear high shoes to the club though, and I love the way 4 inch heels make my feet look. I am pretty thin, I weigh 120 lbs and I do try to work out a little to keep my body in good condition. I have only dated guys taller than me in the past. It does seem like only they give me attention though. I have a guy co-worker who is about 5'8 and he has commented to me that the reason I have so many problems in love is because the tall guys I date are jerks and I should find a nice guy no matter what height he is, but with the way I look the nice guys are intimidated by me. I used to get the "wow you're tall" comment alot, and the "do u play basketball". I've grown through that phase in my life, and somehow those comments have stopped, yet I am still the same height. I think once I found who I am inside, I gained alot of confidence. Tall confident girls are beautiful. We do stand out, and it is in a good way. Can't really get that much shorter anyways haha no matter how hard one may try.

Rebecca wrote (July 13th 2007)I've just read the author of this site's home page; his interest in promoting the idea that tall women should stop rejecting shorter men on the grounds of their height and his constant assertions that tall men prefer short women is dishonest and self serving. Tall boys who are hung up about their own height will sometimes only chase short girls but secure tall men will not prefer short women just because they are short, they will choose women according to how attracted they are to them regardless of height as they have their pick - sorry jorge; blame men for this as it is a product of western male culture and facts such as the taller the man the more successful he is in the work place etc mean tall men have an advantage in their quest for alpha male status. Tall women do not enjoy quite the same advantages in our culture that tall men do but neither do short /average height women and I don't think it is healthy to encourage tall women to believe that they are at a disadvantage sexually just because they are tall.

Joerg says:Sorry, ladies but even I get pissed off sometimes.

Claire wrote (July 13th 2007)I'm 6 feet tall, and care far too much about what people think of it! All my friends I talk to who are shorter than me complain they want to be taller, sure I get a few nasty comments but everyone has something about them that will be commented on. I was at a party once and my male friend started making fun of me going on about me being a giant. At first it upset me but then I overheard him calling my 5 foot 5 friend a midget! You can never be right no matter what your height is... to top it off I ended up with him at the end of the night. What was that about height being a turn-off :P

Vicky wrote (July 12th 2007)I'm 6'1, and 19 years old. It was only when I was around 16 that I gained confidence in my height. I like to stand tall, but I'm still learning to fully ,love' it.

Rebecca wrote (July 12th 2007)Hi, I'm 37 and have never seen my height as anything other than part of who I am. I was called the usual names by boys in my teens which I think was actually quite good for me as I had to develop quite a thick skin. A few of my shorter friends have told me that as far as men are concerned I am lucky that I don't attract the ,protectors' as they are often treat women with less respect. Studies have shown that the best chance of a lasting relationship is where the man and woman are of similar heights so I have taken from that that I am actually very lucky, my partner is my height and we have been together for 15 years. I have finally realised that since my teens the sex that has made me feel somehow inadequate because of my height has been female; my partner tells me that only insecure men will object to it and that really has been my experience. I have met women who blame their height on their failure to attract men, but these women have always been at least 3 inches shorter than me (I am 5ft11)and as they tell me how hard it is for them I just think yeah yeah you are so tall thats obviously what it is. I'm not sure why they tell me. As to why it is that women of around 5'10", 5'11" are the more likely to be hung up about their height, I think this is because we are at the extreme end of ,normal' and maybe it is easier to feel out and proudabout some aspect of our physical selves when there is just no getting away from it?

Leonor wrote (July 10th 2007)High heels you said? Easy: I wear them with skirts and sexy dresses, and walk like I own the place. Guys? They drool.

Joerg says:Susana wrote (July 9th 2007)I'm 5'11" and love heels! In fact, I don't really feel comfortable in outfits without them, unless we're talking flip-flops. My favorite casual work outfit is black jeans, wedge heels, and a classic blouse.

When I was younger, I was very self-conscious about my height. But after high school, that changed.

There are always going to be people—including total strangers—who have strong opinions about other people's heights. But that is their business. Like others have said, do what's comfortable.

Bravo to the tall girls out there, stand tall! :)

Louise wrote (July 7th 2007)Girls, do not let one day go by not liking yourself. Time is too precious! The older you get, the faster time passes, and it's scary. We cannot afford to let one day, or even one hour, go by during which we are not content with ourselves. Don't focus on your physical attributes... instead, focus on the calm within you and the beauty of nature. Those are two things that no one can take away from us! We all need some constants in our lives. As for being uncomfortable with heels, or shorter guys, or whatever... just go with your gut. If something's uncomfortable for you, avoid it. Do what feels right; just don't overanalyze it, and you'll be fine. Hope everyone has a beautiful summer!

Candice wrote (July 5th 2007)I am 5'11 and I wear 3" wedge heels all the time. Who cares. People comment on my height everyday of my life regardless of whether I wear heels or not. Screw people. If you want to wear them, wear them and smile. You will be braver than most people and there is great freedom in simply not caring :)

Susan wrote (July 5th 2007)**BEVERLYSARA****Beverly wrote (July 5th 2007)**When I was in High School, I was teased about being tall and thin being in a small town where everyone were not aware of the world events, I felt somewhat left out but did not know those people were jealous of me even family members, I was cute and they tried to put into my head that I was unattractive. From that I have done some modeling because this was my dream when I was younger. These people were threatening my dreams. To this day I look back at these

people and say how could somebody be so mean and evil, when a person want to excel in a dream. The bottom line was - they had no goals to elevate themselves to so they did not like me because of this. So now I am happy with myself and people do find me very attractive even at the age of 56. I'm 5'10", by the way...

Pam wrote (July 5th 2007)I'm 5'11". Yesterday I bought a pair of beautiful wedges heels were about two and a half inches. Why do I feel I really really want to wear them on the one hand and on the other think will I look like a freak???

Sara wrote (July 3rd 2007)I love being tall (I'm 6'4")! :)

Joerg says: Alison wrote (July 3rd 2007)Hi, just wanted to let you know that after many, many phone calls, I have finally managed to get my refund from tallandall.com. I will never use them again: the products were poor quality, and the customer service was atrocious. However, for those people who haven't managed to get their refunds, all I'd say is keep calling (e-mail gets no response). I have literally called more than 10 times, but finally victory! I have NO idea how those people stay in business.

Anyway, thanks for your advice.

Alison

Andrea wrote (July 3rd 2007)I'm 5'11" and I've never felt comfortable with my height because all my friends are barely over 5 feet and all the guys I've dated are shorter than me. I wanna wear heels but don't want to tower everyone but I've found out that people are jealous of my height and that I like even though I don't always like that... others do!

Ana Lilian wrote (July 2nd 2007)Hi, I am a Latina amazon and I love it! I really stand out in Puerto Rico, because generally latin women are not tall (think Salma Hayek, Eva Longoria) When I was younger I would usually get teased, but as soon as I matured and filled up in the right places, things began to change. I have a teen daughter who is also a budding Latina amazon, and I make sure she is proud of being tall and beautiful!!! I'm 5'11", by the way.

Gabbie wrote (June 30th 2007)Louise Joerg says:
wrote (June 30th

2007)[LizChristine](#)Christine wrote (June 29th 2007)[Right on Liz!](#)Liz wrote (June 27th 2007)Sarah wrote (June 21st 2007)Jheri wrote (June 19th 2007)[Elektra's note](#)Sarah wrote (June 19th 2007)Elektra wrote (June 18th 2007)Hannah wrote (June 18th 2007)Joerg says:Sherry wrote (June 16th 2007)Vicky wrote (June 15th 2007)Sarah wrote (June 9th 2007)

Louise wrote (June 9th 2007)[Shelle's comment](#)Tracy wrote (June 6th 2007)Shoshana wrote (June 4th 2007)[MarieKatie](#)Susan wrote (June 3rd 2007)[Christine'sKrystle's](#)Krystle wrote (June 3rd 2007)[Christine](#)Joerg says:[Famous Tall LadiesTallest Known Living WomenTall Woman of the Month6'9" Caro](#)Louise wrote (June 3rd 2007)Christine wrote (June 2nd 2007)[Krystle](#)Joerg says:Krystle wrote (June 2nd 2007)Charisse wrote (June 2nd 2007)[MarieMelanie](#)Christine wrote (June 1st 2007)[second time](#)Katie wrote (June 1st 2007)Jewel wrote (May 31st 2007)[Holly's story](#)Hattie wrote (May 30th 2007)Krystle wrote (May 28th 2007)Joerg says:[According to this website she is 6'0"](#)Linda wrote (May 28th 2007)[www.tallwomen.orgwww.tallandall.com](#)Joerg says:[tallandall.com](#)Jheri wrote (May 27th 2007)[Marie](#)Myisha wrote (May 25th 2007)Marie wrote (May 25th 2007)Susan wrote (May

25th 2007)[Christine](#)Dawniece wrote (May 21st 2007)Marie wrote (May 19th 2007)[Kaycee](#)Laura wrote (May 19th 2007)Jheri wrote (May 19th 2007)[To Ulatallandall](#)Christine wrote (May 19th 2007)Louise wrote (May 17th 2007)[To Kira](#)Melanie wrote (May 17th 2007)Suzanne wrote (May 15th 2007)[Sophia](#)Shoshana wrote (May 15th 2007)Kira wrote (May 14th 2007)Aimee wrote (May 14th 2007)Joerg says:[Clothes USA](#)Ula wrote (May 14th 2007)[Tallandall.com](#)Emily wrote (May 13th 2007)Jennifer wrote (May 12th 2007)Natosha wrote (May 7th 2007)Joerg says:Susan wrote (May 6th 2007)Joerg says:Kaycee wrote (May 5th 2007)K.T. wrote (May 3rd 2007)Sophia wrote (May 3rd 2007)Katie wrote (May 2nd 2007)To [Bethany](#): My name is Katie and I just turned fifteen. I am 6'0". I am pretty proud of my height. At least when I am with girls or playing basketball. I feel like it makes me stand out when I am with my beautiful friends. But I have had the same experiences with guys. We live in a world where the guys are supposed to be taller. And although that will never change, we can just accept ourselves as different. I have dated guys shorter than me, and although it didn't bother them, it bothered me. But if you act confidently nobody will ever say anything about it to you. You will always have the guys that think you're beastie or too big, but if they go that much on your height, you're better off without them. There are many couples today Tom Cruise and Katie Holmes, and [Adrienne](#) and her husband [Christopher](#) off of "[My Fair Brady](#)". And a tip for your guy: they make shoes that make guys taller. You could accidentally leave an article about it on your desk. Also flats are a great and very in right now. So if you act like it's no big deal, then other people will think that too. B

Shoshana wrote (April 30th 2007)

Well, Susan, I live in NYC actually, and I had a chance to ask my co-worker why she seems to be so fascinated with my height and she was shocked that I asked her in the first place. Her response was that she wasn't trying to offend me and would actually like to be taller herself. I call it "short man's envy syndrome". In all honesty I like being tall and I have learned that once you accept yourself everyone else accepts you. If you feel bad about yourself and focus on your height in a negative way then everyone else will focus on it... and since I'm not shrinking and my height is here to stay, I embrace it. Thanks for your comment, Susan.

Joerg says: You may wanna call it "Short woman's envy syndrome"... I don't envy you for your height as I'm happy with my 5'8" but I'm mightily pleased that you're as tall as you are. You go, girl!

Sian wrote (April 29th 2007)

Thanks Joerg. I think it's great what you do here. You're such a cool guy! Yeah, I think if you are real tall then I guess you totally have to accept it. When you're kinda on the verge or in between, it's like you're close to both and want to be one or the other if you know what I mean! Anyone know where I can buy some confidence? U see, I'm easy at pretending I have confidence but those who really know me, know I haven't tho x

Sian wrote (April 28th 2007)

I'm really coming to hate my height. I'm 5 foot ten, and I'd never put heels on. I'm self-conscious as it is! I think guys are intimidated by tall women, and most real tall men want a really short woman. I always see that. Guys who are like 6 foot 4 with a girl of 5 foot 4 ! They don't seem to want to go for tall women. I just wish I could chop my legs off half the time to be honest. Sorry I can't be more positive, but it's honestly how I feel. I starve myself half the time to be skinny because I couldn't handle being 'big' as well as being tall. I'm a size 8 (American 4) and I still feel massive. I think I'll always feel massive because of my height. I thought havin' a nose job would also make me feel better, and it hasn't! I just wish I could be the same as everyone else and not stand out. I don't wanna stand out. I really hate it. I don't think I'll ever be happy :(

Joerg says: I don't want to be devil's advocate here but this proves to me that women who are on the fringe of being "tall" seem to have a much harder time than women who are really tall (6'4" and above). I wonder why that is... I've always found that a lot of 5'10" or 5'11" women consider me to be too short whereas I've been around several ladies who were 6'3", 6'4", 6'5" and even 6'7" and they thought I was "tall enough" for them. Weird? It

probably is. I think you need to work on the deeper lying issues, Sian. You seem to lack confidence big time and dating a tall guy won't help you feel better. You need to start appreciating yourself and your body more... as soon as possible!

Susan wrote (April 27th 2007)

Hi all - especially Shoshana

I wanted to put my two cents in in the co-worker making the "you're really tall" comment. Actually, the last time I heard 5'6" was the average height in the USA(not sure where you live). So, you were correct she is really short. Why she felt the need to point out that you are tall is another issue. What does she think that maybe you didn't know that you are tall? Anyway, I will get off my soap box.

Take care
Susan

Susan wrote (April 22nd 2007)

Hi all - especially Kate

First, my take on your situation, you are in that awkward time, not you specifically, but, many times boys at that age dont know who they are let alone who or what they want. It is really comical, but, as soon as you graduate from high school usually the guys start growing up and appreciating beauty of all sizes. I went through the same thing in high school I had crushes, but, the guys were not interested. Men approached me, but, at 14-18 was not interested in a guy 20's and up.

Second, you think guys think you sister is more attractive, but, it probably is a case that they are less intimidated by her(nothing against your sister). I have heard that time and time again.

Third, in general my take on people that act like idiots in trying to make us feel bad about being tall. It is all about insecurity, for whatever reason. Instead of getting to know a person for who they are inside-the outside is judged as whatever and those people that act with ignorance could miss out on meeting a great person.

Take care
Susan

Shoshana wrote (April 22nd 2007)

Growing up I was always the tallest in school and at home my dad is 5ft11 and my mom is 5ft7. I was 6ft in 8 grade and now that I am 26 I'm 6ft3. I swear I grew after 23, I think I'm done now. I can honestly say that it has taken me years to get comfortable with my height. Recently one of my associates at work was walking next to me and was like "Shoshana, you are so tall" and I looked at her - she is 5ft3 and about 250 pounds - and responded "No, you are just short" and she got offended and replied "No, I'm average". It was then that I realized that she was self-conscious about her own height and I felt even better about my height than before. So now more then ever before I walk with my head up high and remember ladies there is nothing wrong with dating a man shorter than u. My boyfriend is 6ft0 allegedly and I love him to death. He has often told me that if I were short I would just be a regular pretty girl but my height sets me apart from all the rest! So ladies: don't let the man of your dreams pass you by because you are living for other people.

Leslie wrote (April 22nd 2007)

Hi, my name is Leslie, I'm 6'1", and im working on my confidence. I'm so glad I found this site. I agree with all of the quotes above! It's really hard to find a guy when you're really tall. I feel uncomfortable dating guys that are shorter than me because I feel like I'm the guy! LOL! At times I even take crap from taller guys because I'm afraid he might be my only chance of getting a guy. Well, if anyone out there is doing the same, trust me it's not worth it. Guys are like a good pair of shoes, it would be nice to have them but it's not necessary!

Much love to all!

Sandy wrote (April 22nd 2007)

I don't understand why tall women complain and feel uncomfortable about their height. It's not like it's the end of the world. Face it - that's the way God made you and you have no control over how tall you will be so just accept it and be optimistic. It may be a little hard to find clothes and shoes that fit but there are many advantages to being tall also. I'm 5'11" and 16 y/o. My boyfriend is 5'7". I was 5'6" when we met but I grew 5 inches during the last two years and I'm not complaining. In fact I like my height and so does my boyfriend. He even likes the idea of me wearing high-heels or platform shoes. And who knows I may even grow taller. I'm only 16.

Salon wrote (April 21st 2007)

Hi, I love your page I am a 6'3" African American female, even though I did a runway show and was married 1 time it is soooo hard to meet guys. It's like pulling teeth. I am aware some guys find me intimidatating but gimme a break. I haven't had a decent guy approach me for a date in over a year what's up with that? I you have any advice please let me know thanks, Salon

Mimi wrote (April 21st 2007)

I really like this message board! I am 5'11, 31 yrs old and still find it difficult to be comfortable in my own skin. I finally have found a place where I can get nice length jeans and pants (Victoria's Secret, 36") but cute shirts, skirts and dresses are a different story. Anyone have any ideas of where I can find nice clothing for a leggy and arm lengthy person in the U.S.?

Joerg says: This one isn't meant as a message board. Check out the Tallwomen.org Forum instead. :-) Have you browsed all the websites listed on the Clothes USA page? There should be companies there that cater for your needs.

Charisse wrote (April 21st 2007)

This is a message to Kate:

Honey, most often times, shorter women must wear heels to gain height... or at least to reach the height close to yours that you have naturally. Do you know how many women if you ask them, they would tell you that they would not mind being tall if for one moment. We possess power that shorter women will never understand. Your sister is merely expressing envy...pure unfiltered envy!!!! Warning.... Tall women that wear heels will be notice much quicker than most in the room!!! What you need to do is not worry or concentrate on you sister's comments about your height. Your sister will be your sister and that's that. Remember, she has to wear heels to be tall and to be noticed. You on the other hand have multiple choices. You have options. You are beautiful no matter what anyone says and that includes family. As long as you feel good about yourself and you are comfortable in your skin, then everyone else is going to have to play catch up. Keep y our head up, dearheart. After while, you will be fighting the men off with a stick!!!! I know!!!! I've been there...!!!!

This is for Susan:

You are most welcome. I just feel like it's time for us to take a stand and be noticed for the beauties that we are!!!! We are genuie and the world just need to wake up and realize that we exist!!!! And we are not going anywhere!!!! Thanks for the vote of confidence!!

Madeline wrote (April 19th 2007)

Being tall can be hard sometimes. You get comments and looks but you also get attention and not the bad kind. Carry yourself well and keep your poise - I've learned this. Dont hunch because you are showing that you are uncomfortable with yourself. Hold your head high. Be proud. Im 13 and struggle with being 6'0" tall because I am already a very unique outgoing person and dont want to be entirely different. And being taller than guys is also a struggle just remember they want your height and they are the ones who feel self-conscious. EMBRACE YOUR Height.

Liz wrote (April 19th 2007)

I am 13 years old and am six feet. When I'm in public people first look at my face then my feet to see if I'm wearing tall shoes. I'm also taller than the guys in my class, but when we play basketball they wish they could reach the basket as well as me.

Kate wrote (April 19th 2007)

Hi, tall people! After reading everyone's messages I do feel a bit better about my height - I thought I was alone in the world. I still can't help feeling like I stick out like a sore thumb. I'm 15 yrs old and 6ft. I am very pretty as I've been scouted numerous times to be a model but I've never, ever had a boyfriend. I guess I come across as intimidating! I wish I could shrink to get a boyfriend! My older sister (she's 20) is a lot shorter than me and guys find her so much sexier. She is comfortable in her gorgeous body and teases me about my height. Help!

Joerg says: If your sister were a real (older) sister she'd support you, not make fun of you. Maybe she's jealous and if she's not she's going to be very soon. Remember who keeps who on the toes and who has to wear heels in order to look tall. A lot of short women would kill to be in your shoes.

Susan wrote (April 19th 2007)

YEAH for Charisse!!! Thank you!!! Love it, love it, love it!!! You are absolutely right!!! That is right, it is a gift and we should embrace it.

Thank you and love ya...

Becca wrote (April 18th 2007)

In comparison to most of you I am a "small" person, I stand at about 5ft 10, however I am only 14. To all you gorgeous girls I just want to say that I'm bigger than most people and I envy you, so think how envious really small people are of you. ALWAYS use your height to your advantage and always be confident you are GORGEOUS. The average height in the UK is around 5ft4 at the moment so yes there will be people who tease you but remember there are always comebacks, and besides you can do anything a small person can (even be a jockey!) and do a lot more too! I would love to be at least 5"11 so I am really hoping that I grow some more. I often wear 6 inch+ heels so I can clear well over 6ft! I really make some heads turn! and if people make any snide comments I just turn to friends and say "Hey, can u hear a noise a bit like a mouse squeaking? Strange, it's coming from right near the floor!"

Stand up straight for yourself and all the other tall girls out there to try and give them confidence too. Yes, I will agree the only difficulty when you are a teen is boys will be smaller than you, however they grow when there 16-17 so you can always go for an older model! And remember never to forget that there will be some tall guys at your age (and that they make the best rugby players!). I find lots of people think I'm taller (and thinner) than I am because I'm quite slim with long legs, and because of this I'm often called anorexic even though I'm a largish size 8 and eat 3 good meals a day! Don't worry about it - they obviously have an inferiority complex if they can't stand you looking good! **STAND UP STRAIGHT, DONT BE AFRAID TO WEAR HEELS AND MAKE THOSE SHORTIES GREEN WITH JEALOUSY! xxx**

Kirsty wrote (April 17th 2007)

Hiya, it's the Scottish one again. This is for Rebecca: Long Tall Sally is really good, you can get a catalogue, but there are loads of stores around the UK. They also do a nice range of shoes in sizes 7-11. Dorothy Perkins and Top Shop have a tall range as well, but I haven't been in for ages, I think their leg lengths are about 36" - slightly too long for me. Happy shopping!!!

Charisse wrote (April 16th 2007)

**ATTENTION TO ALL TALL WOMEN OF THE WORLD!!!!!!
IT'S TIME THAT WE STAND UP AND BE HEARD!!!!!!
WE ARE ALL BEAUTIFUL NO MATTER HOW TALL WE ARE!!!!!!
BE PROUD THAT YOU ARE UNIQUE!!!**

"I'm an individual. I'm into individuality. Can't nobody be me. Can't nobody be you." Rachel Ferrell

We are unique individuals that were blessed to be given this package to prove that we are special and here is our way of demonstrating our power!!

United, we can make the world take notice that you don't have to be anywhere between 5'0" to 5'9" to be glamorous!!!! I'd figured that we were created to bring spice and variety to this world!!!!!!

I stand at 6'0" without heels, but trust me ladies. When the time comes for it... I do not hesitate to go into my closet to retrieve my heels, put those bad boys on and make it my duty and business to sashay!!!! Most often times I have had shorter women ask me why I wear them given that I am already tall. I simply reply, "I am a lady and I love to look like it... not just act like it. And since that requires heels, then so be it." It took years for me to get to this point in my life where I can truly say that I am proud to be tall and I will not hesitate to proclaim it!!! Everywhere I go, whenever I see a tall young woman that looks as though she is having a struggle dealing with her height or her weight... I let them know that no matter what anyone that stands underneath one's nose says that may not have anything constructively encouraging to say... I would let them know... you are beautifully and wonderfully made to stand out... to let the world know that beauty may be in the eye of the beholder... and it may be skin deep... but your height only defines your beauty!!!! Embrace it!!!!

So my message to all of the tall women in the world... open up your closets!!!! Find a dress or an outfit that will compliment the best of what you already have, find those heels (being either flats or higher), and celebrate your height to the fullest degree!!!! Strut like you have it going on!!!! Because you do have it going on!!!!

Now if the fashion world can do their part in starting or continuing to create looks in both clothing and shoes that will complete the look, not the package, then we would finally be vindicated. But let everyday be a day to celebrate your height!!!! You wear it well!!!!

We are all gorgeous!!!! Let's stand up and let's be proud of who we are!!!!!!

TALL WOMEN RULE!!!! FOREVER!!!!!!

With warmest regards from one tall woman to another,
Charisse

Rebecca wrote (April 16th 2007)

Hey, I didn't even know tall women chat forums existed! I'm six foot three and live in the UK. Most of the time I don't mind being tall... It's just when people make comments all the time it's like you're ugly but you don't hear me complaining! Have you guys got any clothing/ shoe tips? I found out that New Look now does tall which is fab! Cheers guys x

P.S.: This to Summer... I'm 16. When I was your age I was about your height and I think I've stopped growing now. People always make comments like "What do you do... live in a grow bag?", but you just have to be comfortable with yourself. I know it's taken ages not to care what people think and everyone has their off days when it gets to them... you have to be happy to be you... at least you're not small so people don't overlook you. Keep smiling :)

Katrinah wrote (April 15th 2007)

Hey everyone how are we today? I just wanted to comment on your site along with every other woman :) It's really awesome to know that there's other women out there that enjoy being tall like myself. I'm 18 and I'm 6'2. I have 6 other siblings in my family and I just happen to be the tallest out of the other 3 girls :P It's really great when we have family photos :D Everyone tends to spot me first hehe. I think it's really nice when I go out to a club (which is a usual thing :D) I ALWAYS wear heels, so I probably end up being around 6'3-6'4, it's fantastic!!! I get a lot of people look at me in the clubs and all I do is smile at them, the majority of the time they all wish they were as tall as me hehe :-). I have to say that lately in EVERY SINGLE club I go to, at least 3 ladies will ask me if I'm a model! It's hilarious (because I'm not :-P) So all you women out there who are uncomfortable with your height, please don't be :) It's such a beautiful blessing, so be proud and stand tall! If people stare or comment in a rude manner, they are only doing it because they're jealous :P So do what I do and smile at them :-D It shows that you have feelings too.

Thanx heaps and have a gorgeous day!

Katrinah

Kirsty wrote (April 12th 2007)

Hi all, I'm 6ft Scottish lass and I used to HATE my height too. Everyone else in my family is a "normal" height: my mum is only 5ft tall! My family are great and I'd have been fine had it not been for the comments of strangers or cruel peers. I've had it all: "is that a boy or a girl?", "Is it cold up there?" (ha ha), "Did they put you in a grow bag?". Often these came from short people and especially little men - jealousy?? Anyway, my turning point came when I became a primary school teacher and little kids said things like "Miss, are you a giant?". The thing is they don't mean it in a nasty way, they may genuinely never have seen a lady as tall as their daddy. I found it quite cute. That made me realise that some of the adults who make similar comments are not being intentionally mean. They may just be interested. Ever since then I don't care what anyone else thinks and funnily enough there have been far fewer negative comments. I think it's because I feel confident and stand up straight. I have a fantastic boyfriend who is a bit shorter than me (something I would've felt much more self-conscious about in the past) and I actually BELIEVE people when they tell me how great I look. So my message is: have confidence in yourself (not just your looks, but everything) and other people will be drawn to you. It's TRUE!

Leanne wrote (April 11th 2007)

Hi! This is to Summer: I can totally relate to what you are saying. I feel exactly the same. The difference with me is that I'm 17 but 6'3". I do sometimes feel bad about myself but u will learn to live with it. And don't worry, the guy situation will sort itself - you have yet to grow up into a woman and when you do you will be fighting the men off. Trust me.

Summer wrote (April 5th 2007)

I am only 13 and 6'1". I don't care about the now. The question is "What is the age I am going to stop growing?" or "How tall am I going to be?". I hate how tall I am I can't date guys cuz they're top short. I don't want to be the person to bend down to kiss a guy. Sometimes tall can be good cuz I stand out. I just have to find me some tall friends and live life to the fullest because I am tall and I will always be tall till the day I die.

Joerg says: I'm not quite sure if you should worry about the "day that you die"... You're still a baby and you've got plenty of time to learn how to make your height work for you.

Natosha wrote (April 2nd 2007)

I'm shocked at all the responses! I didn't know how many, if any, would respond. Now I feel like I don't deserve all the feedback. My intention was not to get people to feel sorry for me; I only wanted to see if anyone could relate to my situation and what I've been through. My aunt, as well as a few other people, has told me the very same things: God created us all the way we are for reason and that we're beautiful no matter what others say. I don't know why it won't just stick in my head. I have seen quite a few counselors over the years, kept journals and talked about what I'm going through, but nothing has worked. Sometimes I think I'm just too lazy to make the effort to change what's going on in my head. Apparently, most of you did not grow up in an unstable environment. Of course that has impacted me and still does to this day. I think I also give up too soon. If I use some positive affirmation or read some positive self-help books and no change happens quickly, I throw in the towel. I realize my height isn't the issue but it sure can make it seem worse! Louise, I will try your affirmation. I'm going to print it out and tape it to my mirror. Sometimes I really think something is just wrong in my head because I hear you all so accepting of your bodies and I'm thinking "what's wrong with me, why can't I have that?" I'd like to walk around feeling good in my own flesh, not worrying about what others are thinking or saying as I walk by. I want to go into shoe stores or clothing shops and find what fits without getting frustrated and leaving. Thank you all so much for your responses. Too bad I'm not surrounded by all of you in my daily life where I can experience some kind of relief for being around females my size.

Jaemi, when you said I'd be just as miserable if I were average height that really stuck out to me! I never even thought about that and I am so sure that would be true.

Debbie wrote (April 2nd 2007)

When I was younger, I was insecure about my height and everything else. So were all my friends who were short! I am 6'3" and I didn't stop growing until I was 25. I learned that if I felt uncomfortable in my skin, people felt sorry for me, but if I walked with confidence (often in high heels), I was envied. I dated men of all heights and never went long without a boyfriend. However, I married a man that is 6'8" and I look forward to seeing our two kids become towering leaders!

Candice wrote (March 31st 2007)

I can completely relate to Natosha. I am 25 and 6ft and have been in the work place for a couple of years now and although it is hard to find work clothes that are cute, like the others girls, it is possible. Try Express and Tall Etc. Usually I find ways to mix and match things to make them work. I too often wonder why I am sooo tall and why it seems everyone else is soo short. But then I think... you know what... we are what we are, and I think that what we all want is for others to just accept us as we are and get over it!! We live in a society that glamorizes the tall models yet ostracizes the tall women in their day to day lives... weird. Maybe everyone is just jealous... they should be!! Hold your heads up high girls!!

Louise wrote (March 31st 2007)

My heart goes out to Natosha. I understand how you feel, but let me say this... First of all, don't beat yourself up for feeling the way you do. Your feelings are real. If you didn't have feelings, you'd be a robot! Now comes the fun part... you CAN change the way you feel about yourself, but it does take time. One simple thing you can do each day can start you on the road to recovery: look in a full length mirror and say "I love me" (as you're looking right at yourself); "everything about me is wonderfully unique; there is no other person exactly like me, and that makes me VERY special. I love these long arms that can reach high things, I love these feet that have carried this beautiful body around, I love these legs that support my beautiful torso." Do this EVERY day. It may be hard at first, but it will become easier and easier. Let me know the results! Now as for finding clothes and shoes that fit, it is very difficult, which makes no sense to me, considering the tall (6 ft.+) rail thin models that where all this stuff we're supposed to want to buy! Guess it will be up to us tall women to open up shops that cater to our beautiful selves! I'm 5'10", by the way.

Velma wrote (March 30th 2007)

Hey everyone, this is Velma. I am 5'10". When I was younger, I noticed that I was gettin taller and taller, and I hated it, but now that I am older, I really enjoy it. I like the fact that I stand out more than others do and I get alot of attention.

Janice wrote (March 28th 2007)

I'm 5'11" and have pretty much enjoyed being taller than most. Okay, finding pants that are long enough is a chore, but I love the fact that I stand out. My husband is 4" shorter then me and keeps telling me he will dump me for a taller woman (no, I don't believe him). Actually, I have some fond memories from being tall!

When people tell me I'm really tall, I just look at them liek they haven't a clue. Sometimes I just smile and say I didn't realize I was tall.

I like to think of myself as statuesque... (BTW, I'm 50 years old, and no, I never played basket ball. So much height wasted)

Terri wrote (March 28th 2007)

This is a great site! I want women who aren't comfortable with being tall to remember that EVERY woman in the world has at least ONE thing they would change about themselves. I say height is a blessing. I am 6 ft tall, 44 years old and FAR from skinny. I am still an attractive, interesting woman that people notice, probably more so because I am confident in myself and at peace with my height. My 5'7" husband adores me and there is no self-consciousness when we are out in public. I feel that if someone wants to comment about how 'strange' we look together, at least they are leaving someone else alone for a minute! The only person's opinion that can hurt you is your own!

Jaemi wrote (March 28th 2007)

Natosha's post is heart-wrenching. It's obvious that height is the least of your problems, Natosha. Your problems stem from the alcoholic, chaotic childhood you said you suffered through. If you grew up in my home, you would have grown up to love yourself and everything about your body. I suggest counseling to find out what's really eating at you. It's too easy to blame all your sadness and hopelessness on extra-long legs. It goes much deeper than that. It's from parents who didn't make you feel valued. You refer to yourself as a freak and frankenstein and monster. This doesn't come from being six inches taller than the AVERAGE woman. It comes from growing up in an alcoholic, chaotic environment. You'd be just as miserable if you were average height. Please seek counseling or a support group for adults who grew up in abusive, loveless homes. You will accept your height only after you learn to like yourself. I'm 6'0", by the way...

Laura wrote (March 28th 2007)

Hello, my name is Laura, I'm 6'1". This is in response to the message by Natosha. God has made each one of us tall for a reason. I used to think of myself as someone who stuck out like a sore thumb. I know it's hard to accept being tall when everyone else around you is short. I went through that as well. However, I have now realized that God has made each and every person unique and we are all beautiful in God's eyes no matter what the world tries to tell us. God has created us and each and every time we beat down on ourselves He cries because He has made a wonderful creation. Try not to let the lies of the rest of the world beat you down. Stand tall - you were made to be tall for a reason. I hope this helps all you girls out. God Bless!!

Tia wrote (March 27th 2007)

My name is Tia. I'm only 13 and I'm already 5'9". I'm taller than everybody in my skool (except for some of the guys). I hate being tall and that's why I'm writing this. I hate being tall but I still have friends and people that care about me and so "Ya, no worries about being tall."

Sarah wrote (March 26th 2007)

Hey there everyone! I'm 6'0" and I would like to invite you all to my facebook group of "6' of awesome" (yes I realize the "e" is missing, but someone else already had the name taken, so I improvised!):
<http://www.facebook.com/group.php?gid=2256486371>

Hope to see you ladies there!

Erin wrote (March 25th 2007)

I am single and 5'11, and I must say I have had better relationships and I am more physically attracted to shorter, muscular men. I dont try to hide my height, I often wear 3 inch, heals and creative ensembles to accentuate it (i.e., vertically striped tights, shorter skirts), I also keep my hair short to draw attention to my long neck. In my case I have found short guys, like between 5'7 and 5'9, to be much more forthcoming and genuine - I find that sexy

Natosha wrote (March 25th 2007)

Where in the world do I begin? I'm 24 years old and 5'11". I hate it! I've been tall all my life and people were more than happy to remind me. I've been teased about it. I hear comments like "Is that a guy or a girl?", "Damn, she's tall.", "Why are you so tall?" and "Frankenstein". It has beaten my self-esteem into the ground. I don't think I've ever had self-esteem really. I grew up in a chaotic alcoholic home where there was no support and then had to go to school and out in public where others looked at me like I was some kind of monster. To say the least, I've taken on that mentality. I have a few people in my life that tell me to be proud that I'm tall but I don't feel proud. It has done nothing but cause me so much pain. I don't understand how to accept it. How do you accept something that others have put down for so many years, something that has made others not know what gender you are? I have long legs, long arms and big feet. I wear 11 ½ in women's shoes and half the time they don't fit me right. Size 12 can be too big. I truly feel like a freak and I don't know how to get passed that. I've wanted to stay hidden. I don't want people to know I'm there because the words they say often send me into a mad rage in my head. I don't know how to respond but just keep walking and cry about it when I am alone. It isn't about feeling sorry for myself, it's about not knowing how to like the skin/body I am in. Sorry this is so long, but I hope that most of you know how this feels. I'm surrounded by short girls and looking for cute clothes is just a nightmare. It's funny how they have a petite section in stores but no tall section. Anyway, does anyone know

what I can do? I'm skinny as well. Size A breasts and no butt to speak off. I'm just a stick with semi-wide hips. This world can be so unforgiving but I can't do anything about my height. My 5'9 boyfriend loves it but I don't. I just do not know what to do with myself anymore. It's either figure out how to love myself or continue down this road of absolute misery. To make matters worse, I'm about to graduate college and need some dressier work clothes. I'm already beyond frustrated trying to find some dressy shoes. I just give up at the first sign of no success. I think I'll stop with that. I could go on forever seriously. Help!

Shanshisha wrote (March 23rd 2007)

Umm, hey. Well I noticed that I was tall in fifth grade when we got the class pics back. And I thought WOW I'm a little taller than everyone. Then in highschool I used to try and hide anything that would draw attention to me. So I dressed like a boy. Then I got over it in 11th grade when everyone loved the fact that I was tall, considering my school is not that tall. So I wear 6" heels if I want.

I want to be taller but doesn't look like that is happening but I love it anyway

Michele wrote (March 23rd 2007)

Hi Joerg,

I have just finished reading this message board for the first time. I am 38 years old and 6'2", and how I wish I would have had something like this for support as I was growing up! It was very hard for me as a teenager and even throughout most of my twenties. Aside from being very tall, I was also underweight, even though I ate day and night like a pig. It was just my metabolism to be long and skinny. People used to be so rude! I can remember getting introduced to someone new and they would just blurt out, "Oh my God, you're so tall! You're so skinny!" I would just respond by saying, "And its nice to meet you too." and act like they greeted me as they should have. I can remember having a lot of rough times growing up. Being made fun of on a daily basis can really wreck havoc on one's self esteem. All my friends starting dating and going through the normal phases of life, but not me. Young guys are usually very insecure about tall girls, or girls being taller than they. I hated it. I felt like a freak looking through a glass wall at what ,normal' life should be like. EVERY little thing offended me, right down to some well-meaner asking me how tall I was. I so longed to move through society anonymously! Fast forward to my late twenties and I gave birth to twins, which somehow caused my body to go through a kind of ,second puberty'. I gained weight, and finally filled out into womanly proportions. Suddenly I was being told I was ,hot' by men every which way I turned. I didn't know what to do w/ this 180 degree turn around in how men related to me, but I learned quick. I also learned that my height was an attribute. That people remembered me after meeting me only once. That strangers who made comments regarding my height were not always trying to make fun of me, but mostly were fascinated or acting out of admiration, or merely trying to strike up a conversation. Anyway, fast forward to present day. I have a wonderful relationship with a man 3 inches shorter than myself. It has never phased me once. I guess being tall has also subconsciously taught me to think outside the box, and not to be bound by societal conventions. For this open-mindedness I am very grateful. Life is much more exciting that way. Actually, I have never really felt comfortable being with a man taller than me. My height or shorter ok, but not taller... I am used to being the ,big' one, and when I am not it throws off my sense of reality, hah! Now I am finally at a point where I have completely accepted myself, and could not picture my life any other way. I have twin daughters who are 9 years old and are VERY tall for their age. (Their dad was 6'3", my dad is 6'5"). But luckily for them, there is so much more out there for them than there ever was for me, ie clothing availability, great web pages like this one and just people being taller and more informed as a whole. Plus they have a mother with all kinds of great advice and experiences to guide them through life. Power to all you amazons, young & old! God has chosen a special path for you through life. Embrace it with all you have, for you have insight and experience only someone of your stature is privy to. Good Luck!

Katy wrote (March 21st 2007)

Hi everyone! My name is Katy, I'm 6'1" and from Mexico! Can u believe that! It's more usual maybe for u guys to live in a country where u can find clothes and shoes for your size and maybe even when u are tall there are many tall men there also, here since I was a kid I was called names and always bothered but then I became the star of the basketball team and known for that. I visited many places and made a lot of friends. Now I'm about to get married with a guy who's shorter than me and even when people look at you weird I'm very happy. XoXo to all and have a great day

Nancy wrote (March 15th 2007)

Hi everyone! I am 6'2" and have been tall all of my life. My whole family is tall. My father always made sure that my tallness was an asset from a very early age. I never had boy issues in school or man issues as an adult. 95% of comments were positive and I had fun with them. My height was always an ice breaker because people want to talk to you about it and it is a great way to make new friends. When I was a teenager, my parents sent me a "charm school" so that I could learn "the confidence of height" that I would need in life. I did some modeling and I participated in the Miss Tall Florida Pageant when I was in college. I sought out and joined the Miami Skyliners Club. I strongly suggest these Clubs to the beautifully tall women of this site. There is probably a Club in every State now.

Don't worry about wearing heels. The higher the heel, the more I love them. You just cannot imagine what it feels like to walk through the door at a restaurant, a wedding, a party, anywhere when you are tall and wearing 4" heels. The attention you get is amazing! I have a Sister-In-Law who is about 5'4" and it bothers her so much when I walk in and all of the eyes are on me. It drives her crazy. The family went to a wedding one time and she got so upset that she started to cry. I think she has other problems than height.

I have dated both TALL men and shorter men. I never really gave it much thought as it didn't really have anything to do with anything. As long as the both of you are confident, it really just doesn't matter, does it?

When I was younger, I did have some problems finding shoes in my size but now it is a lot different. I can find shoes almost anywhere. And the same goes for clothes. There are so many stores and websites carrying the longer lengths now, it is a non-issue.

I really just want to express to everyone that tallness is such an asset. A beautiful asset at that. There is nothing better than a "long, cool, woman." You just need confidence. Feel beautiful and you are beautiful. Stand up straight and TALL...shoulders back...head held high. Embrace it! Flaunt it! Just remember, when you get those stares and comments, it comes from people who are envious and lack their own self-confidence. They feel like they are invisible when they are in your presence.

Joerg says: Here's a comprehensive list of US Tall Clubs

Andrea wrote (March 14th 2007)

I'm currently 13 and ½ years old, 5'10" and love it even though I'm the tallest girl at my school. My friend, the second tallest girl, she currently stands at 5'9". Even though my mother is 5'4" I look identical to her. They always asked us if we were sisters. People at my school are always asking me why I don't play basketball - it gets on my nerves sometimes. I love my height and I'm proud about it even though when I wear heels I look about 6 feet.

Amanda wrote (March 9th 2007)

Hey guys!!

Oh my gosh... I honestly never knew that there were other women like me who had the same thoughts and feelings as I do about being tall!! I only recently learned that guys dig long legs. I have a 36" inside leg and finding jeans and trousers to fit is an absolute nightmare. But after reading some of these quotes, I think I might finally start learning to love them!

Susan added (March 4th 2007)

Hi Everyone,

I loved Madaleine's and Paula's comments. To the women/girls that have not come to terms in loving themselves. Stop it!!! There is nothing wrong with being tall. I reached my full height of 6'2" at 13 yrs of age and yes it was not easy, but, I started getting involved in sports basketball, volleyball and softball. The sports helped a lot. This might seem like a strange comparison, but, I was watching a program on TLC called "Little People Big World" and it is a series about a married couple that are both "little people" and really put a lot in perspective. It showed their struggles, but, how they both said they would not change anything about their appearance if given a choice. I thought more power to them!!! With all their medical problems, they have four healthy children and live on a huge farm in Oregon, which was beautiful and for the most part really enjoyed

their lives. Both the wife and husband talked about the teasing, prejudice they endured while growing up and even as adults. I thought after watching the program it just refortified my happiness on being who I am, etc. I am healthy, my family is healthy. Really, dont let other people make you feel bad because of their hang ups. They need to get over it!!! As far as the clothes, there are some really good mail order places that I deal with on a regular basis. I have a 36" inseam and I really dont have a problem. I usually can not just walk into a store and buy off the rack for pants. Eddie Bauer, Lands' End, JCPenney, Lane Bryant, Roamans, Inc. (all carry various lengths in talls)

Hope that helps

Joerg says: All the stores above (and more) are listed on the Clothes USA page.

Susan wrote (March 4th 2007)

I enjoy this message board. I need to briefly address Shelle's comment on being rude. I will only speak for myself. I am a very friendly person and it takes me a long time before I get really upset. Unfortunately, there are some people that need to be called out when making ignorant comments i.e. the minature golf or horse jockey. There has been a time or two when I have used that type of a comment. The way the scenario goes is that usually the individual will get a bugged look on his/her face, but, usually will not say something like that to me again (at least not too my face). I dont have a problem if someone is curious about whatever if it is appropriate and most people know what falls in the realm of appropriateness. Basically, would you want that comment directed at you? I have a little girl that is in Kindergarten, who will be somewhere between 6'2"-6'5" -she loves to dress in girly girl outfits i.e. dresses, skirts, etc. Which could change, but, I have gotten comments from people asking her how come she is not in school when she goes to half-day kinder. My point is I am going to do everything possible to instill self pride and to stand up for herself. Her personality is that she is very friendly, but, she has a strong sense of self. I will do whatever I can to keep that in her. Because from my experience there are some really great people out there, but, there are some not so great people out there. Sometimes, those comments need to be addressed head on.

Take care.

Claire wrote (March 4th 2007)

I'm 5'10 and hate it. I was never the tallest in my class, always normal height until I was in year 10 when I began to grow. My mum is only 5'0 which always upsets me because I feel that I should be smaller to. I also feel so ashamed of wearing heels. What should I do?

Madaleine wrote (March 4th 2007)

So I'm 5'10 and I'm 20. I HATED it for so so so long. I never wore pretty shoes. I never bought heels. Kust stuck to the reliable flats. I'm the tallest of all my friends and I stand out like a sore thumb. However I've just met some great girls who are my height and taller and they have finally talked me into wearing heels and now I LOVE them. I can't get enough. With the heels I'm about 6ft tall and loving it. I look tall and slender and stand out from the crowd for all the right reasons. I can't believe I wore flats for so long!

So go for it girls. Tall is beautiful.

Paula wrote (March 3rd 2007)

Hello to all my long legged sisters! I am 27 and stand 6'0 feet tall. When asked how tall I am I usually say 72 inches (it keeps them guessing). I do get tired of the sexual comments but I usually just use sarcasm and say you couldn't handle this amazon woman. Ladies keep your heads up and always walk tall. I watched a show recently and it said that the average height of a Dutch women is 6'0 feet. I would love to go for a visit. They have adjusted their doors, countertops, etc...How great what that be? Anyway, for those of you that have a hard time finding clothes I have had luck with some of these online stores. Tall Etc., J. Crew, Saks, Victoria's Secret, etc... They all have 34 inch inseams and up and once you buy they are always sending you a coupon. Good Luck to all of you!

Joerg says: Thanks for mentioning Saks and Victoria's Secret. I hadn't heard of Saks and wasn't aware that Victoria's Secret catered for tall women. I've added both of the to the Clothes USA section.

Hannah wrote (February 28th 2007)

I'm 5'11" and always the tallest in my class. I mean it's not that bad but when I look down I see the tops of people's heads. By the way I'm only twelve. It's good being tall because u r usually skinny because all your food stretches out.

Soleil wrote (February 21st 2007)

Hi, I'm from Curacao. I thought that I'm the only one but looking at this website I'm not. I was ashamed of being tall but now I like being tall but there are a couple of times I wish not to be tall because the kids like to make coments about it and I don't like that... But now I know they're just jealous! What should I do about finding shoes? Because my foot is big - size 11 or 12!

Jackie wrote (February 21st 2007)

I'm 6'0" and I have a daughter who is 5'11" at age 14 and finding the remarks people say upsetting. I try to ignore them but after reading the funny comebacks I will definately use some, and hopefully give some confidence back to my daughter. Jackie

Lizz wrote (February 20th 2007)

I'm 6' and for all my life I swore I would never marry a guy shorter than me and I wouldn't even consider dating shorter guys. Lo and behold the most wonderful man in the world came out of nowhere and swept me off my feet - and he is 5'10" (5'11" with shoes). I am ashamed of myself that I was so into guy height - I could have totally lost my chance of being married to my soulmate and having a beautiful baby boy! Sometimes I still feel self conscience when we stand next to each other, but I have gotten to the point of wearing heels around him and standing proud! Now when I see other couples where the guy is shorter I think it's really cute... and kinda hot!! Girls, be proud of your height, God gave it to you for a reason and it is a gift! And try to keep an open mind when it comes to guys - the height of his character is sooo much more important than the height of his body.

Amy wrote (February 18th 2007)

Hi EVERYONE! My name is Amy, I am 6'3", and I am 25 years old. I live in Buffalo, New York and I work in a local hospital. I enjoy reading everyone's blurbs about their height partly because it helps me to realize that I am not the only one that goes through these things. It seems we all have the same problems, from finding clothes to boyfriends. I don't understand how people aren't more open to us because I know we aren't so few and far between. I did not play sports in high school in part to a knee injury and I did not model because my mom wouldn't allow me to do so. I am currently single because I have raised my standards of what I am looking for in a man because short or tall I haven't found a good one so now I am definately looking for a tall one. Ha ha! Finding clothes has gotten easier for me since I found Tall Girl which has stores in US and Canada. I don't have the shoe problem though because I wear a 9-10. I have a lot of funny stories about being tall and I also have days where I just want to throttle someone for bothering me about my height. I want to thank everyone that reads my message and thank those for leaving messages for me to read.

Pearl wrote (February 18th 2007)

I don't see anything wrong with a tall girl going with a shorter guy. It evens out the genes when you have kids.

Nelly wrote (February 13th 2007)

Hello, Ladies. I am 6'2" and in love with my height. I just learnt about this website recently & know I can't stay away from my computer. At least I know am not the only one. I'm from Kenya and at times people look at me like I'm from planet Mars coz of my height but I also get a lot of compliments. But some just say, "Hey gal, ur tall." I really don't know how I am supposed to respond to that, but you know one thing: I say we tall people are GOD's gift to planet Earth. Men are so jealous. So go gals - it doesn't matter how tall you are. Just have fun

Michelle wrote (February 12th 2007)

I'm 27 and 5'10 ½ (135lbs). I have struggled with my height for years, and have recently been more aware of it since my fiancé is slightly shorter than me...if he wears his New Balance shoes it gives him a bit of a lift ;-). I tend to wear ballerina flats or sandals; this makes me feel more petite. I want to feel small and petite with him, and I find that the only time I feel this way is when I'm very thin. In some weird way I feel that when I'm thinner, my height is less of a concern to me. But, God forbid I gain any weight, or become pregnant, I'll feel like a whale around him. This has been so upsetting to me that I have even thought about calling off the wedding. The only thing is, this man is the most wonderful man I've ever met. We have everything in common, he's handsome, fit, very smart...everybody loves him. To give him up for an inch is absolutely absurd. He has no problem with my height, it's all me, and the way I see myself. We could have a wonderful life together, but I'm scared that I will have bouts of resentment and frustration b/c he is a little bit shorter than me. He recently told me that he's scared he will lose me b/c he's not tall enough for me. I feel terrible about the way I've been acting towards him lately. Does anybody have any suggestions about how I can overcome these feelings?

Joerg says: I still find it strange that most women who are 5'10" or 5'11" have problems dating a guy who's an inch or so shorter while a lot of women who are 6'6" or 6'7" don't mind if the man is a head shorter than them. Maybe someone can clear that up for me...

Kelsey wrote (February 5th 2007)

Hi, I'm so happy I'm not alone. It sure feels like it. I am 13 and 6'3 and do lots of sports. I love it!! But it is hard because only older guys like me. And I get alot of crap! I made the varsity volleyball and basketball team and people said it was because of my heighth. I hope I learn to love my height!

Joerg says: You go, girl!

Anna wrote (February 4th 2007)

It is really hard being so tall for me because I am Indian and do not know a SINGLE indian girl that is taller than me. Even worse, I am taller than most Indian boys... the perennial joke is, "Where are you going to find a boy tall enough?" continually irks me, but at least now I have a few comebacks to that comment :)

Karen wrote (February 2nd 2007)

I always get comments you are so, tall. I love wearing shoes with heels I think they are sexy. My boyfriend is 5'8". He says he doesn't mind what I wear as long as I'm happy. Sometimes I feel funny but, I think why do I have to wear flat shoes to make other people happy. I love to look sexy and wear dresses with heels. God gave me these legs. I say show them. It's not my fault other people are shorter than me.

Julie wrote (February 1st 2007)

When people ask if I played basketball, I smile and say no I am a race horse jockey. Ir gets a laugh every time and breaks the ice.

Becky wrote (January 30th 2007)

I am 18, 6'6" and I absolutely love being tall! I have played sports my whole life and now that I am in college I love it even more! I have found that even if you feel that you may not date a lot because you are tall - let me just tell you that almost every man I met LOVES TALL WOMEN!!!!

Joerg says: I'm not surprised! 🤔

Nathy wrote (January 29th 2007)

Hi, im Alice, I'm 16 years old and I'm from Dominican Republic. In my country people are normally pretty short, of course you find lots of guys taller than you, but that's not enough. I'm often told how beautiful I am, and skinny, and that I should be a model. But sometimes I'm intimidated by the fact that I'm too tall for this country

and God knows I'd give anything to be smaller. Guys are attracted to me, but for just the fact that I'm too tall for them they don't flirt with me! I've always wanted to know if there's an exercise or anything I could do to be smaller? ... I really wish I weren't this way!

Whizzy wrote (January 27th 2007)

I just ran across this website for the first time and look forward to reviewing more of it. I'm 6'3" and my husband is 5'10". The height difference was never a factor and still isn't and we've been married for 25 years. I remember one boy when I was 15 that made me walk in the street while he walked on the curb... what a joke! I actually do not feel tall unless I see myself in a picture next to someone shorter. I'm the short one in my family with brothers 6'8" and 6'10". We had friends growing up that would tell their parents they were in the Land of the Giants when they'd ask where they were. A lot of kids will mention how tall I am and I just turn and smile... I'm in no way offended. I get the "did you play basketball" question a lot and only respond with "no, but did you play miniature golf" ONLY if I think they have a sense of humor because I'm only joking with them and we have a good laugh. I used to love wear high heels, before I had heel spurs, because I think flats just make a tall person look taller...just as I think slumping does. The only thing I don't like about being tall is finding clothes at a reasonable price. I sew, but sometimes I just want to buy something and the tall stores are so expensive. I wouldn't trade being tall for anything in the world and I'm actually a little bummed to find out that I'm only average on this website...ha!

Can someone tell me why all the tall clubs around the nation only allow singles (i.e. Towering Texans and Timberline Club)? Sometimes it would just be fun to get together with tall people. They say they are a social club, but I feel like they're just a dating service.

Joerg says: I wasn't aware that these clubs are open to singles only! Interesting...

Lauren wrote (January 27th 2007)

The thing that bothers me the most is that people are so rude about some genetic thing about us. It's not our fault that we are so tall. When I see ugly people it's not like I'm going to go up to them and be like you're really ugly, because it's not their fault so why do people think it is okay to make rude comments to tall people because it's not like we chose to be this tall. I'm almost 6'4" and I'm 16 [I've been this tall since I was 13!] and I have a boyfriend that's not even an inch shorter and people in my school are like I can't believe you and Matt and going out because he's shorter than you and could get someone a better height! I'm always like well he chose my not based on my height and likes me for me. I always get the you should model thing, and my reply is always I am too tall. How many 6'4" models do you know? I think people say it because I'm so skinny and they just assume all skinny girls should be models. Well anyways keep your heads up and embrace your height because it's not like you can change it!

Dominique wrote (January 26th 2007)

Hey there. I love this website! I didn't know there were so many women out there who have similar thoughts as me. I'm 6'1". The last guy I dated was 5'10". At first it was kinda odd me being taller than him but unfortunately broke up for other reasons. I'm not dating anyone now but often people think my brother is my boyfriend because we go out together often. I outgrew him. He's 5'9". I often wear heels so I appear even taller. People don't realize we're brother and sister I guess because most women are shorter than their brothers. I'm one of the few exceptions. Despite my height I find that a lot of guys don't hesitate to ask me out. There are many out there who actually prefer tall women. I kinda prefer shorter guys myself. Their personalities I find to be more appealing than tall guys. It's as if a person's height can influence their personality.

Joerg says: 

Shelle wrote (January 26th 2007)

Being tall is no excuse for rudeness. I wonder how many of us are actually ruder than shorter people with their questions and comments. I just got done reading that huge list of come-backs to when people ask about our height. Are any of you actually this obnoxious? I can understand if someone has the nerve to ask, "Do you ever get mistaken for a man?" That's an obnoxious question that deserves a response like, "No, do YOU?"

But hey, when someone just asks your height or says, "Gee, you are tall!" Come on, ladies, lighten up. It's human nature to make a comment about what is very obvious. Do any of you have big dogs? Hasn't anyone ever said, "My, what a big dog you have!" How do you respond? I have a 110-pound dog and all the time people tell me the obvious. Duh, I KNOW the dog is big! Duh! But I'd never be rude to these people any more than I would if they said, "My, you sure are tall!" Same thing with my daughter's curly hair. All the time I get, "Wow, your daughter's hair is so curly!" What kind of obnoxious would I be to be snippy and say, "Gee, you must've taken your smart pills today!"

"Wow, your house is big!" "Hey, your car is so bright red." It's time to grow up, stop sulking like children, and learn to live with comments about the obvious. "Wow, you have such long hair! It must've taken years to grow! How did you get it so long?" WELL GEE, EINSTEIN, My daddy left me out in the rain when I was growing up." People skills, anyone?

Sisters, if you want to leave a real bad impression on people, just continue acting like schnooks when well-meaning folk marvel at your height. I'm six-feet and dang proud, and every time someone comments, I smile and say, "I'm six feet in my bare feet." I get a rush when I walk past a couple of six-two or six-three men and I'm wearing my three-inch heels.

Dunrie wrote (January 21st 2007)

Joerg,

I just wanted to say thanks for an informative and positive resource. I have visited your website many times over the last few years and appreciated the links and stories. I am 6'2" and my husband is maybe 5'10 or 5'11. Before we dated, I was attracted to him but thought he was too short. I really wanted someone to make me feel more "normal". But, he didn't mind at all, and I do think it is related to what you write about self-confidence. I wasn't confident, so I was looking at external things to make me feel OK. He was confident, and so the difference in height made no difference to him. Anyway, now I pick out couples where the woman is taller and I feel a lot of affection for them, even before meeting them.

Anyway, thanks again for a nice site. Best of luck to you.

Dunrie

Leanne wrote (January 18th 2007)

Hello girls, I have been reading these quotes for a few weekz now and they get me thinking that I'm not the only one. I am really tall but really beautiful as well (not being big headed - lol). Some people look at me like I'm a freak but then some men can't take their eyes off me... I really don't know what men think about tall girls... I mean I'm only tall bcoz I have got LONG legs which men love. I have long hair as well which men love 2. As I have got older I am comin 2 terms with my height, sumtymz I still fink "why do I have 2 b different 2 everyone else" but girls, honest, men loooove long legs so keep ur head high and know that u r beautiful... Spk soon. Bye. BTW, I'm 17 years old and 6'1"

Kellie wrote (January 17th 2007)

Hi, my name is Kellie, I'm 5'11". These aren't my quotes but I thought what these cool chicks said was funny! These are the comebacks for all thoes rude comments people make about our height. Enjoy x

Here is an extra page with the quotes / comments Kellie has sent me

Lizi wrote (January 14th 2007)

I'm 6'2 and am seing a collegaue who is 5'1 which looks and sounds ridiculous to everyone but us. At the end of the day we are all the same when we r laying down and he is the sweetest cutest guy I've ever met!! Don't worry about what people say - I get it all the time in my profession as a barmaid "Oh, you're a big girl". It used to annoy me but at the end of the day they are all just jealous that they don't have the presence and statuesque figure that we do!!!

Joerg says: Hear, hear... great attitude. It's your choice who you're dating and it's good that you're not listening to others. Keep going, girl.

Bethany wrote (January 9th 2007)

My name is Bethany and I am merely fifteen years old. I have always been the largest and heightiest person in my school years, but when the summer of ,05 struck, the top of my head peaked above 6 foot! I really like this boy, and feel I always will, but height strikes as a problem to me. He is 5'6" and I am 6'1". He comes up to my shoulders, and I can't get the humiliation out of my head; when he reached up for a kiss. I sunk my neck and he stood upon toes, and there was still a difference. Please help me overcome my fear of the small - please! Yours BFGly, Bethany.

Tia wrote (January 3rd 2007)

I am 6'3" and my husband is 5'7" and I love my husband with all that's within me. My husband asked me to be his girl a few years ago, and I had no problem saying yes. It doesn't matter if a woman is taller - all that truly matters is the way you and that person feels. Yes, people are going to look and make comments but that's ok. Most men wish they could have this tall glass of water because I'm good to the last drop.

Tall Quotes 2006

Kenisha wrote (December 30th 2006)

Hi, everyone! Just wanted to say "Happy New Year" to all the tall ladies out there just to let you know that you have to always keep confident about yourself all the time. I'm 6' flat and have size 12 feet and I grow to absolutely loving it. Shorter people are just out there to intimidate tall women about their height just to make you feel bad about yourself. But tall women look so elegant and nice you just have to know how to embrace it to actually get to love it. I really don't have time to let shorter people get me upset about my height and the same goes to you all. If shorter people are upset with me being this tall that suggests they're carrying a grudge for my height. Well, that's their problem and also Joerg - I'm absolutely loving your site. I hope you and your fiancée have a Happy New Year.

Erin wrote (December 26th 2006)

I'm 19 and 6'1" and have basically accepted my height. I'm over the guy issue because I love super tall guys anyway and I know I'll find one for me! The weird thing is I have small feet for my height, size 7, which look like stubs at the end of long poles! lol... My best friend is 6'0" and we go on hunts for long pants all the time, but when it comes right down to it, people are always saying our height suits us and that we look great! When I was younger, people used to say rude things but I found that went away as I got older! My dad is 6'7" and he's always being positive about it, saying it's great, and my brother is 6'4" and he's only 16, so at least I'm surrounded by tall people too!! Anyway, point is, accept your height and think of all the good stuff that comes with it!!! You look long and lean, it helps in a lot of sports, modeling... and hey... how many people are going to jump you in the alley if you're huge?? Not very many!! :D:D

Nastassja wrote (December 22nd 2006)

I'm 27, 6ft tall and weigh about 147 lb. I used to get teased when I was younger, but I got over it. I actually love being this tall minus a couple of exceptions. For one, when you walk into a room, you demand everyone's attention without demanding it. All eyes will be on you. The women will look at you with envy and the men will look simply out of admiration. There are many men who love tall women but some of them WILL be intimidated by a woman's height. I am dating a wonderful man who loves tall women. I am the tallest woman he's dated yet and unfortunately he doesn't like me to wear heels that make me taller than him (he's 6'1, go figure) so Joerg if you have any tips on cute but short heels - say 2 inches, feel free - (I like how I walk in them and how they make my legs look) - I only wear a size 9.5. Another problem is finding pants that are the right length. Regular department stores rarely carry the correct length and I just went through hell trying to find some good tall and reasonably priced gym pants (local ASU book store).

Anyway to the ladies: "Stand tall and confident and walk into the room like you own the place - you will get a lot of admirers that way."

Joerg says: So your man loves tall(er) women but doesn't like them wearing heels? Interesting and strange at the same time. As far as flats are concerned: I'm pretty sure (in fact I know) most of the shoe companies listed on the Shoes USA (and the Shoes International) pages sell shoes with a low heel in your size. Give it a try and let me know if you can't find any.

Chrissy wrote (December 21st 2006)

Hey everyone, I was having a particularly bad day with height issues when I came across this forum! I'm 17 and 6'5, which is, to say the least, pretty tall. lol.

In many ways it's a blessing being tall, (basketball, tennis, netball, you name it - lol) and there's never a dull moment when I'm out shopping and some poor lass can't reach her favourite jumper off the top shelf.

However, the only real issue I've struggled with is boys and clothes and, with boys anyways I wonder if it's my height. I do think a lot of guys are intimidated by my height and the fact that I am taller than them... I've been called so many names it does start to get to you... but honestly, at the end of the day it's not you with the problem - it's others who are low enough to slash out at others for petty differences.

Just posting this to say reading all of your comments has really put me on a high again (hehe..) and that being tall really is a blessing. :)

Aga wrote (December 20th 2006)

I am 6'1", tall enough for a Greek (woman). The problem is one and only FINDING CLOTHES-especially pants and jeans. In Greece there are no shops that are selling clothes for people taller than 1.80cm. Through internet it is a little bit risky, mostly with the different sizes from country to country. It is really sad trying to get dressed, but nothing suits you... I will check all the links from your site, and maybe I will order something.

Joerg says: You are right. Sadly there are no (online) stores for tall women in Greece yet. Hopefully this is going to change in the near future.

Victoria wrote (December 18th 2006)

I live in England and I'm 18 and 6ft2 ½ inches. I was really happy when I saw these comments and I too got called some horrible things and to tell the truth I never took the shit. I'd say in my primary class of 30 students I fought about 25 of them for dissing my height and at the end of the day I was the funniest and most liked girl. At first I hated being tall but now I don't care cos I love it now. I never played basketball cos I didn't feel that I had to play it nor did I want to model. Instead in Sep I'm going 2 uni to study Law. I also feel that men r sometimes intimidated by my height but for all I care they can stick their heads further up their crummy ass. Luv the height God gave us.

Danna wrote (December 17th 2006)

Hey everyone. I'm 6'2" and 16 years old. Let me tell ya, it's been a total blessing being tall. God's blessed me so much and used my height in so many ways (volleyball, cough cough). However, the only real issue I've struggled with, being the height that I am, is the boy issue. I haven't had a boyfriend before... and I wonder if it's my height. I do think a lot of guys are intimidated by my height and the fact that I am taller than them, even though I'm the last thing you'll ever consider as intimidating once you get to know me. But then I think if a guy doesn't like me JUST because I'm taller than him, than he is NOT worth my time. I've been called everything, from tree to goliath...but honestly, it's okay because the people who call me those names are just jealous. SO HOLD THOSE SHOULDER'S BACK GIRLS! because everyone wishes they were us.

Krystle wrote (December 16th 2006)

Hi, I'm Krystle and I'm 15 years old and 5'10. I've always had a problem with my height because I felt different and left out from the girls that were like 5'6. There always seems to be a problem with shoes for me because I'm a 12 and wide and that also made me feel a little discouraged. But each day I learn to live with my height and embrace it because you only have one life, so live it to the fullest!

Ashley wrote (December 13th 2006)

I'm Ashley. I'm 5'11" and I guess I like being tall but not really... The main reason I hate it is because my pants are always short and I can't wear heels b/c I always over-power people... I want to find a pair of awesome shoes that aren't just flats for once. My friend jessica has these lace-up shoes that are like converse but they're 5 inch heels. I would love to wear them but I can't... I know I can't change my height but I'd love to have a perfect pair of pants and awesome shoes.

Joerg says: You don't specify your required inseam or your shoe size so it's hard for me to suggest anything.

Kayla wrote (December 12th 2006)

I'm 13 and 6'2". I've always been the tallest and sometimes it can get it the way, but overall I love it and it has given me more confidence. However the scary part is the doctor said that I'm not done growing yet!! I also have size 15 women's shoe and that is really hard, expecially since I have 8th grade graduation this year!

Wish Me Luck! And remember being tall is a good thing and never take it for granted!

Kayla

Monica wrote (December 10th 2006)

Hi, my name is Monica and I'm really tall for a 14 year old (5'10"). I'm like the tallest of my class... and I am a freshman now in middle-school. Noone really noticed till I started 9th grade. Then ppl at parties were always like "how tall are you?". It really gets to you and worrying if I am going to still grow is always on my mind. It worries me a lot. I just hope that everyone else catches up with me sumtime soon.

Andrea wrote (December 10th 2006)

I'm 5'11 and 21 years old. I've always been insecure about my height and was called some mean things in highschool but it has made me the strong, compassionate, and beautiful person that I am today and I now feel so grateful to be unique. :) It has taught me to not feel sorry for myself for being "different", because what is really important is being healthy, free, and kind=happiness.. Life is so incredible!!! :) Everyone is beautiful in every way! :) !!!

Elizabeth wrote (December 9th 2006)

As a tall woman (6'3.5"), I have experienced a great deal of difficulty in mixed sports. I do fencing, in which training is often mixed, and like earlier in my life, often I am the "standard" that men feel they must beat - it is quite common to have most of the guys in a club cheering on whoever is fencing me to "not let the side down" - which to me is idiotic because at tournaments I fence only women - but this is similar to mixed PE classes of high school where even if guys didn't win, at least they "beat Elizabeth" - of course, when fencing young girls in the club, who may be 5'3" and size 4 it is often implied that I am a "bully" or "taking unfair advantage" because I do physically loom over them (I always take excessive care). I get along fine with all the women, it is just the guys who seem to have such a strong reaction - sometimes getting very angry, sometimes with me, if they can't win against me. I really don't understand why my height is such a personal challenge to them and though I am often bruised, injured or even cut or bleeding due to thier attacks - it is assumed because of my size that I can "take it" while if any of the small and "dainty" girls get bruised, everyone rushes in concern. I really don't understand why it is assumed that because I am big and tall, that I am brutal or lumbering or used to pain. This type of behavoir over the years has had me stop several sports (particularly if they are mixed) as well as many tears - it seems the concept that someone my height might be sensitive is unthinkable - I had a male friend, 6'8" who was probably more sensitive than I, and was constantly hurt by the assumptions people would make about him based on his height - he committed suicide 4 years ago. I have no intention of going that way, I just don't understand why so often I feel that there is "them" (humanity) and me.

Also, to all my employers: Just because I am tall doesn't mean I have a natural love of moving boxes.

Eleanor wrote (December 9th 2006)

To be honest I've never thought that I was tall, average height as anyone else, just never placed so much emphasis on my height. Comming from the Caribbean no 1 pays attention to your height until I came to Taiwan to study BIG MISTAKE it has been a year and 3months and I am hearing the same comments from the first day set foot into this country " you're so tall", even bold facely being stared at from head to toe right infront of me...even the people who I me on campus it's like the first time they are seeing me and to make matters worse speaking chinese in my present about my height with the belief that I cannot understand the language good grief..., but they do have tall people here and I still donot understand what's the problem but you know about 90% of the guys are afraid of me and that's a good thing...reduce the questions being asked :), the guys here would never date taller women NEVER confidence issues... I love my height and I walk like I am on the runway when I know I am gossiped. When people asked how's the weather up there I say cleaner and 100% better :). It's great to be tall (I'm 6'3")

One more thing:

I cannot remember what illness I suffer from... it started when my mom noticed in my 3rd year in high school that I was leaning literally leaning by not standing straight. Apparantly they said that one of leg is growing faster than the other and it's causing my spine to bend which in return results of the leaning, some say that it could be treated by an operation of placing a block in the longer leg by the knee area to slow its growth for a while and let

the other grow to the same length, but my parents was afraid to try to such, I was also told that I would experience pain in my old age. Now I am 21yrs and I off and on have pain in my left knee which is the shorter leg and I am lost in what to do, I started taking treatments from a chiropractor but stopped, they said there was nothing my mother could have done to prevent it or caused this defect. I am wondering if anyone share similar to inform me of anything they know that may better the situation.

Toshiba wrote (December 6th 2006)

Hello my name is Toshiba. I'm 6'2" and I love my height, and when i go out I love to wear 3 inch heels. For so many years when I was younger guys would come near me because I was so tall. I was the tallest woman in my graduating class. Once I was in my 20's I began to love myself and the beautiful gift God gave me. I wouldn't trade my height for nothing in the world. I always stand up with pride. I am 210lbs and I'm considered plus size. I wear a size 14 in jeans. I am going to follow my dream to become a model. I love hair and fashion. I have a wonderful insight on fashion.

Andrea wrote (December 1st 2006)

I agree with some of the quotes about how people hate their height. But it's scientifically proven that all things being equal if a tall woman and a short woman are being considered for the same job, the taller woman will get it. The only thing that I do not like about being tall is that all the tall guys date the little short girls. It's annoying but you know what some of the shorter guys are so incredibly sweet and absolutely love the exoticness of an amazon woman. I use to hate being tall, at 13 I was nearly 6 ft. but now I'm 6'4" 21 and I wear 4" heels to the bars and have yet to need to buy myself a drink when I wear them. Men LOVE LOVE LOVE a tall woman. If they can't get over the fact that you will be taller than them that's their issue and aren't worth the trouble. But the all the younger woman out there stand up straight, I can't stand it when I see a really tall skinny gorgeous woman slouching to make herself feel more like everyone else. It looks sloppy and just makes you stick out even more than if you were standing up straight and looking radiant. I absolutely love being tall and wouldn't give it up for anything. You can get the last thing of pop in the very back of the bin and when the top shelf at the supermarket saying "Ask for assistance", screw it I'll reach up flat footed and grab what I want. There is always something on the top shelf that you want and can get because the short people can't reach it. Love it don't hate it. The height was given to you for a reason all you have to do is experiment and find out why?

Suzana wrote (December 1st 2006)

Hello, I am so glad I came across this site. It is soo wonderful to know that there are so many women as tall or taller than me. I'm 14 and am 184 cm (6'0) tall. I'm soon going to be doing modeling and I used to play basketball. I never go through a day where people don't comment on how tall I am. I have learned to love it and am proud of my height, just like all you girls should be. So stand up straight and keep ur head high, YOU'RE BEAUTIFUL =]

Laura wrote (November 28th 2006)

Did anyone ever tell you that you are tall?" - a recent comment by the cashier at my local Dunkin Donuts. I chose to ignore it but really I wanted to say "NO, omg are you serious, I did not know that. But thank you so much for pointing it out, now I can go on with my day!" I am 21, 6 feet 1 1/2 inches barefoot: I love flats and flip flops, and I never wear heels. Although I have come to embrace my height, I do not feel like "growing" any more. I agree with the person that said "I am tall, not deaf." - I find that children and adults of all ages find it necessary to whisper, quite loudly, that "she is tall". As if everyone else does not have eyes... Anyway, for the past two years, I have been dating (and plan to marry) a man who is 5'10" and couldn't care less about our height difference. However, I still sometimes feel uneasy and tell him to stand up straighter... not that it could add the approx. 4 inches. Haha. It has taken years for me to be at the place that I am now, on the outside I have always seemed secure with everything that I have done, but inside I still struggle w/ my insecurities. I now feel more confident with my height and all that it brings... people hardly ever forget you!! (which can be good and bad).

This site is great. It's refreshing to see we all get the same obnoxious comments and we can still laugh and share our stories. Thanks.

Isabel wrote (November 27th 2006)

I'm writing you from Spain, I'm 6'1 and I'm 36 now. I desired all my life to have a place like this, to feel that I'm not the only one with these problems. Can you imagine being that tall in... Spain? It was very hard to be tall when I was 15-18 years old (I was ALWAYS the tallest person, at school, parties, ... everywhere!), but fortunately I gained self confidence when I got older and I married a 6'6 guy who does appreciate my height. We have two little girls who are going to be tall... for sure! I'll try to teach them to be proud of their height and not to care about stupid comments of people who use their envy like a weapon you can't defend against unless you want to be considered an arrogant inconsiderate person!

DaCota wrote (November 26th 2006)

It's addicting reading all these posts, but the most disturbing ones are by the girls and women who say they are (or were) "bullied" in high school. I always used to think it was the other way around, that SHORT kids got bullied and picked on. Over my dead body would I have ever let some 5-2 pipsqueak push me around. I have only one thing to say to all the victims of bullies and ridicule: Kids didn't make fun of you BECAUSE OF YOUR HEIGHT. They made fun of your height BECAUSE OF YOU. Get it? I've noticed that not one... NOT ONE woman, who claims that she's always loved her height through school, claims to have been bullied or harassed. Hmmm. Interesting, isn't it? Kids are the same wherever you go. So how come some really tall girls never get bullied or picked on? And others do? It's not because the kids at school are different. Kids are the same everywhere. The difference is that the girls who never get (or got) bullied were always proud of their height. Nobody picks on a proud girl. I'm 5-11 and 43, and when I was in ninth grade, I was 5-10. So take my words seriously if you're still in school and having a nightmarish time of it. YOU are the only one who has the power to change this.

Suzanne wrote (November 26th 2006)

I'm 5'10", 26 yo, and I've always loved being a tall woman! I've been this height since I was 12, and I used to wish that I was at least 6'6" like my brother. I am the tallest woman in our family by a couple of inches, but I've never been made to feel bad about my height. My weight... now that's another story! :) I used to diet and workout 5 hours a day to 'keep my figure,' but now I try to do everything in moderation. It feels good to have a full-figured body though! I met a wonderful 5'3" tall man six years ago, and we've been happy together ever since. It does help that we're both confident and well-educated (PhD candidates), but that's something that we have developed along the way. I hear you, Sherrie! Often, strangers will stop us and say that we make a lovely couple! Of course, you always have a few ignorant ones, but they tend to be few and far between. And to Adriana, honey, please don't underestimate a shorter man!:) It may be something that you come to regret. Live, laugh, love and rejoice!

"Success is loving life and daring to live it." Maya Angelou

Annie wrote (November 26th 2006)

I used to be intimidated in middle school because of my height but now I'm proud to be 6'4". Height is just height and it really shouldn't matter but it tends to anyway. I frequently wear heels in high school but the remarks I hear sometimes are really annoying and mean. For you rude commentors out there **WE'RE TALL - NOT DEAF**. Being this tall at 15 sometimes is a pain but I think being tall is beautiful and I am very sad when I hear about how taller people have been picked on. Some of the most beautiful women in the world are tall (i.e. MODELS hello) but people still are cruel. You're left with two options you either love yourself and your height and ignore people or you listen to everything and cry inside. I choose to ignore it.

Christian wrote (November 26th 2006)

I love my height and would be taller if I had a choice. Guys love it and though it was a struggle when I was younger being 22 and standing at 6'2" im used to the air up here now. All I have to say is to every woman and girl embrace your height because its a wonderful thing for God to endow us with such a great characteristic!

Sarah wrote (November 24th 2006)

I am 16 and 6'1. I used to be bullied in middle school, but it kind of ended in 8th grade and now I'm in high school. I don't get bullied at all and I don't get much recognized cuz of my height, but this constant bullying in middle school made me very shy and my self-confidence is zero. Now when I went to new school, I thought

things would get better, but I was too shy to communicate people and now the girls don't like me and talk behind my back. Overall I feel I'm invisible, no one really bothers to talk to me in school. I know everything gets better when I finish school, but that's 2 years away, it's really tough. I constantly feel very depressed. Oh well, but this site gives me strength, cuz I know I'm not the only one who's so tall.

Katelyn wrote (November 21st 2006)

Ha. I am sitting up straight in my chair right now. My new goal is to have great posture and be confident. This site makes me feel better about being tall.

The hardest part, for me, is the awkward feeling I get when I stand around short people. I'm 15, and I go to a lot of football games at my high school. This is dumb, but I always feel bad standing up on the seats because.. Well, I just feel tall, and in the way.

I'm sure as I get older my height will be easier to deal with. If the comments on here are any indication, I know it will. Thanks, commenters.

Joerg says: I've been in touch with a lot of tall teens over the years. A lot of them were insecure when they were your age but most of them are enjoying their height now they're older. I guess they feel empowered because successful and powerful women are not a rarity these days and height's not an obstacle for success. It's not always bad to be intimidating - especially if you have to deal with rude guys (or tiny chicks who are bitchy!) ...

Suzy wrote (November 21st 2006)

Well, I am on my first "shorter" guy experience. I met him when we were both sitting down, we connected so well but I was baffled when he stood up and I was a few inches taller. (and I was in my flats.) Anyhow... I think I intimidated him at first... but it is the beginning of something good. I am just curious about one thing.... someone tell me if it is going to be awkward during sex... I don't want to feel like Im BIG compared to him. lol

Joerg says: Erm, no comment...

Lauren wrote (November 21st 2006)

Hey yall... I'm 14 and 5'11" and sometimes it gets annoying but I guess there could be worse things. I live in the Albuquerque, NM area and it is pretty much impossible to find really long pants. I see all the websites and stuff but I have to try on stuff b4 i buy it cuz i am annoyingly thin and even some of the rare long pants don't really fit.

Selen wrote (November 20th 2006)

I've been bullied throughout high school because of my height (By the time I turned 15, I was already 5'10 - now I'm 20 yrs. old and 6'), especially by shorter boys. I was the tallest girl in the whole campus. I remember going home and crying on my mother's shoulder (She's 5'10, btw), asking her why everyone was so obsessed about my height. I always tried to disguise myself and felt like a freak or a monster. Thankfully, I slowly gained confidence after graduating and now I don't feel ashamed at all. When you're a tall woman, it's impossible to walk through a room/bar/club/etc. without being noticed. However, I'm beginning to understand the advantages of being tall. Many women tell me they'd kill to be 6', because it's easier for men to notice you. Plus, most clothes look better on tall girls. I guess we should all be proud; if tall people were unattractive, then supermodels would all be around 5'4", right? P.S: Why do shorter people always assume all tall women are basketball or volleyball players? It's such a stupid cliché - can't they think of something else?

Jenny wrote (November 19th 2006)

I never imagined myself with a shorter guy. All my life I have been known as the girl who looks for height FIRST. It used to be one of the most important features for a man to have. I have since started dating a guy who is an entire 6 inches shorter than me. He has a great sense of humor, great communication skills, and great listening skills. He has so much confidence and was the first to tell me that he has no problem with the height difference. I am still a little hesitant about it even though he treats me so well, takes care of me wonderfully, has so many goals and will be extremely successful. I also feel horrible about being ashamed about being so much taller... and bigger... cause he is small guy for sure and I am pretty average. I am still trying to get over it and just

let everyone know we are dating but for some reason I feel like people will judge us prematurely. It shouldn't bother me but it does. I just wanted to say that short guys really are great. I completely agree with Monika.

Chrissy wrote (November 16th 2006)

I'm only 14 and I'm 5'10. At school no one treats me any different, as a matter of fact I have many friends. All my friends don't care that I'm tall at all. But the thing is that I myself don't feel comfortable in my own skin yet, and I don't know how. When me and my mom go to look for jeans to buy, I can never find any, they always fit great at the waist area and the thighs but they always end up being too short for me and I HATE IT. When I buy my jeans I have to buy expensive jeans for like 90 bucks that don't even fit me for that long. The only places I find jeans are Express and Tellos. Do you know where I could find really long jeans because this is a real serious problem for me. Thank you very much, Joerg.

Chrissy

Joerg says: You don't write how long your inseam is (I guess 36" max.). That would have been useful info. I suppose you've checked out the teens page already? There are several brands listed I recommend to tall girls. Among them are Alloy.com, Gap.com, oldnavy.com, Lucky Brand Jeans, Buckle.com, Susan's Tall Fashions. A great alternative are Lands' End custom made jeans. They're not remotely as expensive as you might think (they're 70 Dollars). And if you still don't find anything there make sure to go through all the links on my Clothes USA page! I hope this helps...

Erin wrote (November 9th 2006)

I had all these guys coming up to me asking me how tall I was and when I said 6'1" they said nuh uh I'm 6'1" and you're taller than me. So I went to the docs and got measured and lo and behold I had grown an inch. I was so proud that after high school I grew an inch. I love being tall. Being tall is cool, and I have a very extreme way of dressing. I tell people I dress flashy cuz people are gonna look at me anyways so I might as well entertain them. My Dad is 6'7" and my Mom is 5'11" and a half. They've always told me to stand up tall and proud and I have and always will!

Victoria wrote (November 6th 2006)

Hello, tall and confident ladies! I am 21 years old, and 6'3. I wouldn't have it any other way!! The best thing about being tall is being REMEMBERED! I am comfortable in my skin, and love love love my height. I am so glad to have found this site because when people are cruel (oh and you know how cruel they can be) you need to be reminded what tall women are - GODDESSES!!

Sophie wrote (November 5th 2006)

Wow, there are so many of us out there but we never really seem to be in the same place together do we? I struggled to accept my height for a really long time and actually did not manage to come to terms with standing out in the crowd until I went to University. Tall is supposed to be beautiful and glamorous but why then did all the boys at school shy away from me so much? I never truly understood the male ego over this issue until I was in my twenties. Young men I liked were even more uncomfortable with themselves than I was. Now, it takes me some confidence to walk into a room full of people but I do it. I wear high heels whenever I want to because, hey, who am I actually trying to kid? Everyone already knows I'm taller than everyone else. I'll still only be the same amount taller than before. Why should I be tall and drab? The only problem there is finding shoes to fit! So to all you tall girls - you are tall, hold your head up high, stop thinking you can hide away cos you can't. You shouldn't. Tall is every short person's dream! (P.S.: I'm 6'1")

Theresa wrote (November 3rd 2006)

I have to admit, I'm taking strength from reading some of these entries. The reason I'm here today is because I'm 5'10" tall and am finding myself very attracted to a man who is only 5'3". In the past I would have never even considered this relationship but I'm older (38) now and hopefully wiser. I've realized that the size of the man is not my "issue". What's bothering me is my own size. Not only am I tall, but I'm overweight as well. Well...that I can change! I don't know what will happen...but I do know this.... I need to start loving myself the WAY I AM!

Sherrie wrote (November 3rd 2006)

My husband is 7 inches shorter than me (I'm 5'11"). We get smiles everywhere we go. I have never in my life met a man who is as sweet, caring, and who loves me with his heart and soul like my Sweetie Pie Man. In my eyes, he's 10 feet tall.

Diane wrote (October 29th 2006)

My mother, who is 5'2", always was proud of my height, which was 6'1" when I was in high school, many years ago. She always threatened to use the belt on me if she caught me slouching, so I had perfect posture. So, when it was time to graduate, I wore 6" shoes so I stood even with the tallest boy. You should have seen the jaws drop in the audience when I walked across the stage to get my diploma! Be proud of your tall selves, you tall young women!

Melissa wrote (October 21st 2006)

Hey all! I am 6'1" and honestly, I haven't always been comfortable with my height. I am ,growing' into it (hah!) and I recently wore two inch heels out to a club **while wearing a very sexy denim skirt**. I felt fabulous :) Being tall is something that all girls and women should be proud of, especially because it makes you stand out in a crowd. Fortunately, my personality matches my height. I am loud and opinionated :) I am slowly learning to deal with the comments directed towards my height, and this feels totally empowering. In the past, I had a guy tell me that he was so attracted to my height and ,what was wrong with me?' because I didn't totally love being tall (I felt awkward that he kept bringing it up... like it was the only reason he thought I was sexy). I thought this guy was a wierdo, I guess because he made me feel like a freak for not appreciating my height as much as I should. I guess my point is, don't ever let anyone make you feel strange, either for being tall or for not believing it is the only sexy quality about you! There are many beautiful qualities about every woman, and being tall should be just ONE of them!! Love what you've got and enjoy it ladies!

Elizabeth wrote (October 17th 2006)

I can empathize with you, Shannon! I used to be 6'1 and half inches. A couple of years ago, I was measured in the doctor's office and they said 6'1" even. I was upset! What happened to my "and a half inch"! I said "I'm too young to start losing inches...aren't I?" The answer was, no, I wasn't. So, I was older and shorter! A great start to my day, rats! Just hang on to those inches!

Shannon wrote (October 16th 2006)

I've been 6'1" since I was 14 years old. I am now 57 years old and am being measured at 5'11 ¾". That made me cry, in fact, I'm now fibbing and say I'm 6'. Interesting, don't you think?

Joerg says: Shannon, that's one of the best contributions I've read in ages. I keep looking back at the time when I was in my mid to late 20s because back then I was "lean and mean". Nowadays I'm just "and" ;-)

Beth wrote (October 15th 2006)

I am 17 and 5'10. I hope I have stopped growing! During my 9th grade summer I grew like 2 inches so throughout my highschool years I have been really insecure about my height. Plus, both of my best friends are 5'3. Lol. I always wore sandals and not tennis shoes or high heels so I won't be taller. But I decided it's my senior year and I figured "you know what, you're not going to get any shorter so you might as well accept it and be happy with yourself" so now I wear tennis shoes and regular shoes. I guess 5'10 isn't that tall but I live in a city with a lot of hispanics so I feel really tall. And I am really happy mom constantly badgered me to stand up straight, because I see people slouched and it just doesn't look good. Bless all!!

Simone wrote (October 15th 2006)

I'm 17 and 5'10" and it's so annoying when people say I should be a model because I'm tall... THERE ARE OTHER PROFESSIONS IN THE WORLD YOU KNOW!!! I think people's minds are so limited to what a tall woman could do, I don't want to be a model and people are so shocked to hear this they think I'm wasting my gift... WHATEVER!!! I've never had a problem getting guys - it's just a problem of getting jeans that are long

enough... When people ask you dumb questions like... "Why Are You So Tall?" Just smile and say, "God Had More Time For Me!!"

Sarah wrote (October 14th 2006)

Tall women are fabulous, beautiful, and more evolved. We should all stand up straight and proud! Do not be afraid to wear heels if you want to. I've NEVER ONCE been ashamed of my height. I forget I'm so tall until someone points it out, and then I feel proud of it. I have never wanted to be shorter. There are MANY advantages to being tall - people respect you, fear you, ask for your help, and literally look up to you!! I hate regret, but I do wish I'd applied myself more in athletics. All tall girls should try out for sports in school... we are the natural choice for volleyball and basketball scholarships! Tall women are lovely to look at.. I love seeing other tall women when I'm out on the town! Tall ladies of the world - you make me smile!

Rikki wrote (October 13th 2006)

God! I get why women who are like 6'5" complain because it can be hard finding a man taller than you. But those of you that are my height, come on! All runway models are around 180 cm (5'11")! I love being this tall and it's not like I'm bigger than my friends, I just have longer legs! gsh! Love being tall! It's beautiful! So stop complaining!

Lakshmi wrote (October 12th 2006)

Hi, nice to read this site... My boyfriend is 5 ft 4 inches and I am 5 ft 11 ½ inches which is tall for an Asian woman and indeed I have been working as a model for 6 years. I must say it's been the first time a I dated a shorter man. But it's not all that exciting as everyone above makes it out to be. My man loves me but there have been many embarrassing moments incl. once where he wanted to whisper into my ears in the elevator which was full of people and he just couldn't reach up. Similarly when we go out dancing it's so difficult to match our steps. He wears a 39 size shoe and I wear 41 and sometimes it's embarrassing leaving our footwear at the door (a common practice in Asia when u enter people's homes)... and since my ears and nape are the most sensitive parts of my body I really wish he could reach up to there when he kisses me. But all I can say is in spite of all this I can never trade him for any other man in the world - no matter what.

Lakshmi

Jamie wrote (October 11th 2006)

When people ask me, "How tall ARE you?" -- I smile and with confidence say, "I am 5'12""...you would be surprised how many people simply nod in amazement! :)

Natalie wrote (October 11th 2006)

Hello, I'm only 15 and I'm 6ft1. Even though I love being tall I always wish I was shorter - the main reason for this is that shorter people can't get over the fact that a woman can be over 5ft5. I can't remember going to a party without hearing "how tall are you?" or "you could be a model". Anyways, thank you for a site like this. It's nice to know there are people my age who are just as tall and can understand what I'm going through.

Adrian wrote (October 10th 2006)

I'm 23 years old, and 6'4 - and I have never wanted to be an inch shorter! (although I wouldn't mind being 20 pounds lighter!) Yeah, I wish it were easier to find pants and shirts and shoes (size 14) but when it comes down to - I like my height.

People always ask me how I got so tall, so I used to tell them that when I was growing up I slept with the lights on, ,because it stimulates cell growth'

Most people believed it. Of course it's genetic! I've never dated a guy taller than me - not by choice mind you! But it doesn't bother me if a guy is shorter than me as long as he's comfortable with who he is... And yes, I wear

heels. As long as you're comfortable wearing them (and they aren't 5 inch heels) you can pull it off no matter your height.

Joerg says: I love your comeback. That's why I highlighted it. Great stuff, kiddo!

Elizabeth wrote (October 9th 2006)

Here is a nice way to respond when people say "Wow, you're tall!" Just smile and say "Well, you know what they say, the most beautiful roses have the longest stems." This is not an ugly response, and it takes what could make you feel bad and turns it into a lovely way to view oneself. (Remember...stand up straight!) :)

Jennifer wrote (October 9th 2006)

I've been tall all my life and I just stumbled on this site and I'm mad happy about this site and everything it offers. Ever problem that some of these tall women have went thru have happened to me. Thank yall for making me feel a little better about myself.

Diana wrote (October 8th 2006)

Hi Joerg, this is actually a message to a girl I've seen on the RED ARROW bus bound to Edmonton from Fort Mac on Saturday night. Here it goes... "Hi, you don't me but I saw you and it was very reassuring to see you. I was watching on the bus (not like a stalker either) because you reminded me of myself so it was like looking at me only a few inches taller. I thought you looked beautiful, and wondered if people who saw me thought the same thing. Since it seemed like everyone in Fort Mac was so damn short, even the men, seeing you was good for me, since I spent the week there and felt like a freak, I am not exaggerating either... Well, thank you tall pretty stranger it was nice to know I am not the only tall girl around here." I am pretty sure she might visit this site as she herself was like six one!

Kirsty wrote (October 8th 2006)

In general, I don't mind being tall. Infact, I often thrive on the fact that it can annoy short men with attitude problems! I was recently at a gig with a friend (also 6'0) and the guys behind us were saying things like "I can't see a thing... well I can see two THINGS". My friend threw her arm back, pretending that it was an accident and he said "Oh, attack of the giants". Knowing the owner of the place I was in, I stated that I would get them thrown out if they didn't shut their mouth. They soon shut-up. Why are people like this? I never get this problem from other females, only men. This proves that men still see women as lesser beings. Tall women are seen as complete freaks because they aren't small and dainty.... like a woman "should" be. I find this offensive, idiotic and vile. I cannot believe people like this actually exist. I have nothing against shorter people at all (I must make this clear) but a lot of them come across as jealous. I fear that most men maybe jealous because they cannot reach the top shelf to purchase their pornographic magazines, lol. That's my theory anyway :). Most people tell me that I'm lucky to be tall. I sometimes can't feel lucky about this due to the fact I was seriously bullied through my teenage years. I'm 22 now and I still suffer from depression now and again. That said, I generally couldn't care what people think. I'm only human at the end of the day though. Things will take their toll on me.

Joerg says: Stay away from destructive characters who focus on the negatives. Surround yourself with people who appreciate and cherish who and what you are. Life's much easier when you're around people with a positive attitude. Virtually looking up to you, Kirsty:



Olivia wrote (October 6th 2006)

Hi, I'm Olivia and I'm 5'10" at 14. I love it so much! My whole presence is stunning. Everyone who sees me thinks I'm 20-22 years old. I'm proud to say I'm tall or an amazon (when people make fun of me I say "thank you", or "that doesn't offend me") so hold your heads up, ladies!

Kat wrote (September 30th 2006)

Hello, it has been lovely to read everyone's quotes. I am 21, I am 6ft, possibly 6ft 1, I don't like to measure! I seem to be at that lovely age, where insecurity of height is rather hitting me and reducing my confidence a little bit. Mainly because I just had a boyfriend who was also my exact height for 3 years, but then we broke up, so now I am single and tall! Also recently I started liking someone who was 5 ft 8, but we both didn't seem very comfortable with the height difference, whereby I was less confident in myself being with him. Like all the other women's comments, I too like being tall some days as it does get you attention, but then on other days when I look around, even at my work place, where all the men there seem to be smaller, a rare one taller, I know that I do not have half as much chance as all the smaller girls at attracting guys there, as most do seem to like to feel taller than you it is a man thing.

Us tall girls need to stick together and be proud of our height, as it is a gorgeous trait, that should be taken with pride! Instead of walking around shoulders slumped, we should stand tall and proud.

Kristen wrote (September 27th 2006)

Hi, I love this site! It makes me feel so much better to see that there are other girls like me out there. I personally hate being tall, the only upside is playing volleyball. I get stares and comments. I try to hide it as much as possible but I always end up feeling upset later. I have even hurt myself and thought about suicide. One guy wouldn't even dance with me because I am tall. I just wish there was some way all this can go away. Help!

Elizabeth wrote (September 27th 2006)

Looking back on my quote I left on September 26, I realized that I forgot to put in my height! You could figure it out from my husband's height, but I am 6'1". I was 6 feet tall by age 13 and grew one more inch in high school. There was a time in my life when I would have gladly given away inches to shorter women, but not anymore. After many years of insecurity, I have embraced my height and enjoy my femininity, even though I am taller than most men. We are graceful, elegant creatures—we tall women. And remember...stand up straight! :)

Lindzie wrote (September 26th 2006)

Hey, I found this site by accident and I spent a lot of time reading these quotes. I'm six feet even and 20-something. A lot of quotes are about trouble getting dates or finding boyfriends. I have the same "problem" and had it since high school (I was six feet by age 15). But I don't see my height as a curse. It's a blessing because it's an automatic screener for all the duds out there! My shorter friends get lots of dates, but they end up breaking up sooner or later anyways. My height is a filtering device. A guy who wouldn't approach me because I'm six feet is a guy I wouldn't want to date anyways if I was 5'6" or 5'3" tall! If I was short I wouldn't want to date a man who feels insecure next to a tall woman. While my short friends have to sift through all the duds and jerks in order to find Mr. Right, I'll just sit back and wait for him to spot me across a room and if he approaches me, I know this is one secure guy. So, I'm dateless. But it means I won't have to go through a lot of heart-breaking jerks to get to Mr. Right! I thank God for my natural screening device! If I want to find out very quick who the REAL men are, I just slip on my three-inch heels and walk into the room. "Normal" height women have to find out the hard way: by dating a bunch of frogs! Look at the big picture in that what difference does it make if you have to kiss 100 frogs to get to Mr. Right or if you kissed only two frogs to find him? Well, it DOES make a difference in that I'd rather have to kiss two frogs than 100!

Elizabeth wrote (September 26th 2006)

I am 37 years old and am married to a wonderful man who is 5'8". He adores me and is my best friend. What a sad and stupid thing it would be to have missed out on this great guy because of him being only about 5 inches shorter! Also, if you are tall, or even if you are not, stand up straight!!! That is a big pet peeve of mine. Girls with postures that make them look like "S's" are not doing themselves any favors. If you are tall, having bad posture won't make you any shorter. You'll just be a tall girl with bad posture (to quote my mother) People are going to look at you, give them something beautiful to look at!

Cia wrote (September 26th 2006)

Hi everyone, I'm 5'11" and 19 years old. It's been a little hard sometimes, growing up and dealing privately with little insecurities here and there, like the fact that I was 5'10" in the 5th grade (I haven't grown since the 7th grade). Everyone thought I'd grow to about 6'2," but I love my height as it is. I have to admit, it does cut the

choices on clothes down, especially in women's shoes (and pants). I've been mostly trying to avoid heels - I recently came to college and didn't even bring shoes from home that weren't flat, a choice which I kinda regret. It's crazy because I already get stares all the time (with my usual flats), so I know if I had on heels that were 3" I'd be mad at all the attention. I love being around tall people, though, so I believe it'd be easier to wear those heels around around them. With pants, though, my greatest complaint is that in those department stores, the tall sizes are usually a boring blue color folded away on the shelf at the back of the store, while the normal sizes have many beautiful designs. And I don't even go pant-shopping in the mall stores - there's almost no use. I don't think I'd change being tall if I had the choice - I've thought about how it'd be different - because this is all I know. I may not realize right now how much of an advantage I have, reaching things from the top shelf or in pursuing a modeling career, for example. I do have a preference for men, though. If there were two men of equal good looks standing side by side on the street, I'd automatically go for the taller one, hands down. I usually like my men to be 6'2" and over. I just like that notion of the man being taller and stronger and all that jazz. I want that fairy tale relationship too, but I guess so much emphasis really shouldn't be placed on height. Nevertheless, my current boyfriend is 6'6", and I couldn't be happier about it. I'm glad I found this website with those of you who understand being "out of the norm" (what or who is normal, anyways?). God Bless Y'all.

Brenda wrote (September 25th 2006)

Hi! I just happened to stumble across your wonderful website as I was looking for some good comebacks to all the bazillion 'tall' comments I've gotten all throughout life. It's so comforting to hear others stories. I'm 53 yrs old, 6'2' & 160 lbs., medium boned & not too skinny. I've always hated being tall, have spent many a moment crying over my fate, but I became a born again Christian 34 yrs. ago. When I became one, I realized God does not make mistakes, not one. I've often wondered what His purpose was in creating me this way but if nothing else, its made me a compassionate person for anyone that hurts. Thats worth it all. I've continually had all the questions in growing up & school was difficult, being tall made me extremely self-conscience because people just wont let you forget you're 'different' & often inflect that its a negative thing to be tall. My father was 6'6" ½ & mother is 5'9". If you're like me & basically dislike being tall, you can do a variety of things to make yourself attractive like working on your weight - (if you want to loose some) OR - learning to wear the kind of clothes that compliment your body type - OR - wear makeup that enhances your beauty and/or discover a wonderful hair style. Any of these things will help bring your self esteem up, they have for me & has brought mine up. A beautiful smile catches people off guard too & a beautiful spirit. In a world of uncaring & rude people, it just might help change THEM. For fear of sounding conceited, which is far from the way I am, I AM thankful to God that He's given me a pretty face. I've gotten many a compliment on being beautiful with beautiful blue eyes. I wear 2 inch heels & my husband is 6'4". We get many an admiring & shocked looks but he is proud of it & somewhat amused. Our 2 sons are both 6'5". All the years of growing up my father told me to hold back my shoulders & stick out my chest & be proud. I actually got sick of hearing that, its easy for a man to say that, but now I find myself standing tall with a ,if you don't like me this way, tough! attitude'...haha

God bless all you wonderfully tall women out there. Brenda :)

Diana wrote (September 25th 2006)

You know its true right, alot of my tall male friends will treat me as less feminine than the shorter women? Why is that? Seriously I want an answer. Im already five ten and I dont need to feel any more like a man than I already do. I hate that, the short women get treated like ladies and I dont. They must think that since Im tall, I have a penis or something. Im not a dude, Im tired of feeling less womanly because of men, even men who are over six feet that i know treat me less like a women. Love that part about short women being bitchy!

Margaret wrote (September 22nd 2006)

I was inspired by some of the comments, but here in Canada I am an oddity. I grew up in England - Princess Diana was 5'10". I try not to slouch and be proud of my height, but being around so many shorter women I am constantly having to apologize for my height and find men here attribute my height to masculinity. I am contemplating moving back to England just to fit in, I never felt that different there.

Ellen wrote (September 22nd 2006)

Hi everyone... I am 6'2" and I weigh 227 lbs. I am 26 yrs. old and I am just now beginning to feel confident about my height. I grew up in the Carolinas and my uniqueness is very rare in this area. I wear heels that are ½ to an inch, but now I notice myself buying taller heels. I have realize that my height is different, and yes I stand

out... But now I take that attention and run with it! As for dating height is really not an issue for me as long as he treats me like a lady, and respects me. I constantly receive compliments on my looks, because people say that I am beautiful, and "different looking." I have been asked have I always lived in the States (the US)?

Oh yeah, I really get aggravated when people, men especially, treat me like I am not as feminine as smaller ladies because of my height. Just because I am tall does not mean that I am any less feminine.

Joerg says: The last part is very true... my sentiments exactly. Most of my tall lady friends are more feminine than a lot of shorter women - mainly because they're not as bitchy.

Charli wrote (September 20th 2006)

I was always tall, but when I was 13, I went from 5"8 to 6" in a year, and my parents were worried that I'd keep on going. When I was 14, I went to the doctor who predicted I was going to be in the realm of 192-194cm by the time I had finished growing. I liked being tall, but I did not want to get as tall as my dad, so we proceeded in attempting to stunt my growth. I am now 23 years old and on the greater side of 188cm tall, and although at times I wish I could just blend into a crowd, it's not all bad. I don't mind being mistaken for a model at times by the shorter people who think all models are tall, or a basketballer because I am one, and I have a great boyfriend who always makes me feel good about myself. I never really got teased in high school because I suppose I stood tall, and acted with confidence as if my height never bothered me, so people never saw it as a weakness. That's good advice to all the tall people out there actually, **STAND TALL**, do not hunch as it just makes you look even taller, and while you may think it doesn't draw attention, it just draws even more attention. There have been times that I have been really down about my height, and it has taken me a while to realise that life is an attitude, and most people who come up to you and comment on your height are in awe of you, I mean, if you were overweight, do you think they'd come up to you and comment on how fat you are? No, because they see that as an insult. And the ones that do mean in as an insult, who cares, it just means they are even more insecure.

Cindy wrote (September 18th 2006)

I'm 6'1", and I just want to respond to Kourtnei's comment. I think it really makes sense what you said. Whether you're very tall, very short, too skinny, too fat, black, white, blond, redhead... People are people, they will unfortunately always find something to comment on. And yeah, tall girls might have problems finding shoes, pants that are long enough and whatever else, but I have friends with big boobs and a small frame that have problems finding bras that fit, and have to have that made for them too.... They feel they can't wear low cut shirts because of the fact it attracts too much attention!! Why? who knows... And tall girls feel they can't wear high heels.. Why? Who knows... I believe no one feels 100% confident about themselves, no one is perfect. The models you see on magazine covers sure as hell don't look like that when they wake up in the morning without their make up on and behind a special camera "perfection" glass... I find it such a shame the way society puts so much pressure on women and how they should look. Women are just people, at the end of the day, we all have our insecurities, we all ask ourselves what are we doing here, why am I the way I am, and not like somebody else... Do men like me the way I am??? Some men like tall, others like short, others like skinny, others like well built... You can't please everyone! I think the secret is to stop analyzing what men like and what people like, and whether men prefer tall women over average or short or any issue of that sort. If you like the way you are, be proud of it, wear whatever you feel like and walk tall (whether you are short or tall). It's all in the mind. And besides we will all get old some day, and the looks issue will get less and less important. Enjoy it while you have it.

God bless.

Joerg says: Interesting comments. I hope my efforts to bring you the best choice in long clothes and large size shoes help you feel more attractive...

Christy wrote (September 18th 2006)

Hey tall gurlz :-D I live in Holland, and I must say I'm quite surprised with all the comments I'm reading here on this site. Here the average woman is about 5'9" and it's really very common to be above 6' So here tall women have no reason for feeling uncomfy or insecure, especially cuz there are loads of men around 6'6!!! I'm 5'10 and I love my height, it's not extremely tall to the point I look silly wearing high heels, but it's definetly tall enough to attract attention!!! I would not date a shorter man, almost all my boyfriends have been 6'5 or over... I believe

no matter how tall a woman is, next to a man she still wants to feel that he has some power over her, and how can she feel that way if he is a head shorter???

So for the gurlz that have problems in finding guyz who are taller... Maybe you should try a new country?!?! ;-)

Patti wrote (September 17th 2006)

Hi I'm 6'0 ¼" tall and I'm almost 45 years old. I'm dating a man that is shorter than me - he's only 5'8" and he receives envious looks from other men. Lol. My 4 children are also tall - 2 sons and 2 daughters - my 17 year old son is 6'6" and wears a size 18 shoe!! My youngest daughter is only 15 and she is 5'10" and growing. Sometimes it's a pain but what can you do about. Accept it and enjoy life.

Erin wrote (September 16th 2006)

Hey! I am 14, 5'10" and still growing! Yes I deal with all of those tall comments like "You should play basketball." and "How tall are you?" It can get pretty annoying answering the same questions over and over again. My aunts and uncles are always astonished to see my height even though I see a lot of them every other weekend! :P I have to really try to keep my posture up since I grew so fast. I love being tall though, I hope I get to be 5'11" at least. I just wish I could go to the shoe stores, pick up a shoe and actually have it come in my size. I found your website and I now have access to more shoes than I've ever dreamed of. Also, thank you for all of the positive comments and the Scandinavian and Russian clues. This explains a lot! Mom!!!! Thank you!

Jasmine wrote (September 15th 2006)

I'm a 36 yr old woman that's 5'10, who's attracted to a man 5'6. Yes, he finds me extremely sexy (especially in heels) and treats me like a Princess. Even though I have nothing really to complain about him, I'm slightly uncomfortable with the height difference. Is this just vanity?

Joerg says: You don't sound vain to me. I guess it's probably a lack of self-confidence. Stop worrying about what others might think. If you like the guy he's probably going to grow on you even further (no pun intended!)

Tammy wrote (September 8th 2006)

I am 6'1" and love being tall! I really believe it helps me in business. Although when I was younger I did not. My jeans were always in the "floods". Now I enjoy lots of sources for clothes. Although I still wish I had access to things like regular heightened women. I dream of finding a boot that fits me! A pair of beautiful black boots that aren't for sex show, that goes all the way to my knee and doesn't have a 6 inch heel. I would like to know what it's like to buy off the rack instead of ordering my clothing. Also, I am dying to wear those beautiful strappy shoes that are 3 inch heels. I don't wear them because I am tall but because they hurt my back. I heard you can get them cut down. Is that possible? That opens up a ton more possibilities for shoes. Although I am tall I only wear a size 9 still so size isn't a problem just finding a sexy shoe that is below 2 inches.

Joerg says: Check out Zappos.com Women's Shoes - you can choose your required style and also the heel height there!

Charlene wrote (September 8th 2006)

I have to say that I'm 24 and I have been 6 foot for a long time and I love it!! In fact I wish I was taller. But I have to say I have never felt out of place or wished I was shorter... being taller ALWAYS has its advantages. Just remember when 1 of your short friends needs something on that top shelf you're the 1 they will come to. Keep growin girls!

Jennifer wrote (September 7th 2006)

I am a conservative 6'. In school I always felt as if I stood out like a sore thumb. I excelled in sports and until I had kids, I never had to worry about weight. Clothes have always and still are the biggest headache. When I was in high school and college, they didn't make girls or jrs Tall clothes and nothing ever fit right. Now I have to wear

plus sizes, but they cuts are all wrong and everything fits like a moo moo - I need the clothes to be cut like normal clothes, just everything bigger..... does that make any sense?

Carol wrote (September 6th 2006)

WOW... What a site! I came across this accidentally, but find it very interesting. I have mixed feelings about being tall... some days I love the attention... but other days I would love to be able to walk down the street and not have people always staring. At times I think they are just pointing and laughing. I am thin and people say very attractive, but self-esteem issues stemming from being teased as a child prevents me from seeing this at times. Right now my problem is I really like someone who is 5'8" but I have never felt comfortable with someone shorter than me (I was married to someone who is 5'10" for 12 years) but I so want to date someone taller now. I want to have someone as "protector" I suppose - I am very old fashioned. It was useful reading the comments from so many who are happily married to shorter men...I have never had a problem meeting shorter men, the problem has always been me! Maybe time for me to change!

Justine wrote (September 6th 2006)

Hey, I am 16 years old and 5'11 1/2-3/4". When I was younger I never liked being tall and being taller than my mom (5'7"). I still dont really like being tall but I learn to live with it. And I have a few friends that are my height or taller so it's all good. I dont let being tall stop me from doing things that I want to do like dance. Even though I am the tallest one in dance class I really dont care what other people think of me and I just think of how much fun I am having.

Baiden wrote (September 4th 2006)

Ok, I'm 12 and I'm 5'8". I know that I'm not 5'10" or anything now, but my doctor said that my expected height is around 5'10" and 6'0". Before I used to feel horrible about my height but my mom told me that all the supermodels, and alot of actresses are tall. I take pride in my height because I'm (on average) a head taller than girls my age. Just recently I was asked to be in a abercrombie ad, all my friends r soo jealous. Lol. Sure, it might be harder to get a bf in the future, but aren't tall guys hotter?

Lucy wrote (September 3rd 2006)

Hey! I am 6'2" and only 15 years old. All my friends are shorter than me - obviously - and while I do feel uncomfortable sometimes and a little self-conscious I don't see a problem with being tall. I mean, sure you can't wear heels but they're bad for your feet anyway. All the comments and attention does get annoying but you just have to take it in your stride. Girls, DO NOT let all those stupid tall jokes get to you. If your friends make fun of you - I am sorry to tell you this - but they are not your friends. Trust me, people only ever tease when they are jealous. Hey, I am only 15 and I am the tallest in my school. Trust me, girls - take up a sport where being tall is a virtue (not that it isn't anyway): basketball, netball, golf. I am a rower and trust me, it is definately a good thing. It is not a weird thing to be tall when you are a rower because everyone is tall. Anyway girls, be confident hold your head high and enjoy being tall.

Lynn wrote (August 29th 2006)

Hey, I'm Lynn. I'm 14 and between 5'11.5" and 6'0". Sometimes I absolutely despise being tall. I can't wear heels (I'm a shoe fanatic at heart, so this is especially hard). I have size 11 feet and I have always been taller than everyone else. I hate that everyone calls me ,the big girl'. I am very insecure about my weight anyways and this only makes it worse. But some days I am content with being tall. I have really really long legs and strangers come up to me everyday and say ,you could be a model' and ,you're very beautiful'. Sometimes statuesque is a good thing.

Rachael wrote (August 27th 2006)

I am only 23 and 5'11" - my experience is that tall is becoming quite chic. I hated being tall as a young child. My dad is only 5'11" and my mom is 5'8" so I guess I ate my wheaties. My now husband was 5'6" when we started dating in 8th grade... he is now 6'3." Just look at all the positives... you can gain a few pounds and it doesn't show, you can see from the back of a crowd, and what do men like better than legs. I only wear a size 9 shoe so

that has never been a problem and most stores carry tall pants... my one complaint is that noone makes tall shirts. :)

Karen wrote (August 26th 2006)

I am 5'10" and I am 31 years old. I have struggled with my height issues my whole life. The hardest part for me is shoe shopping!!! It's awful! It's torture! I would love to be able to wear all those fabulous shoes out there - high heels, wedge shoes etc. I spend hours and hours in the shoe department "measuring my height with one shoe on and one shoe off" in front of the mirrors. Finally, I leave feeling completely overwhelmed, frustrated and sad. How do you girls deal with the shoe dilemma? Thanks

Joerg says: You don't write what your shoe size is but a lot of the women visiting this website deal with the dilemma by visiting the Shoes International or the Shoes USA sections. If you're in the US check out my favourites: DesignerShoes.com, Zappos.com, Shoeline.com, Shoebuy.com, Payless ShoeSource© or Kathryn Kerrigan.

Sarah wrote (August 26th 2006)

Ok, first of all I would like to say that I'm annoyed that you start your height at 5'10". I'm 5"8 ½ and still have issues with my height, so I think its unfair to cut anyone off who isn't 5"10 +. But what I really wanna say is this whole high heels thing really annoys me. I love high heels but always feel self-conscious in them so I bought a gorgeous pair of shoes with a massive heel and after wearing them about a bit I didn't feel so tall in normal sized 2-4 inch heels. I know it may seem easier for me as I never really reach above 6ft in heels but still, as someone who is already 5"8 I still feel very tall in heels!! Just wear them! Just wear them, if you want justdo it, don't worry about anyone else, theonly looks you'll be getting are lustful ones! Why do ya think Nicole Kidman is so popular?

Joerg says: There has to be a cut-off and, I'm sorry to say, 5'8" or 5'9" doesn't strike me as being tall. I've had 5'6" women writing to me complaining they were too tall but that does sound like a bit of a joke to a woman who's 6'5" or 6'6". The average height of women visiting this website is about 6'3", by the way.

Yasmin wrote (August 26th 2006)

Hey! I'm 17 (from Europe) and 6'0". I never liked being tall but now I have to say the older I get the less I care about my height (I can't change it anyway). I know it's not easy growing up being tall and always hear comments about your height (good and bad ones), but ladies just try to love yourself and be proud of what you are TALL AND BEAUTIFUL. Thank you for this website it helped me a lot. P.S.: Why do some of you complain about being 5'9" ??????? That's the perfect height!!!

Robin wrote (August 25th 2006)

I'm 48 years old and 5'10". When I grew up there was only one girl taller (or anywhere near my height). She was Scandanavian and at 13 was 6'7". I was always the tallest person, male or female, right up until the nineties, of any group I was with socially. I suffered all the ,stretch' names, and as I was very thin, I got ,match stick' and one I hate, ,lucky legs'. The worst time I had was when I was harassed by this guy (found out he was 21), a jockey, to go out with him. I was always sitting in a car when he was picked up (my height is in my legs), so when we went on this drive as a ,date' doubled with friends and I had to go to the ladies, he finally saw how tall I was and boy did he flip. He spread this gossip around and did a real number just because I was tall. Carried on as if I grew just to spite him. What I find these days, however, is that girls are taller and I am feeling quite small. I didn't realize how I liked the empowerment of being tall until I realized I was now quite small.

Sherelle wrote (August 24th 2006)

If anyone knows of a site with a pink background (not this) with shoes of different styles across the page based in the US please tell me!!! It was the best site and had the best shoes and I don't remember it.

Joerg says: If anyone knows the website send me an email. I will forward it to Sherelle. Thanks, ladies!

Dannii wrote (August 21st 2006)

In the past I have both hated and embraced my height of 6'0". My girlfriends have always been shorter than me and told me how much they envied my legs and my height. I have always looked amazing in mini skirts and attracted a lot of male attention. But comments of referral to 'looking like a model' cause me to feel as if I can't eat as it's acceptable to be tall only if you're thin. All the negative comments that have disempowered me have come from males, who I believe are intimidated by tall women. It is good to know that I am not alone and of late I have met other women my height and being able to have a forum to discuss these issues of pain and empowerment is the best way for people to embrace their differences.

I am glad I found this website as I am currently studying women's studies and I plan to write my final essay on the empowerments and disempowerments of being a tall woman and how the disempowerment comes from gender bias in our society. My brother is 6'4" and yet no one bats an eye at his height. The comments on this site have given me a lot to think about.

Karen wrote (August 16th 2006)

I'm a 39 year old woman who stands 6'0. I'm loving my life now that society (and the men) have caught up. I'm very impressed by this site to know that there are very positive, tall, even taller, way taller women than me. For the younger girls, keep your head up (smile) the clothing and overall awareness with the more blessed women as ourselves is much better now than it was when I was younger. Fashion alone is geared towards us. Don't let the negative, cruel comments being made toward you in school or anywhere get to you. I feel we are a very special class of people and if all they can comment on is our lovely height I say thank you. Finally as you get a little older trust me it gets a lot better.

Abby wrote (August 15th 2006)

I'm 19 and I'm taller than everybody around me. When I was 12 I was 5'6. I was considered like a weird creature for my hispanic family. I'm mostly taller than hispanic boys which is a big deal for my race. They used to call me nicknames, specially my brothers. They told me that by the time I turned 15 I would reach the ceiling. I used to run crying because I wanted to be short. I was so depressed because of this. But now I look at it as a blessing. All of my friends are extremely short and wish they were tall like me. Why do you think short people always wear high heel shoes? Because they want to be like us...

Veronica wrote (August 12th 2006)

Hey, good site! I have been tall all my life - lol! I grew taller than my older sister by the age of two. I have had all the usual names like Stork, What's the weather like up there, asked to kneel down for prayer and I was kneeling already!!! Men seem to be afraid of tall women. I am 181cm (5'11 1/4") and my daughter is 183cm (6'0"). I don't have (or didn't have) the confidence my daughter has. Everyone loves her and she loves everyone! Well, most people anyhow. She has the confidence I wish I had. I had a marriage that lasted 22 years till he died of cancer and have just been through my first relationship. He was not a nice man at all although he accepted me for my height. He was 185cm (6'1") and a big 135 kilo's. I accept people for who they are but would like to have a man that was as tall or taller because most men are around the 5ft 11ins and below. The smaller men seem to want to get to know me. I don't see any point in it as I feel having a 5ft 3in man is quiet silly. I know they are as good as anyone else but I just want to be able to look him in the eye and have him cuddle me!!! I don't think that is too much to ask.

I have a curiosity about why people appear to be afraid of tall women. I think that it may be an inferiority complex as it is mainly men who shy away and feel that tall women 'overpower' them! You know! The man is supposed to be the protector and I think that old traditional values come in there. If a woman is tall then she is 'strong'! I have had that as well. Expected to lift things that would normally be left up to the male. Although why did I have small men chasing me? Maybe it is their curiosity as well.

Amy wrote (August 12th 2006)

Hey, I'm impressed that you all love your height!!...But I personally don't like it at all, it's really hard. The comments, the jokes, the staring (I'm 6'2.5 and just turned 16) and I'm a naturally very shy person, and being tall just makes it worse. I hope one day I will be confident with my height. I was also wondering if any of you could give me advice on coping with the comments and staring... thx... bye

Alexandra wrote (August 12th 2006)

I must say, when I discovered this site and read all the wonderful comments from tall girls saying all sorts of encouraging things my posture just seemed to straighten right in front of my computer! Iâ€™m 16 and the tallest girl in my school (I live in a short-people country- Peru- so itâ€™s especially hard sometimes), and Iâ€™ve been the tallest girl since the 8th grade. Iâ€™m one of the tallest in my family, and all those comments â€œDo you play basketball?â€ (I donâ€™t even like basketball!), â€œI would never date a girl that tallâ€ and so on just gave me a complex, I must admit. But now I see that there are many other beautiful women in my position and honestly, itâ€™s given me strength. Tallness gives you a whole new view of the world and I see now that us tall girls should keep our heads high.

Arlene wrote (August 8th 2006)

To all those girls who hate their height... Don't! I'm 25 now, and though I've always been tall (my mother maintains my body just went on and on and on during labor!) I haven't always been quite "at home" with being it (due in no small part to the teasing and bullying on the playground, where, let's face it, anything different = weird!) until one day my 6'7" father said "Why should it bother you? It's just one part of what makes you, you! And you are a wonderful, smart and beautiful woman! Now stand up straight and be proud of yourself AND your height!" From that day to this I've never looked back. Being tall is a fabulous part of my life.... things are different to the school yard! I'm tall and slim and quite attractive - even if I do say so myself! Long gone are those laughing looks - they're all replaced by envy! (Fantastic!) Look at it this way - the World over people are trying to express their individuality in one way or another. WE don't have to! We're different in the most marvellous way! Also girls, I live my life by one motto: "If I'm going to be head & shoulders above everyone anyway, I may as well have nice shoes in the process!" GOD BLESS THE HIGH HEEL :-)

Sara wrote (August 7th 2006)

Hi, I'm Sara! I am 14 and 5'11" which can suck big time because... well, you know - the insecurity deal. I feel so singled out at school but by accidentally coming to this website I don't feel alone anymore. You can't change being tall, so better get used to it and be confident, right? Thanks for writing comments, I know they make more tall people than just us feel better!!

Beverley wrote (August 6th 2006)

When I was young, I felt that my height was a social disadvantage. I was shy and hated the fact that my height made me conspicuous. I was 61 when I bought the first pair of pants that actually "puddled" on me, a pair of Gap low-rise extra-long khaki flares that, after heavy bidding, I "won" on EBay for 37 bucks. I went out and bought a couple of pairs of 3 inch heels so I could wear them, but was pleased to find after a couple of washings that I could wear my lower heels with them. Before that pair, all my tall and long slacks looked "highwater", sometimes grazing but never quite meeting the tops of my shoes. Besides discovering Gap's extra long, only this year did I discover the existence of Petite Long in a pair of knit flares from Nordstrom's Rack that fit even after washing. I now feel like replacing all my pairs of so-called "long" or "tall" slacks with ones that are actually long enough. In the past I have shopped in stores rather than catalogs, but now that I know my size is extra long, I am ready to switch. It's rather a sad commentary that before turning sixty the only pants I could find that were proportionately long enough to truly fit me were Levi's. All I can say is, better late than never.

Rhea wrote (August 4th 2006)

I just want to say appreciate your height. It makes you unique. I have been over 6 feet since grade nine... and I remember how much I used to hate it. The boys were so short, my girlfriends all came up to my shoulders. I would slouch and wear baggy clothes... anything to help hide it. I was clumsy and awkward and shy. Then one day it hit me, everyone always remembered who I was. I stood out. I have comments everywhere I go now about how well I hold my posture, how nice it must be to be my height, and ofcourse by the men about how great my legs look in that skirt. Tall women they say are more likely to get jobs due to the fact at interviews we can stand and look people in the eye, showing confidence. If someone bugs you about your height... just ignore it. You are beautiful and you will be remembered by all you meet. Show off your height, show off those legs, show off your smile and your inner beauty and you will see the results. Oh, and don't worry, the boys are getting taller! I swear!! Just be happy you have a reason to stand out in the crowd. Trust me on this!

Petra wrote (August 4th 2006)

I was at Payless the other day just looking around and I saw these nice 2 inch sandals (I'm 6'0"). They were a beauty! So I put them on and did the model walk through the empty aisle. As I'm coming back to where I left my own shoes the short guy that was working there walked by and just looked at me with a smile on.... I laughed and said that weird "hi" cuz I seriously had the model walk on and the aisle was my runway! Well, ladies have fun with your height! Remember that height is just a number! Peace

Kathy wrote (August 3rd 2006)

Hey, I am telling you there is nothing wrong with being a tall woman. I am 35 and 6'4 - yes I got all the jokes and "you should be a model" and "do you play basketball?" and now I just grin and make a joke back at them men do not like it when you ask them back if you play putt putt golf when they are short though. But I am married to the most wonderful man and he is only 5'9 it does not bother us because we have learned to be secure with ourselves. And I am tall enough that he does not need to put me on a pedestal lol. To the tall women I salute you. You rock!

Diana wrote (August 2nd 2006)

I can honestly say that I don't like being tall. Normally I'm about five ten/eleven. But I slipped a disk in my back and now I'm five nine, it's painful as hell, but I don't want to get it fixed because I will be taller again. Plus why do shoe companies put like a 2 or 4 inch sole on their shoes????? That pisses me off, not all women are midgets!

Adriana wrote (August 2nd 2006)

I am 20 years old and just under six feet and plus-sized. I never used to have a problem with my height, but as I grow older it is starting to bother me. Because I am tall and very shapely, I look like a giant in comparison to others. I have now met a guy who I am attracted to, and who is attracted to me... he's 5'7" with a small frame. It literally looks like I spat him out. I hate to admit it, but I am very insecure with the size difference and am afraid that it will ruin a potentially great relationship. Am I really wrong for wanting to hold out for a taller man with all the other qualities I love about this short guy?

Joerg says: A lot of cuddly (plus-size) women who are shorter than you have skinny boyfriends (I guess that's the opposites attract thingy again) so why do you worry about being taller and bigger. Some guys - including myself - prefer cuddly ladies to skinny dolls... :-)

Samantha wrote (August 1st 2006)

I was searching for something inspirational as I was just rejected yet again by a short boy who is too insecure to be seen with someone my height. I am 18 and have never had a boyfriend ... lots of boy friends though. Because of my serious lack of a bf I feel unattractive and find myself wishing to be shorter like all of the other girls... then I thought this is like my weeding system ... I don't have to search through guy after guy like the short girls. I can stand tall and confident and wait for the guy that adores all of my attributes will find me. Life usually has a way of working itself out like that. We were made tall for a reason so carry it like you want it cause there are a lot of short girls that wished they had legs like yours!

Claire wrote (July 30th 2006)

I'm 17 and 6ft 4 and still growing. I live in New Zealand and it is virtually impossible to find clothes that fit. I have tried men's jeans and they are also too short!!!! I am trying to embrace my height but it's taking a while. I am taller than everybody in my family. I am extremely polite but sometimes the tall questions get to me like, "Did you know your tall?". I love this site just wish there was a tall clothing store in New Zealand!!!!!!!!

Amanda wrote (July 28th 2006)

I've always been the tallest kid in the class. I hated being tall. I never played basketball and always felt self-conscious about my height. Now that I'm older I don't mind, I like standing out. I love wearing high heels, and my husband is shorter than me (he's 5'9"). I'm still frustrated that I can't always find the shoes I want when I go

out shopping (I don't ALWAYS want to shop online). My advice to the young ladies not comfortable being tall... you can't change it so embrace it.

Ula wrote (July 27th 2006)

First of all I love this website. Every time I go here I like my height more and more. Even though I wish I could be a tad shorter. Right now I am 17 and 6'5 and I really don't like it. The stuff that makes me even sadder is I can't find a guy because all of them that I know like that short stuff, they all want to be taller than the girl, now I don't understand why can't a guy be shorter than a girl - what is the difference? Well, like others I hate all of those stupid questions I get asked all around. If I would get a nickle for every time someone asked me how tall are you or do u play basketball man would I be rich right now!!!

Kathy wrote (July 24th 2006)

You can find it all on the Net! I was surprised and pleased to run into this site and hope I can find it again.

I have been 6'2" since I was 14 - I'm now 60. I will be an old lady but not a "little" old lady. Most of the time I hate being tall—I think how you get along with something like this depends on the people who were around you when you were growing up. I had some doozies around me when I was growing up and up. My father was the worst—and it was his fault I was so tall. I won't even repeat what he had to say about it! I suppose I should say something inspirational to all those other poor slugs out there, so I'll say being different gives you a different slant on things and this can lead to a unique and sometimes very rewarding life. I've met some other different people and they are very true and interesting friends. A lot goes unspoken between us, but is always understood. I am a published poet and try to live a poet's life. Being tall can be very zen. Life isn't all getting married and reproducing, remember, and there ARE worse things than being alone. I've seen some married hells and am glad I was not a part of them. Good luck and best wishes to all!

Joerg says: tallwomen.org has been online since early 2000 and it's good to see that it's still new to some. To find this website again bookmark it! (doesn't work with the Opera Browser - try "CTRL+D")

Alicia wrote (July 23rd 2006)

I'm 6 ft tall, and 14 yrs old. I've only been tall for about two yrs, and I'm already seeing how hard it is to live like this. I can't find a b/f tall enough; (I've always wanted a guy taller than me.) I'm guilted into playing basketball by my mom, teachers, and coaches. So much is expected of me in sports now. Plus, I wish people would quit telling me to be a model, cuz they r just giving me false hope. What's worse, I've never been a confident person. I'm extremely shy and it doesn't help when I walk into a room and stick out like a sore thumb. I hope that someday I will learn to like my height, but until then, I'm just tryin to find clothes that fit.

Priya wrote (July 23rd 2006)

Hi! I'm so glad all of you love your height, I was just going to say that I never had the same love of my height as you all have. I'm Indian, and only 16 years old, and every time one of my relatives calls up the first thing they say is "has she grown any taller? We're not going to be able to find her a husband!". It is apparently said in jest, but it hurts me very deeply, and my mum doesn't realise this and encourages the jokes. But I am determined to get on with my life regardless of this, and I am in my final year at school currently and I want to become a doctor. Thank you all so very much for inspiring me to believe that I am not ugly and undesirable because of my height. We need more people like you in the world. God bless you all :)

Joerg says: I'm well aware that tall women in the West have it a lot easier than tall ladies in other countries. Hopefully the attitude towards women like you will change (in India and elsewhere). You should still try and stand tall - you look a lot better that way. Keep your chin, up!

Julie wrote (July 22nd 2006)

I'm Julie (6ft2). Just wanted to say I have found this website tonight and what a refreshing webpage this is! Girls who actually love and enjoy their height! I have to be honest and admit that I do have a slight complex over my height. I feel less comfortable to date shorter men and I often shed a tear. But I am doing everything I can to change my mindset. It's just a slower process for me - you're the lucky ones! You can walk confidently and make

the most of your wicked asset! I am fine with my height most of the time. You really can reach most things! Jobs are easier! And when I chat to men I always convince them I'm worth the climb! I like to tease! My problem is that most tall men fancy short women. Ew! But I'll have to see what I can do about that!! I really could pour my heart out and say all the negs, but from now on I really need to focus positively. I feel that your comments have made me see a light at the end of the tunnel because you have proven once and for all that being a tall girl can be enjoyable and I have something to work towards. Thank you.

Michelle wrote (July 22nd 2006)

I LOVE BEING TALL!!! I pity all short women! I am 16 and I'm 5' 10", and I feel beautiful! Guys just love my super-long, lean legs and tell me that my confident stride is one of my sexiest attributes! I have just been approached to become a model and all of my short friends are so super jealous... ;) I also have very little trouble finding tall guys (I'm from South Africa) - I think height is one of the sexiest things a man can have (that and a great smile)! So come on tall girls - work it and LOVE it! xxx

Brandi wrote (July 19th 2006)

I grew up being the tallest out of everyone in my school. I was 5'9" in 5th grade... I don't think I liked it so much growing up but then I started getting older and I think it's a huge turn on for men - they love tall women! I love being tall. I'm 5'10" and 25 years old... I now wish I was taller... I think being tall is soooo beautiful. In all my family the girls are all over 6' so I'm kind of short in my family! But I'm a tall girl in the real world!

Lindsey wrote (July 14th 2006)

Hey, I'm 14 and 6'2". I was just amazed at how many girls there are that are as tall or taller than me. I love being tall - I'm not bothered by it at all. It's great when it comes to basketball!

Megan wrote (July 8th 2006)

I often have tall days where I feel like I am a giant but normally I feel like I don't really stand out in the crowd UNTIL some rude person feels the need to say 'you're a big girl!'. I am not big, I am tall. I also get sick of men telling me I am intimidating. I am the biggest softy in the world. I cry at TV commercials. Fortunately I am settled in my life so what others think no longer matters. Being a tall teenager was hell. The world needs to be nicer to tall girls!!! (I'm 6'1").

Renee wrote (July 8th 2006)

I am 6'4" and enjoy my height very much. I get a kick out of the question "Do you play basketball?" I return with a smile and a prompt answer: "Yes, do you play MINIATURE golf?"

Ashley wrote (July 7th 2006)

I'm 5'10 and everyday I get commented on or asked about my height. Normally cause I'm the tallest one in the room. But sometimes I get insecure about myself. I must remember you're always getting noticed, you can never be forgotten plus when you're tall people take you seriously (if a police officer pulled you over and was half your size, you would laugh).

Christina wrote (July 3rd 2006)

In general, I enjoy being tall (I'm 28 and 6'0" tall - My mum is 5'7", my father 6'1", brother 6'1.5, for those who are interested). But when I was younger I sometimes really wished to be a little shorter. I guess that was mainly because I hated the comments about my height e.g. from relatives who expressed their astonishment everytime they saw me (they still do, although I was already as tall when I was 14). It even happened that total strangers on the street asked me how tall I was, and I am always asked if I am Scandinavian or Russian... But I can honestly say I never had problems to find a guy because of my height, but I didn't mind if a man was shorter than me, if he's cute, who cares?!). However, I ended up with a tall man (he is 6'3" and he comes from a tallish family so my height was never a big deal for him and I guess I like that). The older I get the less I care about my height. I'm quite happy with myself and I think it is much better to be really tall than to be really short.

Natalie wrote (June 29th 2006)

Hi, I'm 15 and 5'11". I have always been tall for my age and since I was 11 I've been the tallest female in my family. I have always loved my height because it has given me loads of attention I wouldn't usually get because I'm quite shy. I love being the person people come to for help reaching stuff and lifting stuff, and giving my friends piggy-backs! The only thing I hate about my life is lack of male interest, no-one wants a girl thats taller than them - thats what I've found out anyway - and there is a very limited number of taller guys. Hopefully this will change soon!!

Being tall is great! Hold your head up high and be proud!

xx Natalie xx

Tameka wrote (June 29th 2006)

I am 6'1 ½, 32 year old African American woman and I wear heels all the time. When I say all the time I mean ALL the time. **I wish I could wear 3 inch heels but they kill my back!** Comments... I rarely get them but people do stare which rally ticks me off but what can you do? As far as dating is concerned, I have never had any real issues and if there is a man that I am dating who seems to be a bit insecure about my height or me wearing heels, then he is simply dismissed. On to clothes... I am only a 35 inseam so I can find pants to wear with no problem. My problem is cute shoes! I LOVE cute shoes and I do have several pairs but I want more. I wear a size 12 and that can be very difficult!

To the young ladies on the site. Stand up straight, be confident and have fun! Live life to the fullest!

Oh, 2 other things I want to address... I have been 6'1 ½ since I was in the 7th grade and 12 years old. I grew up in the south and was teased and tormented constantly by adults and children so I know what you young ladies are going through. The only advice I can give is to ignore the comments and appear confident. The more you appear confident the less teasing you will have to go through.

Dating: Many taller women will not give a shorter man the time of day. My question would be to these women is what does a mans height have to do with his intelligence, personality, charm or wit? As I told one of my cousins who is my height and won't date a man under 6'2... you are going to be single for a LOOOOOOOOOOONG time!

Joerg says: I love your comment re. the heels. That's usually the only reason I accept when a tall woman doesn't want to wear high heels. Fact is: They're not good for your feet, legs and back but they do look sexy alright.

Kayla wrote (June 28th 2006)

Hey everyone, just want to say that at age 18 and 5'11 I have finally come to accept my height because I know that it's something that I simply cannot ever change. Ladies, remember that everything happens for a reason and that you were intended to become this height for a reason. Always stand tall with your head up high and be proud of who you are because you are special and unique!! I admit that growing up always being taller than everyone else was the most difficult thing I ever had to face in my life so far, but once you become an adult and the people around you become mature, it's not that bad anymore!

If you believe that people feel weird or uncomfortable around you because of your height, it is ONLY because they are either insecure about themselves, or because YOU show them that you are feeling insecure about your own height and they don't know how to deal with it. That's why it is SOOO important to NEVER show to anyone that you are feeling uncomfortable with your height! If you walk with confidence and don't slouch, you will start to notice that people will not feel weird around you at all because they know that your height doesn't bother you!

Sujatha wrote (June 27th 2006)

Hi all, it is nice to meet you all through this website. I am Sujatha, a 26-year-old Indian. I stand 6' 3" tall and weigh 85 kgs. This website is excellent and I could learn that the tall women all over the World face same types of situation. I will be happy to keep in touch with you all. Have a nice time. Regards, Sujatha.

Frosina wrote (June 27th 2006)

Hi to all the tall girls out there. I'll be 18 in 3 months and I'm 6'0". I'm from Jordan and it's really rare to find tall girl my height over there but Thank God I moved to the U.S.A when I was 14 and was shorter. I grew more during high school, people always commented about my height. Some guys at school used to say some things in a rude way and some people would make it seem as a compliment. A lot of people tell me that I'm beautiful and that my height completes everything in me. I can't deny it... I do think I'm pretty but I'm self-conscious about my weight. I have big breasts (size 38DD) which makes me look even bigger when I'm not really that big. Anyway, I love to wear heels but whenever I wear them I get a lot of comments which make me rethink about wearing them again but I still do - even though sometimes my step-mom and my older tall sis tell me that I shouldn't wear them I still love it. There isn't really any pretty nice fashionable flat shoes that make you feel sexy. Well, I work as a waitress and customers always coment about my height but a lot of guys love it. They always tell me that I'm beautifull and that my height is really nice. Most of the guys I've dated were my height or a little shorter. I would love to date someone taller than me. I think it would really feel good but anyway - height really doesn't matter when it comes to relationships. Anyway, I just wanna say thanks for having this website. I never knew that there are so many tall ladies out there that feel just like I feel. You guys have given me more confidence. Thank you! We can't deny it - we have it all =)

Sandra wrote (June 26th 2006)

I love this site!! I honestly felt so happy when I saw how positive everyone was! I'm a 5'10-6'0 ft tall Hispanic girl (I get different measuring results) and I agree with this one girl Rachel who said that it's adults who tell you that "you should be a model" and it IS hard to fit in at school especially with Hispanics because they're short but kids dont understand as well as adults do that being tall is actually a good thing: I've had some girls come up to me secretly telling me that they wish that they were as tall as me, so it goes to show that we tall females are unique. When I was as young as 9 I honestly thought a lot about suicide because kids were so mean to me and I remember a time when my dad made me feel so good about my height, and I have loved it ever since! I swear if you walk around and act as if being tall doesn't bother you then you WILL see that people's attitudes change about you.

Jane in the UK wrote (June 24th 2006)

I'm 41 and 5'11", and have been this height from the age of 15. Since the age of 16, I have ALWAYS worn heels, except for sport, so usually I'm around 6'2" - 6'3" - and I love it! I have never been teased in an aggressive way about my height - probably because I have always been so proud of it. Of course, I get some jokes from time to time, but I think you can choose to respond to them with grace, dignity, and humour. It's good to be different and not average! I have found that my height has always been an asset. In business, I have always been treated as an equal by both male and female colleagues. I feel that my views are taken more seriously because I'm not a "stereotypical" female. I've been very successful in my career so far. I have had 3 wonderful tall men in my life, and I'm now a single mum. And yes, dating is more difficult if you are looking for a taller man! There have been many instances where I have caught someone's eye in a bar, only to find that they are way too short for me! I have to admit, I do want to date taller men, not shorter!! That said, I'm very happy with my life, and being tall is very much a part of this!! So if there is anyone out there with "growing pains" at school or college, please please don't feel down or upset by your height. Being tall will bring so many benefits as you enter your adult life - just remember to walk tall. Slouching never looks cool!!

Kim wrote (June 23rd 2006)

Kaylene,

With my three inch heels (which I'm never caught dead without) I usually stand around 6 feet to 6'1. I've been married three times. I've never had trouble having men around. None of my husbands have ever been taller than me. My present husband is around 5'7" and my first two were 5'9" or so. None of the men I ever dated were tall either.

Don't fret. I have a feeling your problem is confidence. When a tall woman throws her shoulders back and stands proud, her height is an asset. When a woman slouches and wears dowdy flat shoes, she looks self conscious and her height becomes a disadvantage.

Don't wait around for tall men either. They do not like tall women. My experience with tall men is that they are very lacking in masculine personality traits. Most of them think all they have to do is be tall to be manly. They are like women with big t*ts. Being big is who they are and tall women don't make them feel big.

So throw back your shoulders. When you stand tall you are statuesque. When you slouch you are awkward. Men don't like awkward.

April wrote (June 21st 2006)

HELLO GODDESSES: I love being tall - 42" legs, bay-beh... I'm a "gothic" musician and a bellydancer and I wear all black to emphasize my height and sleek physique. I love heels but I reserve them for the stage. I like that my tallness gives me an advantage in that men are more likely to take me seriously. I also get automatically/unconsciously chosen as leader a lot, which suits my personality. Some short women seem to feel an irresistible urge to challenge me (do you other tall gals get that?) but I am quick to put them in their place. I am naturally superior, after all ;) I've sort of grown into my height, as it were...

Leanne wrote (June 19th 2006)

Hi, I'm 14 and 6'2. In grade school my height was not that bad. Don't get me wrong, I was unusually tall but nobody cared in jr high. I got teased sooo bad. People in class would yell out "Shaq" and "Godzilla". I would go into the bathroom stall and cry but now I am a freshman the teasing and comments have only gotten worse but I'll slide on those 4" heels and tower over everyone in the building. I'm still self conscious but it doesn't stop me.

Kat wrote (June 18th 2006)

I know I'm at the "low" end of the chart at 5'10, but I have to comment. I'm 38 years old with a 16 year old daughter who is 5'10 already, and she's gorgeous. As I have learned over the years, you can't beat height as an asset in business and in life in general. It's rare to have a genetic advantage like instant command presence (which you have with height—just need to learn how to use it!) ... no one can overlook you when you're tall, female, and confident ... it's THE magical combination. I have always worn heels, and with this, tend to be at least 6'1 - 6'2, so people always stared. This bothered me until I was about 21, when I realized what an advantage I had. Never wish to be petite. The small girls are a dime a dozen and have to watch every bite of cake! By the way, men like tall women - at least, the kind of men I like do!

Kaylene wrote (June 14th 2006)

Hey gals, I've been reading your quotes and it seems that you all either have or have had a boyfriend. I'm 6 ft tall and I'm really self conscious. I have never had a boyfriend, and at times it feels I will never have one. I have had people in my family say that I am pretty but it doesnt help :~(

Doris wrote (June 14th 2006)

WOW... reading the quotes of all these tall women makes me realize how I relate to it so much. I myself have always been tall; I have a twin sister who looks nothing alike. As babies, we looked very alike but over the years, I grew taller while my sister was average height and to add to it she has straight brown hair, brown eyes and is very slim while I have curly dark blonde hair, which is currently colored to a deep red, green eyes, wear glasses and am slim too. Ever since we started school my sister and I have always been questioned if we were really twins, to this day we still hear it and I still love to see the look on people's faces when they hear the truth. Since grade 6, I have been a very tall child up to high school when I came to grade eight and was voted the tallest grade eight student. Up to grade 12, I was the tallest girl in the school and I managed to step out of my shell and force myself to wear heels to events we had for grade 12 even though I would tower over ev eryone, even the guys. Up to the age of almost 19, I had never got a real kiss, and I had always thought my height had something to do with it. Maybe I had turned men away because I was so tall. However, in the summer after I graduated I met someone. He took me for me and accepted that I was a tall girl. He had the guts to approach me and this gave me the hope that men were attracted to me. He was 5'8 or 5'9 and height did not bother him or me, he loved

the fact that I had long legs and was tall, to him it was as if he was dating a model. After all of this I became a stronger person, accepted the way I was and my height. Now I am proud when I walk the streets, because not many people out there have the height I have and I want to show it off. I want to say that I understand many women and that being tall is something you should be proud of, you stand out of all the people out there and if you were shorter, you would not be any different from the average person. I love that I am proud of my height and the comments I get from it! I, like many tall girls stand out from the rest, and that is something special to me. I too hope to one day have a store for tall girls or women for the current fashions, because growing up for me I had to always tear the bottom of the pants to make them longer. For the fashions I wanted, I could not afford to pay \$60-\$80 for jeans that had the inseam of 35", which still was not long enough. So I hope to one day own a place of my own and give the tall women and teenagers the fashions they want and would love to wear for an affordable price. I hope my "long story" has inspired many girls and tall girls to believe in themselves and be who they are. Ciao (by the way I am 6'2 and 19 years old)

Lynn wrote (June 13th 2006)

Hello, I am 56 and 6'2" tall. I have enjoyed reading many of the quotes from the women on this web site. I am married to a 6'3" wonderful man who loves my height. We have a grown daughter who is 6'1" and a grown son who is 6'6". The other members of my family are of average height, my mother and father, my brother is my height. I received the comments in school about my height but I was always quiet and shy and never said very much about it. When people would ask my daughter "How's the weather up there?" She would say, "It's raining" and then she would spit! I guess I wouldn't recommend this but I was happy to see that she had a sense of humor about it! My advice is to always be proud of what God has given you! Walk tall with confidence and people will want to talk to you because they like to be in the presence of confident people! Always be gracious to others and know that they are making uncomfortable comments because they lack the confidence in themselves that you display. You have a uniqueness that sets you apart so wear it proudly and enjoy all the wonderful things life has to offer!

Caity wrote (June 13th 2006)

I just turned 20 and I'm 5'11" and expected to turn 6' by 21. I LOVE being tall... most of the time. I'm a middle hitter in volleyball and having 40 inch legs means I can cover a lot more of the court than if I were short! I don't care about wearing heels - I wore 4 and half inches out the other day, my boyfriend who is 5'11.5 didn't like it but it seems to give me instant confidence and it gets a lot of attention - always a good talking point if you can't think of something to say to someone! My advice to anyone who is younger and tall is to really embrace it, you were made like that for a reason and just remember that a lot of Hollywood actresses and most supermodels are this tall. Being tall is considered by so many to be the ideal physique and if you want to play sports or model or do just about anything else, it will definitely be an asset, as long as you learn to love it.

Monique wrote (June 10th 2006)

When I was young I hated my height. I'm 5'10". Now I love it until it's time to wear heels. I still wear them though. We should be able to show off our legs too. Legs always look better in heels. Flats make us look dumpy. The only reason I don't like it is because when I am 6'1" in heels I tower over most people & I'm talkative. When I'm with a group of 5'5" people at that height it makes me feel a little awkward again like middle school. But overall, stand up straight and make sure you hunt for clothes that fit well. Don't settle for just okay clothes. Look at yourself in the mirror standing alone, don't imagine how much taller you are than others - only that you look good on your own. Men will like you and women will envy you, not only because you're tall but because you walk with confidence. No outfit can hide your camouflage, your height so don't ever try to. Make the most of it. You are this height for a reason. You will inspire other tall girls to be proud and you won't even know it. Stand tall girls.

Michelle wrote (June 9th 2006)

I just recently turned 16 and im about to be a junior in High school. Im about 5'10 or 5'11, and one of the tallest, if not the tallest in my grade. I feel like I'm at a point in my life now where I need to solidify my confidence in myself and become comfortable with who I am. Although most of the time I'm okay with being tall, there are those moments when I wish I could just be normal. I mean, I always appear confident to others (I don't want to be one of those girls who hunches down or slumps to try to feel shorter), so I maintain good posture. Finding this site and reading some of the comments left by others has definitely influenced me in a good way, and I will continue working on being comfortable in my own skin. so... THANKS! =)

Francesca wrote (June 8th 2006)

I love, love, love shoes - especially high heels. Being 5'10" I rarely wear any shoes higher than an inch; however, that all changed last night. After seeing all the positive comments, something finally clicked. So, in the spirit of loving and embracing my height, I discarded the usual flats in favor of my highest pair of shoes - a bit over 3" - and I loved every moment of it.

Liz wrote (June 7th 2006)

I love being tall, i even wear heels. But the crazy thing about me is that i LOVE short men like 5'5-5'8. I dont know why but they are just so awesome. I need to invest some more money into flat shoes though lol!!!

Mallory wrote (June 5th 2006)

It's been really hard to be the tall girl in school especially when I was younger and didn't have any self confidence. But now it's way better. I have a really hot boyfriend who is 6'6". He's really sweet. I had to learn that "Hey, why not wear heels to a dance or when going out?. I am not going to get any shorter so why not get these fabulous beautiful shoes... They make me really happy!"

Rachel wrote (June 4th 2006)

Wow, I love the positive vibes of this site, I'm 14 and 6' 1", and I've always been the tall girl. I like that people constantly tell me how beautiful my height is, and that I should be a model, but it's only the adults. At my school I stand out and I find it harder to fit in. I know I will appreciate it when I'm older, but ugh why is it taking so long? I just feel awkward as I tower over people, and to top it off I am a serious violinist so standing and sitting up straight is a constant challenge because I'm so used to unconsciously lowering myself to be sensitive to other people's heights. I feel like I hav to hav an extra strong personality or something to make up for my height, I wish I could just learn to embrace it.

Vivienne wrote (June 4th 2006)

This website is absoutely fantastic and I can't thank the creator enough. Tall women need to celebrate their gorgeous height. Too many of use have a complex about being tall, walk proud. People are very jealous of tall people and they ask silly questions like ,oh do you play basketabl', why do you where heels when you are tall already. Ignore their negativity and ignorance. You are blessed with what many people envy and that is height, I say to people ,I am above average' but beautiful, graceful and sexy with it.

The only problem that some of us have is buying clothes. Be creative and dress for your body size and height. We all get disappointed when we see our smaller friends buying pretty clothes but if you look hard enough you can find something similiar, but remember what suits a smaller person doesn't always suit a tall person as out portions are different.

I learned to sew when I was younger and now and design and sew my own clothes. Everybody has a talent in them and we are all blessed with something. I love clothes and create what suits by body. I take care of myself, eat good and workout five (cardio and weights including spinning and circuit classes) times a week but I am now a string bean.

Ladies walk proud, walk tall because you are special and blessed. I'm 6'0", by the way.

Ally wrote (June 2nd 2006)

In response to that comment posted by the lady from Switzerland... This site is nothing but helpful and most of the women on this site can agree that at some point they were made to feel like abnormal beings by other people. I'm not saying that you can't have your opinion but all of the tall women on this site are gorgeous, for the simple reason that they are tall and thus exquisite, graceful and beautiful. In most cases however, due to jealousy or whateva they were led to believe otherwise. The only true difference between us tall ladies and those supermodels is that they are comfortable and confident in their height and so it radiates. The only thing us gals are missing is the confidence to realise our beauty and flaunt it. To see a really tall lady who is also confident can really make u stop and stare... not because she's really tall but because she's georgeous. So i completely disagree

with that comment and I know others like me do... this site doesnt make me feel abnormal... it makes me feel at home and comfortable to know that they're others out there like me who have the same problems and then I can work to make myself more confident because of it. PS...high heels rock!!!

Joerg says: Thank you!

Rosa wrote (June 2nd 2006)

I'm 6'0' tall and I dont like it very much at the minute. I feel like people are staring at my height all the time, people tell me they would love to be my height but I think to myself Why?? Please give me some edvise on what to do xxx

Joerg says: If you want to discuss things feel free to use the Tallwomen.org Forum

Emily wrote (June 2nd 2006)

I am 27 years old, around size 6, and 5'10". I guess I'm on the shorter end of being "tall", but I've always loved it! I honestly cannot remember anyone ever saying anything bad about how tall I am. I got teased for being shy. :(I wear heels if I feel like it, and any guy who appears intimidated by my height just makes me laugh at his insecurity. I have dated guys who were 5'8", but prefer them to be very close to my height (not even much taller!). I actually forget how tall I am most of the time too, except when I have to go shopping for pants. They need to make more cute pants with long lengths, not just jeans!

A lady from Switzerland wrote (June 1st 2006)

Hi, well I wish I could say this was a nice webpage. But - how can you even THINK that a tall MODEL could help a normal tall woman gain any confidence? Of course they are successful - because they're GORGEOUS! Most of us are just TALL, not gorgeous... so your site doesn't help at all, sorry. Besides, by making an own page for tall women you make us something like abnormal beings. We're just a bit taller, we don't need an extra page for this. I'm sorry, but no thanks...

Jenni wrote (May 30th 2006)

Hi! I'm 23 and 5'11" and I've really struggled with my height until highschool when I played volleyball. It seemed like the first time I was actually comfortable just being me. People definately make a lot of comments about us tall girls, my favorite are the women working in the clothing stores... exclaiming "my you are tall!" as if we didn't already know it! I guess I came to this site tonight because I'm dating a guy who is 5'8" and I'm falling in love with him and wondered if I was the only tall girl dating a shorter guy. Clearly I'm not (by the way this website went onto my favorites list!) I've always been attracted to shorter guys and he tells me that he loves my height, that I'm beautiful, and he wants me to wear my heels around him. Just wondering if anyone else in the same situation if you get a lot of comments about it when you are out or anything?

Marie wrote (May 29th 2006)

Hey I'm 6'1" and 24 y/o. Like most of the women on this website, I, too had problems dealing with my height. I was always the tallest girl in my class and taller than most of the boys. I had a hard time getting dates because the boys didn't ask me out. There were a few who asked me out but I didn't like them that much but then in high school I met a guy who was exactly my height. We were both 5'10" but then I grew an extra 3 inches and he remained the same size. He is now my husband. He has absolutely no problem with my height and has helped me to build up my confidence about being a tall woman. Thanks to him I now have the courage to wear heels which I would not have done before. I like the extra height! And my husband has no problem with me towering over him, sometimes by as much as 6 inches in my heels.

Ashley wrote (May 28th 2006)

I'm 6'1 and I really love dating short men... At first I didn't like it but, come on girls there is not a lot of tall men out there. I am dating a guy that is 5'11 and I love every bit of it. It makes me feel like I have power over him as well as he having power over me because I'm so tall and he can handle me. I love that about him! Ladies

embrace your height and love who you are. Don't discriminate!! It really doesn't matter because we both the same size when we both lie down! Wink!

Susan wrote (May 27th 2006)

I visit this website from time to time - usually when I'm feeling a bit like my arms and legs are longer than my body can handle!! I am 38 and 5'11" and have been this height since I was 17 yrs old. I got married last year to a wonderful man who is 5'8" and he loves my height and encourages me to stand tall and flaunt it!! He says he makes him look even better to be seen with someone like me - I don't think I've ever had the self-confidence I have now with him. I have read so many of these entries where these young girls (like I was) are feeling so out of place. I can SO relate to what they are feeling, so if I can give you one piece of hope or advice, similar to what so many others have said on this page..... God gave you a gift of height!! Enjoy it, embrace it, be PROUD of it - the people who TRULY love and respect you will do the same. I am a CPA and I find that my height often comes in handy when dealing with men - **grin** - or difficult employees. A very good friend of mine told me once that tall people were blessed by the angels - they were the closest ones to heaven.

I hope, in some small way, that one of you reads this and it makes you feel more feminine, more empowered, more special - because no matter what - every person has a gift and tall people have the shoulders to carry heavy loads for the ones who can't. :)

Walk tall and be proud!! GIRL POWER! -Tall Blonde and HAPPY

Anne wrote (May 26th 2006)

I'm so glad I found this site. I am 6' and have to admit that I still have issues with my height. People are incredibly insensitive with their comments, and I can never seem to get used to the stares and comments. I am so glad to read so women who love their height. It gives me hope that I can somehow come to terms with it. I won't even tell you how old I am, because quite frankly, I am old enough that I should have come to accept and love it. Can I ask any of you who may have had issues and overcome them how you did it? Was it just telling yourself that you are tall and beautiful until you believed it, or somehow tuning people out? Thanks so much for all the positive comments on being tall here. It makes me feel not so alone. Silly, isn't it? I had a company event today, and once again was the tallest woman there. Sometimes I do just wish I could blend in. Any help would be appreciated!

Joerg says: Ladies, if you want to discuss things among each other try the new Tallwomen.org Forum I have just created. It's simple but easy to use (no registration necessary). Don't enter your email address as I can't guarantee that only women will be visiting!

Tashonda wrote (May 26th 2006)

My God I love this site! I have it bookmarked on my Sidekick! Lol

I'm back again to see how all you tall women are doing! Yes, I'm not as tall as most of you (I'm 5'11") but I am taller than all my friends and co workers so I'm still the main event when I walk into a room most of the time. That's when I remembered a comment made by one of you that said "I will never get used to being tall...or the comments.."

Remember, they are just comments! And can't hurt you! Think about it: as tall women, we KNOW we will be looked at, unlike the countless "average" girls. So make the most of it! Get that ONE (lol) outfit that miraculously fits you perfectly, and have a day out with your best friend(s) or people that make you feel good about yourself. That way, your confidence will boost and as a group, you won't have to worry as much about comments from people to the point where you won't even care! Love your height ladies! It's not freakish, it's beautiful! Yeah, clothes are a drag, but there are places to get them! Victoriasecret.com has awesome jeans, lowrise, hipline, you name it, up to 36 inch inseam!!! I have some and a bikini from their site and I'm hooked!

As for shoes, I'm still going to Payless, lol! Bakers and all the designers still don't consider us as normal yet.....

But love yourselves women! If you get another comment, make one about them! "Wow you're fat/ugly/poor/stupid" is a good one, just kidding but you get my drift =)

Mohi wrote (May 25th 2006)

Hi there! I'm 6'2" and 24 yrs old, searching for other ladies who are taller than me and wanna share the ideas via email. Joerge, can u help me with this?

Joerg says: Well, I'm not sure I can get other tall ladies to write to you but you're on the Quotes Page. That should help, I s'pose.

Samantha wrote (May 24th 2006)

I am 6' tall and my only complaint is that the men are too short!! Also it's incredibly hard to find clothing that fits right, which is important as a business professional. Other than that I love being tall, I wear heels, although 2-3inch max, and flaunt it. I do however get the comment "wow, you're tall" EVERY SINGLE DAY. I just smile and say "yeah, I am". There is no appropriate response to this! It's like keep your freakish thoughts in your head!! Of course I just take it as a compliment and move on. Because honestly not many people would say, "wow you're fat" or "wow, you're ugly" so the fact that people say this to my face MUST mean it's a compliment! :) My advice, no matter how you look, is to wear it well. Own your height cause it's not going to change - if you feel sexier in heels then wear them!

Joerg says: The men are too short? Contemplate looking down and you may find a gem (and I mean that - even though there are no guarantees, as usual).

Shan wrote (May 23rd 2006)

I like being tall (5'10") because people envy my long pretty legs, but tend to make fun of my big feet and hands. Oh well! I always used to get teased and everyone always called me the black Olive Oil from Popeye. That one always made me laugh because I am tall and skinny just like her.

Tracy wrote (May 23rd 2006)

I am 38 and 5'11". I thought it would be easier to accept my height as I got older but it isn't. I was severely teased as a kid and still have problems as an adult. I have other factors that seem to just add to my height issue like being big boned, having a large frame, being pear shaped and having red hair. My size ranges from size 14 - 16. I guess I am tired of the dumb comments people make and the stares. It is rare to find another woman as tall as me and feels awkward to actually talk to someone eye to eye. I am so used to looking down at people and slouching. I was always taller then teachers and kids in my school until Junior/Senior year. I never wear shoes that are more than 1" but admire tall women that have the confidence to do so. The comment I get the most is that "wow, you are a big tall girl". How am I supposed to respond to that? Is that a compliment or put-down? I guess I will never get used to being tall and find it hard to ignore the stares and stupid comments. I tend to take things to heart. Anyone have the same problem (being tall, big boned, red hair and pear shape)? If so, how do you handle the comments?

Lorka wrote (May 23rd 2006)

Hi, I am 24 y.o. and 6 ft tall. I just love this website! So, I am happily married and yeah, it bothers me sometimes when people stare at me or come up to ask about my hight and etc. I just feel huge sometimes and can't compare myself to anyone. I like tall people, I wish everybody was tall like me.

Ciara wrote (May 21st 2006)

Hi there, yeah I'm 15 and 6ft, which can be annoying, seeing as all of the guys in my area are sooooo short (and the ones that aren't are just complete geeks or whatever). Yeah being tall can be rubbish cuz I cant ever find clothes that fit (however i do use this website www.tallgirls.co.uk which is excellent for clothes and shoes up to size 12 UK) yeah and I hate it that I stick out so much cuz all of my mates are short 5ft3 ers...haha

But anyways, I guess once I get to college it'll be better, guys will have grown up (quite literally) by then...and i wont feel so conspicuous.

Maybe one day i'll lose weight and become a model...hmmm, nah too lazy :D

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Cals wrote (May 17th 2006)

Hello, everyone, I'm a 6'0 19-year-old college student.

I feel so sorry for all of you out there who feel bad about being tall... I mean, I've always liked being tall. This may sound cheezy, but it makes me feel unique.

But my super big growth spurt didn't happen until after middle school... I went to orientation my freshman year of HS and was literally 3 inches taller than all of my friends who used to be taller than me! I will never forget their faces!!! It was so funny!

I tried to stay away from wearing flat shoes... for about a year. then I decided that I couldn't stand flats cause they made my big feet look EVEN BIGGER than they already were... plus heels are much cuter.

I think my confidence in my height comes from my grandma (who is also 6'0). She would always tell me how lucky I am to be living in a time where tall women aren't as scarce. She had such a hard time throughout school, and was always offended when someone made remarks about her height. She has the best posture out of everyone I know, too. The thing she tells me most is, "At least there are shoes in your size now! In my day, men's shoes were the only ones big enough!"

The only time when height comments bother me is when they are made by short people complaining that everything is toooo long for them. That's when I go into the whole spiel that there is a petite section at almost every store, and the "tall" sections at stores are usually for "tall" women of, like, 5'9. Uhm, sorry, but 33" inseams are NOT long. I also mention to them how you can always make sleeves or pants SHORTER but you can never make them LONGER.

Other than that, being tall is great. I wouldn't be me without my height.

Diana wrote (May 16th 2006)

Yes I did date a shorter man once! Im five ten and he was about 5 seven, and 5 eight with shoes on! with shoes on I was about 6 feet! It was weird though, He always said how tall I was. I think he secretly wanted to be tall! It didn't seem to bother him though, Mind you I felt manish around him even if I was wildly attracted to him! He was also 35 and I just turned 19 so that only added to the weirdness of it all, oh well I had fun with him, but that was almost seven years ago! He was my only short boyfriend so far. I guess it really doesn't matter if you're attracted to the man. I have yet to be attracted to anyone as much as I was him!

To Becca, where do you live? Never ever go with an agency that advertises in the newspapers! Get yourself an agent above all things! Bring your parents to all interviews and trust their gut!

Jodi wrote (May 16th 2006)

Hi, I am 34 years young, 6'3. I just love reading all your stories. It takes me back to my high school days when I hated being tall. Just a note to the younger girls, you really will enjoy it more as you get older. Once the boys grow up themselves it does get better. Sometimes it gets annoying when you walk into a room and you feel like every eye is on you and people lean over and whisper. My latest thing is when guys think they are being funny and say "Wow, you are really tall. Did you play basketball?" I mean, c'mon - like we all have not heard that. I simply smile and say yes I did and then I say to them you are really short you must have played miniature golf. It has been working like a charm and its always great to embarrass them in front of their friends. Then they see you have a sense of humor and its all good. Just think if we were average and just blended in how boring would that be. At least we always stand out in the crowd. Keep them shoulders back and stand tall. Embrace being a tall woman.

Becca wrote (May 16th 2006)

I'm 6 feet tall and 16. It is so hard in high school. But it is so great to know that I'm not the only one who feels completely awkward at times. I have been approached by my schools basketball coaches which was really embarrassing because I have never been any good at basketball. It can be so tough. I love heels but it can be embarrassing at times to tower over people.

It seems like society as a whole has told tall girls that they are an icon of beauty with sexy long legs and an elegant appearance. And then WHOOSH! back to the real world. You're awkward and out of place.

I like being tall. I was wondering if anyone knows about how to start modeling.

Annie wrote (May 16th 2006)

Hi fellow tall ladies, I was wondering if anyone here has ever dated or married a much shorter man? How did people react? Thanks! P.S.: I'm 6'0"

Wendy wrote (May 15th 2006)

I read a bunch of your quotes... I am a 39 year old female who is 6ft. I had to laugh and remember what it was like back in elementary, middle and high school. No it was not easy, please.. could one more person ask me how tall I was. Ugggh! I thought it would never end. Well to all you young girls out there. DON'T SWEAT IT! Be proud of yourself. Join in things that celebrate your height like dancing and volleyball, basketball, modeling, it will give you a reason for it all. Believe me boys do not stay small forever. Wait till you get to the later years of college when the boys catch up. Once you are done with school you will never give it a second thought. Yeah you are tall but so, does not matter anymore. the adult world is a whole different place. So hold your head up high, and know it won't mean a thing in the future. People will only judge you on who you are not how tall you are. And besides when you have to start paying for your own stuff you can reach up and get the sale stuff no one else can reach!

Diana wrote (May 15th 2006)

Okay here is my beef... I'm five 10 and jeans with an 36 inch inseam suck! It doesn't look so bad when your standing but when I sit down they rise up and make my already large feet (size 10) look even longer. So I have started buying Rock and Republic jeans with a 38 inch inseam, and YEAH they make my legs look shorter and when I sit down they DO NOT RISE! I know they are pricey (in Alberta they are 250 Dollars) but they are a good investment. I wear mine daily. So don't waste your money on 36 inch inseam crap. I hate looking like a nerd when I sit down, so I bit the bullet and shelled out a small fortune on jeans! Save ya money and buy 38 inch inseams!

Samantha wrote (May 13th 2006)

I've always loved my height. I'm skinny and tall and i pound probably 6 pounds of chocolate a day and never gain a pound.

Earlier this year my first hour class had to go to Hoffman Modeling Agency for a class project and it was probably the only time when i felt really insecure about my height. All the girls in my class were walking down the runway in the current fashions with their cute little smiles and makeup but none of them were even close to my height. Plus they kind of made fun of my since im more of the jeans and tee type of person. But when we became close to leaving, the owner of Hoffman stopped me in my tracks and offered me a contract. It made my day and I could tell everyone in that room hated me.

But the whole point is everyone on the site shouldn't care what others think, God made you this way for a reason. As far as the people who make fun of you, Hello why would anyone make fun of someone who could kill them in one stomp. Remember their just jealous and if you wear self-confidence it will shine through and make you even more beautiful.

Karen wrote (May 12th 2006)

Jolly Green Giant, Amazon... am I not the only one?

I am 19 and 6'2". What a coincidence I found this site tonight! I was stopped in the buffet line today by an elderly man who asked my pardon and said, "I can't help but ask, how tall are you?" After I told him, he continued for a minute or so about how wonderful it was to "have such a beautiful girl as tall as you are." How my (quite debatable!!) beauty was added to by my height. I don't think I ever thought about it that way, and it encouraged my socks off. I thought I'd mention it to you gals—It's not easy to feel beautiful when you feel abnormal. Seldom do I feel "stunning" or anything of the sort!

The comments of the man in line lead to a conversation with my boyfriend about the comments I'd had in the past about my height. He asked me if they had bothered me. I thought about it for a while... The girl I babysat asking with awe in her eyes if I was a giant, people wondering if I was the mother of my 4'11" - 5'2" friends, the kid leaning out the window of his mom's jeep to point his finger and laugh at me walking with my much shorter friend... Yes—they hurt, especially to my tender high school heart. (College helps, by the way, people are more impressed by deviation and unique-ness than they were in high school it seems.)

I'd lie if I said I didn't find myself slouching, leaning and shying away from heels. But I know in the non-emotional half (quarter?) of my mind that God made me exactly this way for a purpose. It may not be for basketball or volley ball (much to the dismay of the coaches who stop me at rite-aid to ask if i play!) but I am glad that I am unique, and that I've been blessed enough to spend the last 21 months with a wonderful gentleman who makes me walk on the curb above him =o)

One thing is for sure, I thank God that the extra 5 pounds doesn't show so much when it's spread out so far =o)

So my back hurts when I lean over a counter to work, I get weird stares and can't fit in if i try, but I can tell my soul is growing into my body, slowly but surely. Stand tall, girls, so the world will know we aren't alone =o)

Pounch wrote (May 11th 2006)

Wow.....!!! This site is really interesting for me (I'm 5'10"). First of all, let's face it... we should be all really proud. This is a good gene we all having and we will be transferring it to other generations!!.. Also the exciting fact for me is to see your opinions. Basically I am a fashion student and I am launching this new range for tall skinny women... It's an evening-wear range. I saw some of the places like longtallsally.com or Alloy.com that you are interested ... but what about evening wear ??? Do u have problems finding them? Which one is your favorite? Let me know what you think - that will be a huge help for me.

Shelley wrote (May 11th 2006)

I always hated being tall (I'm 6'1"). As all my friends are about 5ft6 and I just tower above them when we are hanging out! And also boys over here in England... I swear the boys' average height is like 5ft10 - this is what 4 inches shorter than me and I love heels which r about 3 inches so on a daily basis I am 6ft 4! Sometimes I think men feel intimidated by tall women but we're not scary at all. They all lust over models like Tyra Banks. She's tall but only 5ft 10 or something but still. Anyway, one day I realised being tall has it's gd points. We could be models and all my friends say they wish they were tall like me. However getting trousers to fit my 36inch inside leg is a nightmare!! And skirts becuz an average skirt is a belt on me and have to shop in tall sections n they are still short which means I get horrible looks from other women. Anyway if anyone knows any shops in England that do tall clothes plz let me no bcoz I only know of a few that just fit me xx

Joerg says: Check out the Clothes UK Section if you haven't done that already...

Dominique wrote (May 10th 2006)

I used to hate being tall (I'm 6'1") and one day I woke up and said "I'm not gonna shrink, and the world is not going to get any taller, so I might as well get over it and like it!" Ever since then I have been walking tall and wearing high ass heels.

Chelsea wrote (May 10th 2006)

Hi, I'm chelsea and I am 5'11. I have been this tall since the 7th grade. I am a sophomore now. I have always been self conscious of my height. I have been picked on many times in highschool for being tall. I used to cry because I felt out of place because I wasn't 5'2 like all of the other girls. Not to mention it's so difficult finding

pants that fit. But people always tell me how beautiful I am and that I should model. I just have no self-confidence and I know as I get older I will start to appreciate being tall.

Arna wrote (May 8th 2006)

After years of feeling insecure in heels, I have discovered the beauty and elegance shoes bring to an outfit, and have moved through my insecurity and embraced my wonderful, long legs.

Shantrice wrote (May 6th 2006)

I think I'm possibly one of the shortest girls on the page, which makes me feel kind of bad for not liking my height much... some days I swear I feel a foot taller than I was the day before and it gets annoying, because it's really hard to find clothes - especially pants ... that will actually fit, especially because I'm built slim ... but I get people all the time saying ,wow i wish i was tall like you' and in the same breath talking about ,u damn tree'. I'm living with what I've got though, this is the body I've got and it's doing what it's supposed to do ... when the ,vertically impaired' people say things to me, I just tell them to drink some milk to help their stunted growth and that clears the problem right up!

Nicole wrote (May 5th 2006)

Hi, I'm Nicole and i'm 16 and 6'2. I've been this tall since 8th grade. I used to be very self conscience about my height, but now in high school I actually kinda like it. I love the attention I get because I'm the tallest one in the room.

Just last weekend I was playing in a basketball tournament and I was standing in a group of people. A lady came up to me and said, "I'm sorry, I don't want to interrupt your conversation, but I just had to tell you how beautiful you are!" It was a little embarrassing with everyone standing there, but it was very flattering.

I can't count the number of people who have told me how lucky I am to be tall. I've finally realized that guys don't matter to me that much at the moment, they aren't confident enough with themselves right now to like taller girls. I figure in college it will get better, so I guess I will stick it out.

I don't wear heals regularly but maybe someday I will. For women looking for tall jeans, there's a store called "the buckle" that sells a 37" inseam and they are actually junior styles.

I just want to say that this site is amazing and just by reading some of the comments today has made me feel much more empowered by being a tall girl than i ever have!

Tera wrote (May 5th 2006)

Well I'm 22 and 6 ft. I must say... I LOVE BEING TALL!!!! and i feel even sexier in my heels, all though I don't go over 3 inchs high. Love you height ladies. We are exotic and few.. Walk tall for all the rest of us.

Hannah wrote (April 28th 2006)

Hi everyone! I am so glad there is somewhere where everyone is my height and taller!! I am 15, 6ft and get the mick taken out of me all the time by boys but I know they're just jealous!!

Milena wrote (April 27th 2006)

I say that I'm 5'11", but I could very well be 6'0". I'm afraid if I measure myself again, I'll be taller than what I want to be. Heels are my biggest issue right now. I don't mind being tall with slippers on, but I feel watched when I have my favorite 3 inch wedges. I just wish there was a shoe store that made the same cute shoes, but with a shorter heel. It's not fair! I always thought that I'd end up with a man shorter than me that I could never wear heels around. I'd be barefooted for my wedding. UGHH! About a year ago, I met the perfect person. He's 6'5" and absolutely amazing. When he introduced me to his family, I felt so comfortable. His mom is 6'1" and his brother is 6'6". Right now I am the shortest person in the family.

Kayci wrote (April 26th 2006)

Hey people! I'm 6'5" and I'm only 14 years old. I get made fun of a lot. I probably won't ever find true love because no boy wants a tall girl but I have plenty of friends.... I dont really care what people think god has made me this way for a reason.

Joerg says: Give it a few years and you will see that as soon as the boys grow up (and stop being superficial) you'll find plenty of guys who are raring to date you.

Michaela wrote (April 22nd 2006)

Hello everyone. As I'm looking through all these comments, I'm so amazed at how we all go through the same era of embarrassment and awkwardness. At 14 (almost 15) and six foot one, I actually enjoy my height. I do tell everyone that I'm only 6'0" because I'm a model and there is such thing as too tall for modeling. Being tall is probably one of my best assests. It is so funny when all the other girls my age are like "I'm so fat, I weigh 105" or some other small number, and I weigh about 20 lbs. more than 105. So I can get away with weighing more, but still looking skinny or skinnier than the girls. I know I can throw on a sweatshirt and people will still turn their heads as I walk by. Embrace your height and be appreciative of your body. It doesn't matter if you are 4'11" or 6'9" - your body is amazing and at least you can move and walk. Respect yourself! Bye ya'all, Michaela

Tasha wrote (April 22nd 2006)

Heyy girls!!! Okay, well I am 14 years old and I am 6 ft tall :(I always get picked on for it, as I am taller then all the people at my school... just don't let it get to you. Ignore them or laugh with them. Don't get embarrassed - it's SWEET to be tall!!!! Tasha

Getina wrote (April 20th 2006)

Hello ladies... yes, one more tall gal in the house. I am 34 and my height is 5'11". Just like most tall girls, my height was something that I learned to embrace later on in life but it was a struggle getting to that point. I am a lot more excepting of it because hey, its not exactly something I can change. All the tall jokes and comments are things that I have learned to overlook and in time I hope all of you will also. People can be very rude and insensitive at times but on the same note, I do get a lot of compliments as well which helps to make the good out weigh the bad. Self esteem and confidence are things that I constantly have to work at on a daily basis but I honestly and truly believe that it all starts with the individual no matter what the circumstance is. We have to learn to love ourselves from the inside and that will take care of the outside. As long as we love ourselves for who we are, no matter what, the issues of our height will not seem so much as an o bstacle for us. We should never be ashamed or embarrassed of our height because God made us in His image and I know He does not make any mistakes. I had to learn that and it did take time. Please know that you are beautiful,gorgeous and unique just the way you are.....long legs and all. So, stand up straight and tall and even work those heels if you'd like... because if we dont love ourselves then how can others?

Just remember, you are not alone, there are a lot of tall girls feeling the exact same way and this website is a blessing (thanks Joerg) because its a common ground where we can come to for support and develop confidence to go out in the world and feel like we belong without feeling self conscious about our height. The love of my life is 5'8" and he loves me for who I am including my height... to him, my height does not even matter. To each and every tall girl, I say to you... LOVE YOURSELVES... God bless :)

Joerg says: Thank you, Getina... you're welcome. Height shouldn't be a factor but it certainly helps me notice a lady. There are cute short girls out there but I'm still much more attracted to the tall ones myself. Can't help it. I'm glad you're out there, Ladies!

Casey wrote (April 19th 2006)

Hi!... I'm like 6'1" or 6'2"... and I am 14!! I hated being tall... well in a way i still do... everyone in my school asks me how tall I am all the time!... and the shorter guys tend to make mean comments all the time!... but then I get on this site and there's girls taller then me that are my age... and they are going through the same thing!... and all the web sites for pants! Jeez I need those!..lol I think I'm the tallest one in my school even out of the teachers!... Just thought I'd throw that in there haha... Well thanks everyone for making me realize that even

though you're super tall and it seems like no one else is going through anything like you... feeling sorry for yourself doesn't make you shorter... lol

>>later <3-*Casey

Madeline wrote (April 18th 2006)

Hi! I'm 15 and 6'1... I think, or I guess HOPE that I've stopped growing. I've read every single entry on this page, but none of them have really reassured me that my height is a good thing. Probably because yes, I play basketball, but my real passion in life is my singing and acting. I love the theatre, and I love performing...but day and night, one thought constantly runs through my head..."I'm I to tall to be on Broadway?" It's hard-If I was just 2 inches shorter, I wouldn't worry-but now I do...all the time.

Jennifer wrote (April 17th 2006)

Hello Big Beautifulssss! I'm 20 yrs and stand a proud 6'2". Just like any other comment I've read nobody really felt comfortable in their skin at a young age with their vertical gift. I too felt isolated being so big - the only thing that got me through it was my dad telling me... It takes a lot of different people to make the World go round. As long as you have the mindset to just "be" you'll have nothing to worry about. In high-school I used my height to my advantage (which every tall person should do) and was recruited by my basketball team, played one season and hated it. I moved on to volleyball and my height (and skills ;)) has luckily paid off and has given me a scholarship to the University of my choice. Stand tall. Shoulders back. And the World is yours...

D.J. wrote (April 16th 2006)

I really wish more men would want a tall women! Why do men want short boying women? Maybe they like children? Maybe they need to big and dominant! I don't get it! I'm about 5 eleven and YES men of all sizes look at me (like they want me) but they never do anything! So annoying, I am not 11 anymore! Note to men...No matter what the womens size we have the same body parts as our child-like competition... those little women!

Joerg says: Try not to sound annoyed, Dear... focus on your strengths and be positive. Most men (me included) like women with a positive attitude.

Shoshana wrote (April 15th 2006)

I love being tall (I'm 5'10"). I am over 30 now, and here is my message for the young girls out there. First of all, "we" as tall girls can eat more and still look great. Secondly, we command respect instantly in the work force. Thirdly, we are not a target for attack when there are so many smaller girls out there. Fourthly, most men who have any spine at all want a tall, strong woman who is beautiful inside and out. (You wouldn't want a guy who likes small girls, because he only wants to feel dominant in their presence.) Last but not least, G-d made you tall, and G-d has a plan for all of us. Be proud of who YOU are and G-d will reward you.

Ellen wrote (April 14th 2006)

I'm 5' 11 1/2" and always was disappointed I couldn't quite claim that extra half inch!! Luckily, I was raised by a mom who was 5' 9" who always told me to be proud of my height. (I always felt badly for my poor sister who is only 5' 7".) Here's my story about men and the heel issue. I used to be married to a guy that was 5' 9" who hated it when I wore high heels. (That Little Napoleon syndrome that some short guys carry around with them.) After I left him, I decided that the shoe test would be important with anyone I wanted to be with in the future. The first time I went out with my current husband (now married for 15 years!), I wore a black mini skirt and tank and showed up at the door with a pair of flats and a pair of stilettos. I asked him which he would rather that I wear. (He's 6' even.) He said, "Wear those heels, babe! I want other guys to look at us when we walk in!" I've loved him ever since. Wear high heels and let everyone else stand back in awe and drool with envy, girls!!!

Sarah wrote (April 6th 2006)

22 and 6' here girls! My best friend is 6'2" and we rule any dancefloor. I tend to forget how tall I am until I see photos of me with other shorter friends, but who cares? I'm also very thin, but pah, I know what suits me and

never wear anything bias cut! I always try to stand tall and straight, as I catch sight of myself in shop windows and realise that stooping only makes you look ashamed and gives you a bad back. Stand tall you stunning ladies!

Candice wrote (April 5th 2006)

Hey All! I am 5'11 and 24 years old and I find that being tall has many perks. Clothes look better on us (when we can find a good fit), we get attention when we enter a room, it's empowering and most importantly people remember us! I do have a question for you all... do you think it makes a difference in regards to your height if you are blonde or brunette? I mean do you think people are nicer to tall blondes than to tall brunettes. From my experience I would say this is true but I am curious what you guys have experienced as tall women. Either way stay tall and gorgeous!! Candice

P.S.: I am a tall brunette :)

Kori wrote (April 1st 2006)

I just want to say it is nice to see there are tall women like me out there. I am 21 and 6'3" I am living in Alaska and finding cloths is something that is hard to do. I have a 37 inch inseam... Be proud and stand tall it is a beautiful thing ladies! (why we attract little men is beyond me) hehe ;) Live life to the fullest tall is beautiful!!!!!!!!!!!!!!

Twiga wrote (April 1st 2006)

Hey girls, I am 37 years old and I am 6'4" my husband is 6'8" and we have 3 very tall children (as you can only imagine):> Two girls and a boy. My eldest daughter is 11 and is already 5'8" size 12 shoes and size 0 pants. My middle daughter is more on the average size of the spectrum, yet still taller than most and my son who is only 6, and is already 4'10" tall. I think he is well on his way to being taller than his Dad. When our family goes anywhere, people stop dead in their tracks and literally watch us walk past them; as they whisper things about our height. People can be so rude and cruel. I would never ask someone who was obviously overweight, how much they weighed, so why ask us how tall we are? We are very proud of our height. My husband and I both played college basketball and our children enjoy sports and music. We stand tall and look forward to the day when the scholarships start rolling in. Stand tall girls, be proud of your height, don't ever sell yourself out to fit in. Don't take to heart the cruel whispers you hear from strangers or so called friends. Believe me...I've heard it all! Believe in yourself! Remember you are tall for a reason and when God created you, He also created someone for you. He didn't make a mistake, God doesn't make mistakes. Stand tall in Him. Twiga (meaning: giraffe in Swahili)

Susanne wrote (March 26th 2006)

I am a little over 5'10" and have bought ONLY Men's jeans (36" inseam) my entire life. One time I was @ Sears or one of those Levi's departments and saw a TALL guy walking towards the jeans...I cut him off to get to the jeans first! (Don't worry, I didn't hurt him!) Long legs + determination and understanding the retail layout of the store = I found my 36" inseam Levi's before he did! :)

Hannah wrote (March 25th 2006)

Hey there! I'm 5'10".... and have always been a bit embarrassed of my height, except when compared with my father and "older brother." They help me realize that I'm tall, like my twin sister, for a reason, and God will reveal that purpose to me in His time! I'm totally no basketball star, and my height has kept me from dance, gymnastics, and could impede my running/soccer if I let it, but I won't! Standing Tall in Him, Hannah

Kelly wrote (March 25th 2006)

I'm 35 and 6'1. My 15 yr old daughter is 5'11. Be proud of your height! The comments will come, and they will never stop (I still get "did you know you're really tall?" NO. Really! 35 years and your just telling me this?? Oh My God!) Men don't ask tall girls out because they are intimidated - they love tall women, they are just scared to talk to them. As for heels - wear them! You're already tall, what's another couple inches?? Flaunt what God gave you. Comments from smaller girls are out of pure jealousy - the one thing they could never do - no matter how much money, education, etc, that we can do - is runway modeling. Sorry girls! We've got 1 up on you! So, go

with it girls. Stand tall, stand proud. Look down on the little people with the little comments. They are still wishing.. Oh, and the next time someone asks if you play basketball - just answer with "Let's go. \$20 buck bet. Wanna play?" They won't ask anymore - and they won't challenge you. Girls - don't slouch - roll the shoulders back - stand tall - and enjoy your own airspace!

Joerg says: Couldn't put it any better myself. I'd just like to add that not all men are intimidated by taller women, most men are though... Thanks, Kelly!

Alexandra wrote (March 24th 2006)

Being 17 and 6'0" is not an easy gig, as many others have said. I've always been tall, and so I can empathise with all of you. But the truth is, although I have my bad days, I love being tall. Sure it helps that at least 75% of my friends are 5'10 or taller (so that I'm not the tallest), but they can't help you all the time. Anyway, being tall means that you can pull off skirts just that little bit better ;). I have my year 12 ball coming up next week, and you know... I actually think I've got the courage to wear heels. :) Thank you tallwomen.org. :)

Joerg says: Thanks, Alexandra... You're welcome and I'm pleased to hear it! :-)

Kristin wrote (March 24th 2006)

Hello, I like all of your stories. But this is my little story: I am 22 and I am 6'4". I am not going to lie but I hate that I am so tall. I have a problem to get a shoes and clothes. Why can't someone make some nice shoes for us tall women...? Doesn't mean that if we have big shoes size that we can wear some ugly shoes. I am tired that people are looking at me all the time and asking the same questions. I want to be myself but I can't. People are saying to me that I am very beautiful and all that, but I don't know why I just don't like myself. I don't know how I can change.

Joerg says: Jeez, Love, there is so much more choice out there today compared to six or seven years ago when I first started the "Website for Tall Women" project on a much lower level. You need to surround yourself with supportive people who love you and who think you're the best. Give it a few more years and you'll see a positive change in your own attitude. You wouldn't be the first woman that happens to!

Juliana wrote (March 22nd 2006)

Hellllo! I'm 16 and a sophomore in highschool and I'm 6'2".. I love my height because I think being so tall around everyone makes you kinda feel awkward and what not, but it's also made me outgoing.. believe it or not! Be proud of your height! It can get you so many places! And YOU stand out, so there's more of a chance people get to see the real YOU! so you gotta stand up straight and carry your own weight, cause what doesn't kill you only makes you STRONGER!! So listen up, you're tall and fantastic and nobody will mess with you!

Abigail wrote (March 21st 2006)

I'm 5'10.75" and 25 years old. Coming from a tall family, I always joked about wanting to make it to 6'... but I didn't quite get there. Haven't yet taken up some friends' "remedy" of drinking Miracle-Gro, LOL! But seriously, I have always been very thankful God made me tall. Though it can be rather difficult to find clothes that fit (you should see me scanning the lower edge of the skirt racks at thrift stores!), there are many advantages, such as being able to see over a crowd and reach the top shelves in stores/libraries. I like to see the humor in things, too, and especially have fun when posing for pictures with friends that are much shorter. :-D Life is too short and too precious to complain about height - so thank God for making you just as you are! He loves you and planned exactly how tall you needed to be, long before you were even born. Thank Him!

Katie wrote (March 19th 2006)

Hello there, Girlz. I am 17 and I am 6 ft 1 and I am very thin too. I understand how tall girls may feel very down and feel depressed by people's comments towards you. It's not a nice feeling knowing people are looking at you! But as you get older you can more confident with your height. At school I was 6 ft with a low confidence and puppy fat and now I am very slim and have blonde hair and I draw a lot of attention and I think all you girls should be confident. Remember, you can't change your height. We have to live with it XX Walk with pride

Courtney wrote (March 18th 2006)

Hiya all the tall babes out there!! I'm 13 and already 6'1" and I think I've been served all the tall jokes and quotes there is!! But I've learnt to love my height!! I mean sure sometimes you just think omg I wish I could be 5'6" like everyone else! And I know coz I used to think this all the time!! But not anymore I noticed What the hell I get noticed don't I?!! So stuff all the people that say why are you so tall! Coz I used to let that get to me and I didnt feel good about myself. And I hope I get to 6'4" so then I'll stand out and I wont be short and stubby when I grow old! I don't look at it as being tall. I look at it as being statuesque!! Even though the guys my age don't go out with me I get noticed by older ones who are usually more hot! So go tall girls!!

Ana wrote (March 17th 2006)

Hey there, tall girlies!! I'm also a tall girlie and guess where I am now!! JAPAN!!! Haha... ya I guess u can say I stand out a bit for being blonde white and 6 foot, hahaha... Gotta love the "omg she's sooo cool!" comments!!! I love my height!!! and those who are not lovin their height - It's true, ppl wanna be as tall as you. Ppl say to me: "Can you give me your height??" Haha, I'm like NAWW~~~~ You're beautiful, enjoy it while it lasts (that's when you get old and stubby >_<)

Deana wrote (March 17th 2006)

The reason five ten and eleven women hate it is because they are stuck in the middle. A man either wants them really short or really tall, but not in the middle. I don't know why this is. As for Gap.com jeans in Tall, they suck. Their inseam is only 36 inches, fine if all you do is stand and don't wash them (because THEY DO shrink, don't tell me another line of bs). But if you're sitting they rise up and look geeky and too small! Same with jackets, shirts, and shoes. I really wish tall men liked tall women. It's always backwards in that department, look at LARS ULRICH, the metallica drummer, his girlfriends have been taller then him! Not shorter! CONFUSING REALLY!

Ashley wrote (March 15th 2006)

Hi, I am 16 years old and in high school. I am 5'10 and I hate it... but thanks to this website I have come to realize that maybe being tall isn't so bad. At least we stand out amongst other people. Then again it sucks because I cant find jeans, and I constantly get picked on not only for being tall but because my size shoe is 4 ins a half. At times I get depressed about it but then I think to myself short people can't beome the next Miss USA so I let it go. Yet when I go to school people tell me to go back to the zoo giraffe. I wish there was some kind of pill to make me shorter but there isn't so I must deal with this. There was also this one time when I went to practice for a dance rehearsal and the choreogrepher called me shaq. I was offended big time. I wish people knew how tall people felt and just let them be! And "boys" is a whole another issue because all of them are smaller than me. I would just wish that I could get on my tip toes to give my boyfriend a kiss.

Joerg says: I don't want to make light of your pains but I find it curious that it's mostly the girls who are 5'10" or 5'11" who have problems with their height. Those who are extra tall (6'3" and above) seem to handle it a lot better. I wonder why that is...

Michele wrote (March 12th 2006)

To all of you tall divas out there... I say celebrate your beauty for as long as you can. There are so many people who would love to have long or even short legs to stand up on. But because of paralysis or some other physical affliction, these individuals are unable to stand at all.

I am soon to be 36 and I am 6 ft tall. I have 3 beautiful children; two boys and a girl in the middle. My husband is 6ft 3 inches tall. When ever we are out together people compliment how good looking a couple we are. I honestly feel that I am at the best point that I have ever been in my entire life. I too was met with inappropriate comments from boys and girls in high school. These comments and experiences were a tad traumatizing and I went on to feel mediocrce for a period of time well after high school. My husband and I married when we were in our early twenties, and then came the kids and more insecurities as I had gained a total of 90 extra pounds. Do you want to know what is more depressing than a tall girl who lacks self-confidence? ... A tall heavy girl with even less reason to be self-confident.

After my third child, I decided to stop the pity party and I turned my whole world around. I lost 100 pounds, I got a tummy tuck and mastopexy surgeries to undo the effects of pregnancy. And I am now better than I ever was at any point in my entire life. I look younger and my body is beautiful and I finally appreciate what God, hard work and my plastic surgeon have given me. Recently I went out and bought a ton of heels and I enjoy strutting my stuff each time I go out. I am so amazed at the positive feedback that I get with every step that I take. My teenage son's friends tell him that they have a crush on his mom. Women and men alike stop me in public to comment on my attractiveness. And I don't think that I could have ever imagined being as confident as I am right now. More so than the physical attractiveness that comes from being tall (because we do look better in clothes than averaged height women) I think that being tall and proud gives off a magical spell that seems to captivate and mesmerize others.

So again ladies, enjoy your special attribute and feel proud to be the lovely, leggy ladies that you all are. Average is ok, but above average is the icing on the cake!

Tierney wrote (March 10th 2006)

Hiya to all these amazing beautiful tall women... I'm so respectful to all the points and ideas uv given me to make me feel much better about my height. I'm 16 and 6 foot... I've been this tall since i was 14 and I'm not gonna lie and tell u it's been easy cos it hasn't. I'm easily the tallest girl in my year and stand out from the crowd. But that is the key, I stand out and I love that bit. I'm a drama queen and love the attention... theres is one big problem though... guys!!! There are only a handful of guys within 10 miles that are tall enough for me even to consider dating, because I just couldn't date someone smaller than me. It's not right for me. But for now I'm happy being the sexy, confident, leggy brunette that's young, free, single and loving it. Smile and enjoy the attention! xx

Amelia wrote (March 10th 2006)

Hey, yeah I'm 5'11"... adore being tall, wish I was taller - definitely helped in the volleyball years of my life, and turning heads in bars... But I'm totally falling for this guy who is 5'7" except I totally can't get over his height. I wonder if it's realistic to think that I ever will?

Kate wrote (March 9th 2006)

Hi. My name is Kate. I am 6'2" and 44 years old. My husband is 6'11". We have 3 kids. My oldest is a daughter, 13. She's 5'10. Growing up was challenging but I think it made me a better person. I did play basketball, after getting cut from the team 6th, 7th and 8th grades. Then I went to college on a full basketball scholarship and played in Europe for 2 years after that. I do believe it's not the height so much, but how you carry yourself. Stand up straight, smile. People want to talk to you. Sometimes they do say stupid things, but I don't think they are mean spirited. My husband has been uncomfortable with his height at times. I tell him it's an attribute. Use the height thing to your advantage. Being tall now is much easier than when I was a kid. I no longer have to wear men's sized sneakers. I can find size 11. For the young girls out there, take care. It definitely gets better once you're out of high school.

Erin wrote (March 3rd 2006)

I am 5'11" and I have learned to embrace my height over the years. My brother used to call me amazon and things like that. It was OK for him to be tall, but not me, I suppose.

I was taller than most of the guys in my school from 4th grade through graduation from high school. Things that were said kind of got to me, then when I entered high school, I didn't care anymore!! I figured they were jealous (the girls) and the boys were intimidated (which they were). I typically dated guys out of high school, but ended up marrying my high school sweetheart who is 2-3 inches shorter than me.

He loves my height and me, and we have been together for 13 years.

Ladies, embrace your height.....be comfortable in your own skin.....if you want to wear heels, wear them and make sure they are a brilliant stand out color. Be proud and stand out.....why would anyone want to be like everyone else.....be happy, life is very short (no pun intended) and you need to thrive in it for yourself, no one else!!!!

Liz wrote (March 2nd 2006)

I'm 21 years old and am 5"10. I can not even begin to count the women that have approached me, telling me they wished they were my height. Girls, you should embrace your height. Being tall is a gift. It really is. Tall women are beautiful. You can't be a model if you're under 5"10. All the most beautiful models in the world are tall. And the people who have anything negative to say about your height, are people with major insecurity issues. It's not you, it's them. Embrace it and be proud =)

Marie wrote (March 1st 2006)

My name is Marie, I am 6 foot tall. I am in the 10th grade. I love this site, and it makes me feel good about my height. I get compliments all the time, but I still feel insecure. I never wear high heels, even though I love them to death, and I am always the tallest around my friends. Thank you for making me feel better about my height.

P.S. Is it still ok to wear heels?

Elena wrote (March 1st 2006)

Hi, all you tall sisters there! I'm 41 and 178 cm (5'10). I've never been teased because of my height but heard my part of the comments "oh, you are very tall!" Although it's sometimes boring to hear such comments, I think people do not mean to be unkind. Recently I've learned to answer either "are you envious?" or "I'm not tall but you are short" or something like that. The conversation usually ends in that ;).

What sometimes astonishes me, is that tall (and not so tall) women don't want to date with guys shorter than them. I think that we do not keep company with feet or inches or centimeters but just with persons and that's why I like men with humorous glimpse in the eye. Height is not that interesting thing but the personality.

Shorter guys may feel insecure to approach tall women but I think as they find the personality inside, the height is no more important. If they don't find your personality interesting, they are not worth yourself!

So sisters, keep your head up high and enjoy your life! And last but not least, many thanks to Joerg for this fantastic site!

Amelia wrote (February 27th 2006)

I'm 6'2" and I was constantly called 'Goliath' in middle school. Plus in high school I was always trying to get recruited for the basketball team. REALITY CHECK! Not every tall person has to be good in basketball! But the moral of my story is that I am now in college and I LOVE MY HEIGHT! I have learned that no matter what size you are... you will ALWAYS have fun! I don't hit the ceilings like my short friends think I will and I don't need my boyfriend to be taller than me... (he sure knows how to please me any how) God Bless MY HEIGHT!

Luisa wrote (February 27th 2006)

It's great to read about other tall women! I'm 18 and 6'2" so I've stood out basically everywhere I've gone, particularly in school. I used to get the occasional taunt from a by-passer, but instead of feeling embarrassed, I felt a burst of confidence because I was different to everyone else. The only problem I face is what every one faces too: Argh - clothing!! Very few places offer big sized shoes in Australia, and if they do, the designs aren't very good. That's why most of my shoes are the unisex kind, like sneakers. But apart from that, I LOVE my height - and always have!

Joerg says: For clothing and shoes in Australia go to either the Shoes Section (Australia) or the Clothes Section (Australia)

Catherine wrote (February 26th 2006)

How I wish the internet was around when I was a teenager!!! 6 foot at 13, it was hell!!! No decent clothes either! I now find the range at Dorothy Perkins just right for me. Am now 6 foot and a half inch and age 36. I have never felt comfortable about my height, it still remains an issue with me, but as i have got older, it does not matter

half so much. How I hated school discos when the last smoochy songs came on and all my pretty, petite friends were asked to dance. I stood there, acting like it did not matter, hey, I was fine, but it hurt like hell. To all you teenagers out there struggling with your height, please stand tall, i slouched for many years, it does not work!! It DOES get better, you learn to live in your skin, and the comments (yes, I still get them), well, they do not hurt at all as you get older. I was stopped in the street by a little elderly man and his wife who stopped me and asked how tall I was. I was not offended at all, and smiled and had a conversation with them. They thought I was lovely!! So, chin up, and keep coming back to read the comments on this great site, they really help boost your confidence.

Good luck to you all. Catherine

Cassie wrote (February 24th 2006)

Hey, I'm sixteen and six feet tall. I've always been a little down about my height, and I still kind of am. I've always imagined my boyfriend to be way over six feet tall, the guys in my family are very tall (my dad is six foot seven) so I grew up looking up at the men in my life. People have ALWAYS mentioned my height when they meet me, i'm afraid to wear heels! It surprised me a few days ago when a guy asked me out, he's shorter than i am... I'm still getting used to my height, and I think i may still be growing. Reading these posts by other people kind of help :)

Dominika wrote (February 23rd 2006)

Hi ladies! I am 21 years old and 5'10" and I absolutely love my height. I never really felt insecure about it, especially that I used to be a model precisely because I was tall! Think about it in this way, for us there is no such thing as unflattering dresses or trousers that will make our legs look short! Also, short people really struggle to get noticed and trust me, it would be very strange if you felt as though you were all of a sudden invisible. Don't take the attention for granted, cherish it! And ignore all those people who can't get over your height, they should get a life of their own. As for love life, I had never dated a shorter man until I met the love of my life who is 5'7". I find him very beautiful and I think that for the last 3 years we have made a very attractive couple - and a very happy one as well :-). Obviously, it goes beyond the looks, but it is the looks we are talking about here :-). In all honesty, I sometimes do slump, especially when I am with people who are shorter and feel self conscious about their height. I simply don't want to make them feel uncomfortable. The most wonderful thing is my boyfriend telling me that I should straighten up because I have a beautiful body. And he bought me a pair of heels recently! Love and good luck to all of you!

Graci wrote (February 23rd 2006)

Heya, I discovered this site a while back and like using it for confidence, I am sixteen and about 5'11". I have always been taller than everyone else but now I actually have a bf who is taller than me and it's great. My advice to tall women who want the confidence to wear heels (me being one of them). I really enjoy wearing 'kitten heels', that are just half-an-inch or an inch high. They give you that sexy heel wiggle when you walk which is great for confidence but make you an unnoticeable amount taller. Though every tall woman should have the freedom and confidence to wear heels, afterall the most beautiful shoes tend to be the highest! Good luck and best wishes, xxx Graci

Charlene wrote (February 22nd 2006)

Hi, I am Charlene, 25yrs old, my height is 1.84 cm (6'0 ½") and I live in South Africa. I visit this website frequently and I think it's great. You know most South African people are short or average height, so I don't know of any special shops for tall people. I would like to open a shop for tall people, because there are still tall people (although not many) who really struggle to find clothes, most online stores are based overseas. I believe a few good stores, or even one store for a start would be great for tall people living here in South Africa. Please give me some advice on how I can open this store.

Alys wrote (February 21st 2006)

At 24, I've been tall all my life (currently 6ft1)and the truth is it really makes no difference to me until someone mentions it and everyone mentions it :)

As a teen I struggled with being tall, until a very wise (and very gorgeous although short) teacher at my highschool chastised a group of girls for teasing me with words that I always remember "I wouldn't do that girls because one day you will dream of being that tall". And she's right, I may bang my head on signs in shops but my height has meant that I've met some incredible people who just wanted to tell me they love to see tall women. Of course, as a little girl my dad used to make sure I was proud of my height and always stood tall (he was after all 6ft4 himself). Even if you don't have that support, embracing being tall is much more effective than hating it.

Conquer the world, because people will notice you anyway - you may as well give them something constructive to look at!

Katie wrote (February 21st 2006)

Hi I'm 18, I'm 5'11 and love my height! Yes, it does get annoying when short immature ugly men point out my height and make me feel a little self conscious but I just think to myself... "would I date you anyway???" NO! Hehe - tall women out there embrace your height, I was considering buying a pair of flats today, but in the end I didn't because I like putting on those heels at becoming 6"1 makes me feel like a model.

Graziella wrote (February 21st 2006)

I just stumbled across this site a few days ago, and I've really enjoyed reading comments from other tall girls like me! I'm 17 and 5'11" and I'm one of the few tall girls in my school (there really are only 4 or 5 tall girls in my entire highschool). Until the end of last year I was always very self-conscious about my height. I slumped almost all the time so I would seem shorter and fit in better with my friends. What's strange is that all of my closest friends are either 5'2" or 5'3" so it makes me feel even taller. However, during the past year I've been able to accept my height more and more and be more comfortable with who I am. When I was in grade school, people told me it was good to be tall because models are tall. I thought "Sure, models are tall, but I don't look like a model. I just look like a giant." but now that I'm older and I've grown into my body (I'm not sure if that's the best way to put it, but you know what I mean) I think I DO look like a model. I ,ve never bought myself a pair of heels, and i don't plan wearing heels anytime in the near future, but I think it's great that some women are comfortable enough to wear them even though they're already tall. Near the beginning of the schoolyear I was walking down the hall and I heard a girl say in a rude way "That girl is tall as hell!" I wanted to turn around and tell her "And you're rude as hell." Some people are really rude about other people's height! I've NEVER teased anyone for being short. And I never even make comments about short people, but almost every time I meet someone new they tell me "Wow, you're tall" as if i haven't noticed that I'm tall. How are people so insensitive? Another problem i have with being tall is that it's really hard to find good pants that are long enough! I don't want to spend a lot on pants, but I always end up spending at least \$30. That's not a ton, but I really envy the short girls who can go to the sale racks at places like JC Penney or Kohls and get a pair of sale jeans for \$8! That never happens to me! Long jeans don't go on supersales like that :-(- however, when I catch a glimpse of myself in a store window or mirror, I'm usually happy with what I see because I'm long and slender. My friends tell me I'm elegant and I love that.

Chelsea wrote (February 19th 2006)

My name is Chelsea. I'm 5 foot 10 and in 7th grade at the moment. I came onto this page on accident, but I decided to leave a comment anyway. It is hard being this tall, only because all my friends are about a foot shorter and people are always saying comments about how tall I am. Everyone in my immediate family (brother, sister, mom and dad) are over 6'0" and my mom and dad both continued to grow until they were in their mid-twenties. I love being tall though, not because it draws attention to myself, but because it's who I am and it will always be a huge part of me.

Eri wrote (February 16th 2006)

Hi, I'm 17 and 6'0" tall, unfortunately unlike lots of lovely tall girls my legs are not long and elegant, but my back is quite long and so I look dumpy, big and ungainly and I feel very self conscious. I pretend to not care about being tall, but I long to have the confidence to wear heels. I have many pairs as I always buy them to see if I can get the confidence up to wear them out, but I never do. I hate having to wear flats that make me look more dumpy but I cant bring myself to wear heels as I will then tower over my boyfriend insted of being able to hide myself more easily. I often stand in very difficult strenuous positions to make myself appear shorter, which can hurt my legs and hips. I think this website is very inspirational and I plan to maybe go to the corner shop wearing

heels now and again to get more confident. I find my height very hard to talk about and think this site is wonderful. Eri thankxXx

Joerg says: Give it a try... It might feel a lot better than you imagine and maybe you'll get that extra confidence that you may be lacking at the moment.

Amy wrote (February 13th 2006)

I have been tall since I was very young. I will be turning 18 in less than a month, and am less than a quarter inch under six feet tall. I am the tallest girl in my 4A school. People always ask me why I wear heels all the time, if I'm already this tall. My answer is that I enjoy wearing heels. I have a very muscular body and especially muscled legs, so wearing heels help me look less masculine, and they just make me feel sexy. So to all the flat wearing tall women out there, go for some sexy shoes, and enjoy the way your legs look. You only live once; why not enjoy your life and not be saying I wish I could have when you get old?

Lora wrote (February 12th 2006)

Hey, I'm 15, 5'10" (and still growing!) and a freshman in high school. I remember hating being so tall throughout middle school, always getting mad because I was taller than all the boys. I'd always get attention for being the tallest person in the entire school since the 6th grade. But when I was in 4th grade all my friends told me to start playing basketball like my Dad who is 6'8" and my sister who was 6'. Since then I have become one of my high schools best post position basketball players and made it onto the JV team. My height has changed my life and I'm now grateful for it. People ask me how old I am thinking I'm around 19. But for all those girls out there who are tall like me, Here's some words of advice: Wear those heels!, they make you look like a model; Try sports! Volleyball, basketball, and Waterpolo are all need tall girls! And appreciate yourself for being the gorgeous self you are!

Kate wrote (February 12th 2006)

Hello, I am 5'10" and all legs. I am 70" tall and my legs are 42 inches. That is over half of me just legs. I used to be insecure about it. I don't feel like that anymore. I wear high heels. I can't wear flat shoes though. I just really don't like them. I love my heels. The only complaint I have about being tall is finding a pair of pants that are long enough. I go try on a pair of pants at Express, that they call "long", and they look like Capris. Does anyone out there have any suggestions about where to get some cute long pants?

Lorraine wrote (February 9th 2006)

Wow this site is fantastic! I'm 5'11.5-6ft and I must say it's great, Sure it's harder to fit on the bus sometimes and less than desirable when people laugh because you banged your head on the "Mind your head sign" but I do believe height is a gift from God. Most of us didn't ask for it, make the most of it girls it's a beautiful thing. Who's going to notice you among the common sized people? Already you have an outstanding asset. Shrinking pills are not on the market yet so, all you can do now is, WORK IT. My only complaint is damn, when it comes to men, personally I'm looking for guys 6'3" and above. If I want to wear my highest heels which is by the way a lady thing to do, he's got to still be taller than me. Not complain! Why should I limit myself to all the pancake shoes of the world just to make all the mini-males out there feel better?! But where the hell are these guys hiding? Being that tall you'd think they would be easier to spot. I'm not saying short guys are bad, you can be with who ever you like girls! Another comment about shoes, girls have you noticed that the flat ones look cute on all the lucky small footed shorter girls. But with me, size 8, they make your foot look loooooong. Why can't they design really nice ones just for us? It's horrible trying to find your size in the style you like! One particular shop decided to add insult to injury by stocking ladies size 3-7, starting the men's shoes rack at size 8 and continued upwards. I could go on forever but I'll end with a quote "Hold your head up my tall beauty no one can see if you've got dandruff." That was a joke but stand tall and proud girls you're beautiful.

Deborah wrote (February 9th 2006)

Hi all, I just have to say that tall women are the stuff and everyone knows it. I'm 5'10 1/2". And at 35 I have finally become more comfortable wearing heels. I can't tell you how many gorgeous pairs of shoes I have passed up in the past because they had high heels on them. There is nothing like seeing a gorgeous tall woman in heels walking down the street. The confidence that this woman has can stop traffic. Believe that. Being tall is such a

wonderful gift. What if we were impaired physically? Maybe in a wheelchair and unable to walk, maybe only 4 feet tall because of a growth deformity, or just short, and as a result we might end up being almost run over in crowds, never standing out because this short/average height makes you blend in with everyone else. Who wants that? I don't! I have had my moments of being teased but I have always gotten as many compliments and stares from men as any other woman. Boyfriends too. And a whole bunch of guys secretly wish they could "drink that tall glass of water" if you know what I mean. But they feel more comfortable and secure with a shorter woman because she doesn't outshine him, or make him feel like less of a man. We don't want men like that. My husband is 5'11 ½" and when I wear heels I'm taller than him. He could care less and encourages me to wear heels because they look good. It's truly ridiculous that a website like this has to exist as wonderful and inspirational as it is). I think it's unfortunate that all of you tall, gorgeous beings don't understand that it is our uniqueness that makes people stare and comment. We are not like everyone else and it's refreshing to see a tall ray of light walk into one's midst. Tall women are goddesses, pure and simple and we must ALL begin behaving as such. Thank you Joerg for this beautiful site. While I'm sorry that so many young women need it to feel better about who they are, it is a real gem to have until small-minded folks realize the beauty in all people, tall women especially.

Joerg says: Thanks, Deborah! Thankfully more and more tall young girls are confident about themselves and their height. I hope they'll still find the clothes and shoe sections useful though.

Cinti wrote (February 8th 2006)

Hey, I'm 14 (almost 15) and I'm 5'10-5'11. People shorter than me have always teased me for my height, when I never teased them about the shrimps they are. I got onto the basketball and badminton team thanks to my height. I've realized that being tall is an advantage, and we are all very lucky. People look up to us. They just expect us to be confident, and always the leaders. Also it gives you plenty of good and attention. There's just something about it when you walk down the hall and everybody notices you wearing jeans and a skirt first because your so tall and noticeable. I don't know about everyone else but I love it when people look up at me and think, 'wow, shes something'.

Jamie wrote (February 8th 2006)

Hello to all my tall friends in the world! I am 20 and 5'11" and have been made fun of almost my whole life for being so tall and so skinny which made me look even taller! I was 5'10" in 5th grade and remember towering over my teacher. At the middle school and high school dances I never got asked to dance. I remember wishing to be a couple of inches shorter. Now however I am so glad to be my height. I applied for America's next top model and going to a call back in a couple of days! All the most beautiful supermodels in the world are over 5'10"! Face it where hot girls! I love being tall and wear the highest heels I can find! Men love women with long legs! Sexy!!!!

Gabrielle wrote (February 7th 2006)

Hi! My name is Gabrielle. My height is 6'2, possibly 6'3. My height has always been an issue for me. Standing 5'1 by the 2nd grade I've heard all the jokes a thousand times, it seems like. I've learned to use my height to its advantages. Besides the occasional getting thing down from higher places for my shorter counterparts. I have used my height to get a college scholarship for volleyball. I am now a sophomore in college and loving every minute of it. Now if I can only find a man tall enough!! (lol).

Joerg says: There are a lot of cute guys out there who are shorter than you. A lot of men lack the nerve to approach a tall woman like you. The question is: Are you confident enough to go out with someone who's shorter? Just a suggestion. I've learned that keeping an open mind tends to give you more options.

Michaela wrote (February 4th 2006)

I'm only 15, but am half an inch over six foot! Now, alot of people always expect me to be insecure, but hey, I'm a model. My height is one of the best things I have going for me. If I was shorter photographers and designers wouldn't notice me among the world of five ft. ten inch girls. I think that being tall is amazing!

Melissa wrote (February 3rd 2006)

Oh my goodness. I ran across this site when I was looking for some tall lady that would wear high heels. My husband gets upset with me because I'm so self-conscious about my height. I am a 38 year old black woman who is six feet and my husband is 5ft 10. He is also a Baptist minister and it kills me to have to stand up and give remarks or something because it feels like people are looking at me all the time. Oh yea, the remarks that people make but I got enough nerve to put on a pair of boots with heels and a lady said "Girl, what r u doing with those heels on? U r already tall enough." It hurt bad but I grasp enough strength and I said "Yes, I am. I am closer to God". She didn't know what to say but I hate the remarks. But I have read that u all wear heels so I am going to try to not worry about it and put on my heels. Thank u all very much. And the young tall girls: If you haven't already I would advise you to get checked out by your physician for a genetic disorder that's called Marfan's Syndrome. I have it and my son and also my sister and my father.

Ginger wrote (January 28th 2006)

I've been just shy of 6 feet tall since age 13 and there's one thing I have noticed over the years- I have never ever heard a really short woman say "I love being short!" Every single woman I have ever met who was 5'4" or shorter has told me how lucky I am to be so tall and how much they wish they were taller, like me. See? We Amazons are to be envied!

Melissa wrote (January 27th 2006)

Hi Ladies, I am 6'0 and I love my height. I wear heels that are sometimes 3 ½ inches. I get stares, good stares of course. I have never had a problem with finding a man. Tall girls feel good about yourselves, everybody wants to be tall. Short people can be sicking @ times. Because they have a complex with their height they shouldn't take it out on us. We can't help it that were graceful, elegant and gorgeous. Tall ladies I'am asking you to feel good about yourselves. Remember when people say bad things about you it's not about you it's about them.

Lee-Lee wrote (January 27th 2006)

I'm 23 and am 5'11". I used to hate my height when I was younger but now I absolutely love it. When I go out with shorter friends they always complain that they don't get noticed but that I do (He He!!!) Anyways I feel that being self-conscious as a teen is ok because when you get older and see the respect people give to tall women you will definately appreciate. Also there are many tall guys out there. However where I live I get alot of tall guys but also shrt guys hitting on me. My ex was 5'9 and there have even been way shorter gus who were seriously trying to date me. So tall ladies - KEEP YOUR HEAD UP!!!!

Katie wrote (January 26th 2006)

You should be proud of your height. I know it's easier said than done (being 6 feet all through junior high and high school wasn't something I would've chosen for myself... at a time when you just want to fit in or fade into the background). Now I realize how awesome it is to be tall. You stand out, you get noticed when you walk in a room (some times that's not fun, like when you run out to the store to pick something up and are wearing sweats & no makeup, and just want to get in and out without being noticed). :) But, remember, being tall is a wonderful thing. If you stand up straight & proud and walk into a room with purpose and an outgoing attitude, people will be staring at you thinking "Wow, there's a beautiful, proud woman. I want to be with her!" If you walk slumped over, you exude a sense of being self-conscious. Then, that's what people will think of you, that you don't like yourself and have low self-esteem. But, if you hold your head up high and exude self- confidence, then that's all that people will see (being tall will just be another part of who you are, not the only thing people notice when they see you). And, remember, tall women are some of the most beautiful women in the world! Models are known for their beauty and elegance and are envied by many. Yet, more often than not, you can't be a model if you're short! :)

Amen wrote (January 23rd 2006)

Hey! I'm 18 and I'm 5"11-6ft. Trust me I've always hated being tall... it was like the worst thing (I thought) could ever happen to me! I mean your out with your short friends and all the guys just brush past you to get a look at them....my problem is that I always fall for guys who are shorter than me, sometimes personality can get in the way! I'm yet to go out with a shorter guy, don't think i will... EMBRACE your height! Its an advantage above the short woman, (who by the way HAVE to look up at us!) Tall woman are automatically perceived as ambitious,

confident and able! (we don't even have to say a word!) I learnt this AFTER I'd left school! Just bought my first pair of heels and I'm on my way to the club this Saturday, can't wait! World here I come! xx

Sarah wrote (January 22nd 2006)

I am 5'11" or 6'1" with shoes on. I have been told I am attractive and I have a slim build. I always get male attention and I am used to people telling me I am tall.. as if I don't realise it. It is so annoying I could just slap those people round the head! I am a nurse so I am naturally caring so wouldn't really want to hurt anyone! I have just walked home from a nightclub and I heard a drunk girl say... "is that a man in drag?" ...the first time I actually wanted to turn round and attack someone for being so horrible!

Lauren wrote (January 21st 2006)

Hey, I'm 16 and I'm 6'2. I don't really like my height because I don't like being stared at a lot and when I go to school I get teased quite a lot. But I have enough friends that make me happy so it's alright. I've only had one boyfriend who was 6'4, we didn't really hit it off but when we were together I felt at ease that there was some guy out there that was taller than me. Like there's nothing wrong with going out with short men but I just feel at ease with them taller than me. It's more of a security thing I guess but, yeah. Sometimes I have good days when I like my height, others I don't so yeah. That's my story and to other tall girls out there good luck and don't let it bother you too much!

Joerg says: Don't let it bother you at all! You're not too tall, it's the others who are too short.

Abigail wrote (January 18th 2006)

I am 17 and I am about 5'11" I have always felt insecure about my height. Being tall puts you at the center of attention whether or not you want it! This site truly is great though and looking at the tall celebrities and other women who still wear HEELS...motivates me to embrace my height. Can't change it so love it. Alloy.com sells jeans up to 38" inseam and the prices are fair. Catalog or web orders in the US!

Jenn wrote (January 17th 2006)

Beside some, I am very short. I am a fifteen year old girl who is 5 foot 10. It is a problem, because people in high school call me giant. This guy I like is shorter and he finds it awkward. 5'10 is tall for a teen girl. It's nice to see others who know what it's like and enjoy it

Alli wrote (January 16th 2006)

Hey! My name is Alli and I'm in 8th grade. My height right now is 6'2" and I'm still growing! Of course I play basketball and I'm really good. I mean really good. Anyway I hate when people just come up to me and say "You're tall" like I don't know. It gets so annoying. Another bad thing is the shoe size. I wear a 12! One of my best friends is only 4'11" and it's so funny when people think she is my little sister! Anyway, being tall is a gift and a curse but you can't change it so love it!!! (buy pants @ Buckle.com - they are expensive but last long and come in long x-long and xx-long!!!)

Nora wrote (January 12th 2006)

I have always been tall. I hit 6 foot before high school and my most recent measurement was 6'4". I am 18 years old and a freshman in college. I get a ton of attention because of my height and not all of it is good, but most of it is. Although I do wish I could be maybe a couple inches shorter, I would rather be tall than short! Only you can make yourself feel awkward, so just remember you are beautiful and have confidence.

Pauline wrote (January 10th 2006)

From the age of 11 I realised that I was always the tallest of all my classmates, age group and among my friends (I'm 5'11"). Some men thought I was a big girl so they were interested in me and some boys were attracted to me though I was taller than them. So I was called names and teased for not loving them. I'm 26yrs, I was born in Rwanda, a third world country, I never had opportunities because of being tall apart from being noticed by

everyone that I passed. I now have a two year old son who is already being mistaken for a four year old. I wish my son to have all the advantages of being tall here in England which is where I'm living at the moment. CIAO

Katherine wrote (January 8th 2006)

I've always been tall and have always been very self-conscious about my height, by the time I was about 20 I reached 6'2" (188cm) and even now at 40 I've never really learnt to live with it properly, I won't wear heels and always try to go places without being noticed - but saying that after spending years looking for tall men in my native UK I ended up living in Italy (the land of Midgets!) and marrying an Italian guy who's 5'8".... He says it was my height that attracted me to him (can't honestly say it was the same for me though!... sometimes I wish he could be just a few inches taller and occasionally when I catch sight of our reflections in a shop window I realise just what a strange couple we make... but then I just have to look at our gorgeous 13 year old daughter who's already as tall as her Dad and loves every cm of it and wants to be taller than me (!) and I'm as proud as punch!

Courtney wrote (January 7th 2006)

Hi, I'm 13 years old and I'm in the 8th grade. I'm 6'2 and I love being tall because all of the short people at my school have to ask me for help. I also love being tall because on the basketball court everyone is intimidated by me but sometimes being tall isn't so good because I can't find pants long enough in my size! I mostly love it though!

Saskia wrote (January 3rd 2006)

Hi, I am 14 and a freshman at high school. I am 6'3", I play JV basketball and I only got into the sport because people told me to use my height to my advantage. Aside from being tall, I am left-handed. I am sick of people telling me I am so lucky to be tall. I really wish people would let me be me. Just remember that you are better than them, because you don't tease them about their shortness.

Joerg says: If they're too hurtful tease them about their shortness. Give them a taste of their own "medicine". Or check out the [The Smart Remark Survival Guide](#).

Tara wrote (January 3rd 2006)

Hi, I am 25 years old and I have always been self-conscious about my height. I am 5'11", but my legs are what's really long. I was always teased in school because my pants weren't long enough, my shirts were too short, jackets didn't fit right, etc. Now that I am out of school and living in reality I am proud of my height. I get a lot of attention (good attention). But from time to time, I still get self-conscious - my husband is 6'0" so when we go out my heels make me tower over him. I know I shouldn't let it bother me, and people always tell me that I am so beautiful and exotic looking... but somehow I just feel different. I am not like "normal" people. I am now pregnant and it's like starting over in the clothing arena. My dream would be to open a clothing store for tall women... not 34" inseam tall, I am talking about 37" ...AND I WOULD SELL MATERNITY CLOTHES!!

Joerg says: Have you checked out Round Belly Clothing?

Breanna wrote (January 2nd 2006)

I am 16 and 6'3... not to mention I have a big frame... But everyone tells me I am beautiful and astonishing and when I walk into a room I own it. People are cruel and I have always caught crap about my height. People just don't realize that we are different. We are the super models and sport stars of tomorrow. Oh, to add to my height... I have red hair and green eyes. Haha, much luck and love to all of you!

Katrina wrote (January 2nd 2006)

Hi, I am 16 and in high school. My height is 6'1" and I am very proud of it. Initially I too had problems like at age 11 I was 5'3" and a 14 year old guy who was also 5'3" loved me a lot. We used to spend a lot of time together but separated after 5 months. Then after 3-4 years we met at high school and he was only 5'4" and I was more than 6'. He was so scared of me and my friends that he would not even come near us because he feared we would laugh at him. But I was not rude to him and one day he even asked me out!! I went with him and he insisted that I put on heels. During the date he was only up to my shoulder level. But till now he fears me

because he knows that I have a major advantage over him. So all you tall girls, its good to date short boys and so enjoy your life.

Tall Quotes 2005

Amy wrote (December 30th 2005)

I'm 14 and I'm 5'11. Most of the time I don't like it but I know when I am older I will be proud of my height. I try not to be embarrassed but it's really hard not to be when you are with a group of people who all average around 5'6. I wish I could be like that height sometimes, but then I know when I am older I will stand out from the crowd. I have 2 major problems with being tall:

1. I can't wear high heels which is a real shame as they flatter your legs! and
2. all boys (my age AND older) are short, or at least the tall ones aren't interested in me in the slightest.

It's easy enough for everyone to say 'stand up straight and be proud of your height, most people would die to be as tall as you' but in reality it's a lot more difficult than that. Please could I have any advice? And also, is it true that guys are intimidated by tall women and they prefer shorter ones?

Liz wrote (December 27th 2005)

Hey! I'm 6 feet tall, thin, athletic and 20. My boyfriend is only 5'9"! He loves it though and is always telling me how my "good genes" are going to help his family out. I've always been taller than everyone else (except a member of my family who is 6'11"). I love being tall. To all the younger girls who may feel embarrassed: Never fear, everyone is secretly jealous of your gracious figure!

Kemi wrote (December 24th 2005)

Personally, I find that being tall has extremely affected my life in every sense of the word and I often wonder if my life would have been different if I wasn't so tall. Ironically, I'm only 5'10 ½ but everywhere I go I get asked how tall I am, the first of the questions being: "How tall are you?", "You must be 6 feet something?" or "Do you play basketball?", "Why don't you model?". The worst thing is that everywhere I go I seem to be the tallest and always get a comment about my height, even in my work place the comments never stop! I used to love wearing heels and dressing up but completely let myself go due to the constant remarks I get about my height. All I wanted to do was be like everyone else and not be noticed.

However, recently, I realised that I didn't want to be like everyone else, it was just too boring! So I went on the internet and found a wonderful shop for tall women in London, UK: longtallsally.com. I went there and was so happy to see other tall ladies even taller than myself shopping there and everything I tried on fitted and looked fabulous on me!

The only problem I'm experiencing at present is to do with wearing heels. I find myself extremely self-conscious when I do wear anything with heels and tend to wear flat shoes only. I'd like to meet other tall women who are confident with themselves and can share their experiences as I know that this will help me.

P.S.: I find that guys rarely approach me, let alone ask me out! I don't know if they find me intimidating or if it's because of my height. I do get loads of compliments, but no one's really asked me out, that I liked.

Joerg says: Check out the Tall Persons Club of the UK and Ireland website!

Suzi wrote (December 23rd 2005)

I am 6 feet tall and I don't have any complaints about my life. I get asked about basketball and modelling et al but I don't think people ask these to irritate us, they are just plain curious. I had my share of nasty comments in my high school but who hasn't. It is a part of every teenager's life and blaming it on height to the brink of paranoia is just ridiculous. And if somebody says something bad I don't think he is worthy of any attention - about this topic of boyfriends: I never saw height as an impediment. I have friends of all heights and they behave just the same way as with others. Yes, boys have always felt a bit awkward to ask me out because they think that I will refuse them because they are short and trust me, boys are very much afraid of rejection. Just try to be nice

to them and do that extra bit to show them they are special and their height is no consideration and they will pamper you just like any other girl. And i hope you all will start enjoying life.

Brooke wrote (December 22nd 2005)

Oh wow, I'm soo happy to see that there are other tall women like me out there. It's so nice to hear that other people went through the same thing I did growing up. I'm 15 and 6'3". I always get asked how tall I am, or if I play basketball and volleyball... but I'm glad I don't play those sports. To me it just seems like it's a stereotype that tall girls must play those sports. But I must admit at times it can be tough being this tall but it gets better. It took me a long time to get where I am though, to love the way I am. I use to HATE shopping... especially when it came to pants and shoes. I just eventually gave up. But now I love shopping. I love going to look for pants that will be long enough for me. I love tallgirlshop.com and Alloy.com. Those are my favorite places to shop. Thanks soo much you girls for the inspiration and all. It's soo nice to read that other people are my height too. So thanks again!

Brooke

Kelsey wrote (December 20th 2005)

Hello All. So, I'm 20 and 6'1". I have not played basketball or volleyball since I was in junior high, but like many of you, I've been asked if I do many times. Throughout grade 9 and 10, I was hounded by gym teachers to play sports, but I was too busy with my other interests. I am obsessed with the performing arts. I dance, act, sing, and play the trombone. Musicals are my passion, but finding roles for a talented, yet extremely tall women like myself is a challenge. I am currently rehearsing for a production of Chicago, which is a show in which it can be an asset to be tall. I feel awkward at times when I have to be lifted while dancing with guys who are smaller than me, but I get over it. For me, performing and dance have been my way of learning to be comfortable with my body. I would strongly recommend that tall women who feel insecure with their height take dance classes, because they help you to carry yourself in a confident way, and to overcome the feeling of over-exposure that many tall girls feel. As far as finding guys, I do feel like the person who posted a few down from me about being told that I'm pretty, and should be a model, etc., and yet not ever being given the time of day by guys. I'd like to know what goes on in their heads when they see me. As far as a recommendation for clothes goes, I would recommend Ricki's, because they have "long" sized dress pants, and I get most of my pants there. I think that it might only be a Canadian store though. I think that learning how to sew is also an asset for any tall person. I think that being tall has affected the person who I am today in a lot of ways. I often try to think about how my life would be different if I hadn't always been tall for my age. It is part of my identity, and it is something that I enjoy and am proud of.

Jenna wrote (December 16th 2005)

Hello! I am only 14 years old, and I am 6 feet tall. Yes, it can be rather awkward at times, especially since I can never find pants the right length (by the way, if you have any clothing store suggestions for tall women, let me know! :P) but for the most part, I enjoy being tall. I know that one of the first things my father noticed about my mother (who is 5'11) is how striking her hight was. I've never had any mean comments made about my height, but i don't go a single day without, "why are you so tall??" or "do you play basketball?" and it can get rather old, but i always remember that as I grow older, my height will be more of a blessing, and I will be much more grateful for it instead of just feeling different.

Joergsays: There are loads of clothes links on the Clothes Page USA. Teenagers love alloy.com, Gap.com, Buckle.com, Parasuco, Lucky Brand Jeans, oldnavy.com and Metro Park (or so I've been told).

Candice wrote (December 15th 2005)

Hey Ladies, your comments are very helpful. I am 5'11 and have been fortunate to find clothes and shoes that actually fit. My problem is with men. People always tell me that I am very pretty and that I should model but men never talk to me. Instead I get the comments of "how big I am" Do any of you get that comment and if so how do you deal with it? Thanks Candice

Brittany wrote (December 11th 2005)

Hi, my name is Brittany and I'm 6'2 and 19 years old with a very athletic build. I wear a size 14 shoe, and about a size 11 pants. It's really hard for me to find clothes, shoes, and even shirts that fit me right. I was feeling down at first, and then I looked up "tall girl quotes" and I came across this website. I was 5'10 when I was in 6th grade and I didn't have any girlfriends, I only hung out with the boys (the only people that accepted me). Well then I fell in love with sports, I worked hard for over 5 years and I am now on a FULL RIDE AT CENTRAL MISSOURI STATE UNIVERSITY playing volleyball. Girls, I know it can be tough, but the people that say stuff about us, just wish they WERE us, models are tall, athletes are tall - who wants to be normal anyways. We can look over the crowd of "regulars" and realize that WE are the ones closer to the stars. CHIN UP GIRLS! LOVE YOURSELVES!!!!

Sarah wrote (December 8th 2005)

Hey! I truly know what it is like to be tall. I am 13 and in the 8th grade and I am 6-feet tall and I wear a size 12(mens) shoe. I can never find shoes that are my size in women's. I wear a 14 in women's shoe. I also have A LOT of trouble finding jeans... Oh ya and don't forget finding a boyfriend. I am taller than all of the boys at my school, but that will soon change! I use my height to my advantage. I am the tallest basketball player in my district. I am very proud to be tall. I thank you for having this website. I would probably feel different if I had not found this site. Thanks again!! I hope all the tall girls out there are confident!

Nancy wrote (December 7th 2005)

WHOA! I HAD NO IDEA SO MANY TALL GIRLS EXISTED!!! I didn't know that you girls have all been there: "you should model/u play basket-ball? / how tall are you? / no you're taller/etc..." Phase. I am 16 and I'm about 5ft 10 and 1/2. Whenever people talk about my height, it doesn't bother me unless it's strangers. I used to hate being tall so much that I'd cry about it. Now I am so confident about my height. I DO hate having to pay more money to get longer pants but PARASUCO & GARAGE have long pants and I love their styles. Besides, we look great on the beach with our long legs. I find some short women (no offense) who have beautiful bodies look like kids with boobs because they are not long and lean like we are! I wear the smallest heels because of guys. I don't want to be taller than them but most guys are tall and besides: everybody knows that a tall man is good :D!!! I have tall friends too but I am the tallest of my friends and to be honest I love the fact that I can wear flats and feel tall and beautiful and not have any pain in my feet. I am a size 9 in shoes but for those who want bigger sizes try going on google.com and entering shoes size: (your number)... Anyhow... Keep smiling and be proud of who u are! Guys who don't "like tall women" only say that because they have low self esteem! Who cares if we're 8 ft tall or 1 ft. Every height has its advantages.

Ashley wrote (December 5th 2005)

Hey, I have never written on this website before but I am 16 and I am 6'1 and I have been having a really hard time dealing with my height. People always say really mean things everytime I walk by and they tease me. I guess people think that you can take it when you are a tall girl but I really hate it. I am so sick of being treated differently just because I'm tall - it really shouldn't change anything. People call me giant dinosaur and just guys in general from my school always are mean about it. I don't understand why people can't just accept me and it makes it a lot harder on me when they don't.

Joerg says: I guess you have read all the uplifting quotes from other tall girls / women who have had similar experiences. All I can say is "Don't let these little idiots get you down. You're better than them. Maybe they're just intimidated by you because you kick butt (as they say in the US)... Well, I'm virtually smiling up to you. Stand tall and proud - you'll feel great and sexy very soon. Trust me."

Dominique wrote (December 2nd 2005)

I STAND 5'11, 19 AND THIN. i have had up and down feelings about it. My family has helped me to embrace it as genetics, the media especially modeling has made me embrace it as beauty, and common average people have tried to belittle my stature as a flaw. I have embraced all of the above because I have been genetically enhanced with a beautiful trait that is my tall stature and something that a common person knows nothing about or at least won't find out until they meet me. I believe I have a lot of things going for me and my height is simply a plus. Of course, during highschool, peers and anyone else w/insecurities has tried to degrade and alienate me but I never would let them, it only made me stronger.

Carrie wrote (December 1st 2005)

This site is EXCELLENT!! Very helpful to a 6' and still growing 17-year-old. I have never been ashamed of my height-my dad is 6'8" and I'm the tallest in my family after him. Yes, I get the jokes, the comments, the stares.

I sing in a mixed choir where all the girls stand in front of the boys on risers. I feel bad for the boys who have to see the director around me, but that doesn't stop me from putting my heels on for our concerts!

I have some really good, short, cute female friends, and they've told me many times that I get so much more male attention than they ever have.

So thanks for the awesome website, and thank the good Lord for making tall men for us tall women's dating pleasure!!:)

Caty wrote (November 24th 2005)

Hi. I'm 16 years old and about 6 foot 2 inches. When I was younger all the kids would call me a giant or something of that nature. I spent alot of time feeling sorry for myself during those years. However, I learned that people do mature and the name calling pretty much came to a halt. I would just like to say that I love being tall now. I don't wear heels because I fear if I fall it might be a long way down but I all in all im really comfortable with myself. And if you ever need a pair of good long jeans just go to Gap.com. They have tall sizes and they are gorgeous!

Samantha wrote (November 24th 2005)

I am 23 and almost 6'1". I have never posted something on a site before, but I have found all these statements so inspiring and they hit close to home. I was 5'10" at the age of 12. Being tall always makes you different, it makes you stand out, but my mum always told me to walk straight and be proud. Confidence always shines through. It is not easy though. It is not easy with men, or ever with friends at times. I am also overweight, but at the same time, this allowed be to be a plus size model wth a big New York Agency. Just last week I got called fat by a small small man and it hurt me like nothing else. Reading what all you women have posted here has made me feel so much better about myself. Everyone has their moments of doubt and weakness, but finding a forum such as this makes those moments shorter and shorter. Thank you all!!!

Alisha wrote (November 22nd 2005)

Hey.. I'm 19 years old and I'm 6'3. Growing as a child I really wasn't teased that much. I really didn't get teased until middle school. The kids would call me names and laugh. High School wasn't too bad by that time I had done got use to it and it didn't bother me that much. Now as a woman its hard to find clothes and shoes that fit. I'm glad that I found this website. I feel that I could relate to everyone on here. I haven't had trouble finding a boyfriend being that... I guess you can say that some tall people are attracted to tall people. That is not always true in some cases. I just want all the tall teens and women that we are SEXY. Some dudes like women with long legs!! We have alot more for the men to LOVE.. and more for the short people to hate!!! Love yourself, be sexy and Girl you better work it!!!!

Melissa wrote (November 21st 2005)

Hi, beautiful girls! I am 21 years old and 5'11. I hated being tall in middle school, and to make it worse, I weighed maybe 125lbs. I was teased pretty bad. That's o.k. though because men do like taller women (they think they are with a model!). Short women don't like us because our clothes look real nice on us. I love to wear high heels also (I just started to when I was 20). Just be happy to be tall. People envy us!!

Rebekah wrote (November 20th 2005)

Hi, I'm Bex. I'm 17 years old and I'm over 6ft tall. I have a message for the younger teens on this site: Don't worry! I promise you, it will get less of a big deal as the years progress. I used to worry I'd never get a boyfriend (now I do - not that it's the be all and end all of life!) and I simply adore being tall. Many people have said they're jealous of my height!! Stick with it girls! xxox

Kat wrote (November 18th 2005)

Hi! I'm 15 and I'm 6ft2 and ½. I used to hate being tall, but now it's great. Yea, A LOT of people comment on my height, but they are usually amazed at how amazing it looks to be so beautifully tall! My family and I went to a pub for lunch and we sat outside. I had to walk through the pub to go and find my Dad and I walked past a group of middle aged people who were blatantly drunk. I heard them laugh at me and whisper stuff like "oooo, she's tall". Anyway, after finding my Dad i walked past the group of people and a short man got up and said "you're huuuge" so I replied "only because you're short". The whole pub were clapping and cheering and I had a big grin on my face. Just remember to enjoy being who you are. It is hard to always be the head sticking out of a crowd, but that means you will always be recognised :D. Where can i can a pair of LADIES Timberlands in a size 9??? P.S. When I find trousers long enough, they're too wide!!!

Joerg says: You could try www.timberland.com but from what I can gather they don't sell shoes/boots in a UK size 9. Maybe you need to look at other brands.

Taneak wrote (November 18th 2005)

I am 30 years old (6'1)... some days I love being tall but I also have my bad days. The bad days are not as often now that I am older. But I understand the pain of going shopping and not being able to find anything to fit you like you want. Or just having people especially kids look at you like you are an alien. Sometimes I just want to fit into the crowd and not be seen. And of course their is the issue of dating. It's still hard for me to find guys that I do not intimidate. The really tall guys like the shorter women and the shorter guys love the taller women... I am still trying to figure that one out.

Katy wrote (November 18th 2005)

It frustrates me when people think just because you're tall that you're automatically outgoing and funny or something. I think this causes people to feel it's alright to approach tall people with questions or comments. They just think we can take it. After all, the only reason you wouldn't go up to an obese person and tell them they're fat or ask them how much they weighed is because you know they'd be hurt by it. People just need to discover that sometimes asking about OUR physical appearance gets old and it hurts. Ok, and by the way, 5'5" is the average height, right? So where's all the crap for the 5'2" people, or the 5'0" people. It's always us big 6' and over girls who get the comments. MAKES ME MAD!

Melissa wrote (November 17th 2005)

Hi, Ladies - it's me again. This will be my third time writing. I have read some of your quotes. I love the ladies that are proud of their Height. Ladies, I love my height. I am 5'11 ½. If you round that off I am 6'0. And yes, I do wear heels. I've never had a problem with getting a man. (Maybe a good man) I have had men taller than me and shorter than me. Tall ladies please stand up tall do not slouch, we look better in our clothes. By the way Make sure you dress nice. Look @ all the tall models aren't they gorgeous just to name a few. Tyra Banks, Naomi Campbell, Brooke Shields, Kimora Lee and there are so many more - I just can't think of their names. I think all the tall ladies should start a club ex. We should encourage one another. I think the girls that are more confident should help the girls that are not so confident. If any of you ladies are interested please email me melissa_m_simpkins@yahoo.com

Shameka wrote (November 17th 2005)

Hello , I am 29 years old and I am 6'4. I wear a size 12 shoe. I know this may sound weird but there are times when I forget just how tall I am. It is only when I see someone who is my height that I get reminded of how tall I really am. I must admit there are times when I wish I would have stopped growing at 5'11 (usually when I'm shopping) and then there are times when I love my height (at concerts or any crowded event). My boyfriend is 6'3 which makes me an inch taller than him and he loves it. I wear heels occasionally and I have to say that it makes you feel sexy when you have on a nice dress with heels. Here are some web sites that may help you when looking for tall clothes and shoes: www.tallandall.com, www.tallgirls.co.uk, www.longtallsally.com, www.designershoes.com, www.tallwomensclothes.com, www.aerosoles.com (up to size 12 shoes) www.ninewest.com (up to size 12 shoes)

I hope some of these web sites will help you especially the ultra tall girls.

Laura wrote (November 17th 2005)

Hello everyone. I am 14 years old and about 6'1". Of course I'm pretty self-conscious about my height, but reading all of your comments helps a lot. One thing that had bugged me a lot was finding clothes that fit well, but I FINALLY found some good sites! www.tallwomensclothes.com is wonderful for everything from shirts to shoes. Alloy.com is where I buy all of my jeans. 37" inseams & very cute too :)

Lauren wrote (November 16th 2005)

I've always been back and center in school pictures. I can't even begin to count how many times my height has been commented on. And I really wish companies would start making pants that were longer. I'm 17 and 6' tall. I love being tall most of the time, like for sports, and also I love being tall because it makes me look taller and thinner. My only problem is that I have a really hard time finding guys, who are my age, who aren't intimidated by my height. A lot of guys at my high school are a significant amount shorter than I am. I'm hoping that next year, at University, the guys will either be taller or more accepting of a slight height difference.

Melissa wrote (November 15th 2005)

Hi, my name is Melissa and I am 5'11 1/2". I am 30 years old. When I was in grade school I was never teased about my height - other things but never height. I always loved my height. Tall woman, we look better in our clothes. Stand up tall, don't slouch. Even if you don't have confidence pretend you have it. Make time for yourself, tall woman, remember we stand out. Get your clothes out at night make sure they look right on you. Please, tall girls - wear your heels they look better on us anyway. Remember don't slouch, stand up straight. Look your best!

Gwen wrote (November 14th 2005)

It is so nice to hear all the positive things that people are saying about being tall. I will not deny that it can be a challenge to find clothes that fit the way you want them to, but they are making that more and more possible. I have to think that the industry is finally catching up with the taller members of society. My grandmother always told me and my sister that we needed to stand up and walk proud because we were so beautiful. I am 6'4 and my sister is 6'5 and could not be more happy with our image. There are so many more things in this world for people to worry about, those who make comments or judge have got way too much time on their hands and are more than likely not happy with who they are. GOD made you the way HE wanted you. Be proud of that and stand tall.

Truddie wrote (November 13th 2005)

Wow! I have been feeling pretty down a little lately and self conscious about my body, height, and other things. Reading the testimonials by all these great women and teens who are still growing who have yet to experience things in life I have is unbelievable. I'm 5'11 and an African American female. I am a dark woman so I've been dealing with maybe I'm too dark and definitely too tall. I met a man that I really like that is very confident and we get along so well. He is barely 5'7 and treats me great. I'm 31 and you would think by now I would be over the self esteem bit but unfortunately I'm not. Seeing that there are as many women like myself out there is a big relief. I've always wanted to be a little shorter just a couple of inches is all. I wear heels all the time, I wouldn't dare of wearing flats out with my friends. Definitely a fashion no-no in my book. Thanks to this site here's to walking tall and being proud of it. Thanks for a great site to boost my self esteem!!

Rochelle wrote (November 11th 2005)

HEY, my name is Rochelle. I'm 16 and I'm 6'2! I love it soo much because I get people saying "you should become a model and "do you play basketball". It's so awesome, I reckon all you out there should be proud of your height... think of those short girls that say "I wish I was your height".

Deena wrote (November 10th 2005)

I accidentally found this site & wanted to say a few words to the younger women who are still in the 'I hate my height' phase. I'm 6ft tall barefoot, 130lbs & stopped growing at 15. My nickname in H.S. was Bean as in stringbean. Don't ever let somebody's rude remarks bring you down. The only people, male or female who make

jokes are the ones who wish they had what you have! GOD gave you what most people would wish for if they could change one thing about themselves - their height! I've been told this by many women & men alike who have made that wish!

Jacoba wrote (November 10th 2005)

Being tall and having an unusual name was always a double-whammy for me growing up, but it always intrigued people and was a great conversation starter! The best thing about being tall is going anywhere with my family - people stare in wonderment! My brother is 6'8", my dad 6'6", my sister 6'3", my other sister 6'0", my mom 5'9" (who used to be considered tall until we came along!), and I'm 6'1". All of us girls wear heels with pride! Who says you have to wear unfashionable shoes when you're tall??

Jessa wrote (November 9th 2005)

I was working on an essay that I was writing on being tall. Somehow I came across this website. As a matter of fact the person whose quote is directly below mine here on this page, Jane, is a good friend of mine and teammate. I am six foot one and I also have the same feelings about my tallness as Jane. We are both going to play Division I Volleyball next year and without our size, we probably wouldn't have been recruited. All of the years of being teased in elementary school has finally paid off! Go tall people!!!!

Jane wrote (November 9th 2005)

I am a whoppin' 6'3" and i have learned to be proud of it. One good thing about being extremely tall is that no one dares mess with me. I was the tallest girl in my school as a freshman! I am recognized wherever I go, and having bright blonde hair doesn't help my situation. People stare at me constantly, but I have learned to kind of like it. And yes, I get a MILLION comments a day, the worst being "Do you know that you're really tall?" I usually look back at them with a surprised expression on my face like I really didn't know, and say, "Really?" The best is when people ask me how tall I am and I reply with "190.5 centimeters." I leave them there doing the math. Once they realize that I deal with my height lightly, they start to treat my height like it is no big deal. I buy jeans at alloy.com, which not only has really cheep jeans, but also extremely long ones. In the end, I am happy for being so tall because I am now going to college on a full ride to play Division I Volleyball and I know that I would not be doing so if I were 5 inches shorter. Sometimes it is fun to take my heels out of the closet and wear them just to see the astonished look on peoples' faces :)

Laura wrote (November 8th 2005)

Wow. It's good to finally find out that there are so many more people that feel the same way as I do. I am 19, 6'2", and am fairly skinny. I have found that my whole life I was ashamed of my height and wanted to change it. However, just recently I have become more and more accepting of my height. I actually bought my first pair of heels this past summer. I have had so many of the usual questions such as "do you model" or "do you play basketball?" And yes, it does get annoying as many of you know. I have never had a boyfriend and I have been told that guys are intimidated by my height. Oh well... that's their loss, not mine. God has an amazing boy in store for me and I just have to wait for God to reveal him to me. Anyways... embrace your height, it is a gift from God. Stand tall. Your height makes you who you are. God Bless.

Heather wrote (November 8th 2005)

I'm 14 and 5'11" and still growing. It is kind of weird being around other people because they are all shorter than me. All guys are shorter than me also. My mom and me have to wash normal sized jeans and we cant dry them, then we have to stretch them. I'm also really skinny and lots of people say that i should be a model. They call me "toothpick" or "don't turn sideways or you'll vanish!", "Tree girl". All those comments get annoying after a while. My mom says that when tall people walk into a room they get noticed very easy, and they walk gracefully, very elegant. My mom is tall also, but I'm taller then her. Warehouse One just came out with LONGER JEANS and im soooooo excited to go and get some.

Suzane wrote (November 6th 2005)

Wut up, girlz... I totally know how all of you feel ... I'm 16 yearz old, Egyptian reppin 5'11 1/2". I always get the occasional "Damn, she's really tall along" with a whole other variety of unique/but hurtful nicknames. This is

somehin I already know I mean, dang, I have been 5'11" since the fifth grade. There's days where I hate my height ,n days where I love it... But, hey - I'd rather be tall and slim than short and stumpy any day!! (no offense to small girls)

Twyla wrote (November 6th 2005)

Hi, I am 25 years old and I am 6 feet tall. Like most of you I used to hate my height. Actually, to be completely honest, just these past few months I suddenly developed major confidence and self esteem. I used to cry myself to sleep at night. Now I love my life and love myself so much. What happened? I found God in my life. He has blessed me so much with confidence and I am so grateful. Yesterday I spent \$200 for high heeled shoes. No more flats for me!! Whenever I wear flats now I can hardly walk, but when I wear my 3 inches I feel barefoot! Keep your head up, tall chicks, everyone is special in this world (seriously) - don't let other people bother you! Obviously they feel insecure or they wouldn't have to make comments. Secure people don't, do they?

Jennifer wrote (November 6th 2005)

I find it so very frustrating to be tall. (6'5 ½"!) I have never had a boyfriend and just about every day I get gawked at and called horrible names. I have been publically humilliated so many times I have lost count. I hate to be so negative when evrything I have read here is positive, but very rarely do I have positive experiences where my height is concerned. Most days I would rather just stay inside and avoid it all. I am also a 100lbs overweight, so I feel like a freak of nature (I have been told that I am many times). This web site is the only glimmer of hope I have. I see that other women (even though the average is aprox. 6'1) are happy with themselves. I would love to be happy with myself, but it is hard when daily in some way by men, women and children alike I am made to feel that I am not ok, usually by a look, a stare, a gawk or some comment, innocent or not- and when I get mistaken for a man. I know it's got to get better. Thanks for this site and its positivity!

Becca wrote (November 6th 2005)

Holy crap! I'm so glad I found this site it was kind of a relief when I did. Anyhow I am 5'10 and I have ALWAYS dated the tall 6 ft and above guys who I thought were drop dead georgous! Anyhow recently I have been digging this shorter guy who is probably 5'7. The first thought that came to my head was "No way! He's way too short" but after reading all of this I'm thinking different. The only reason why I couldn't date him (in my eyes) is because he's shorter than me! Again I sound like another vain girl! Ok, so I'm going to overcome my fear and just go with it. I really like him, ya never know it might work out for me. We'll see! Wish me luck!

Aimee wrote (November 5th 2005)

Hey everyone. My name's Aimee and I'm 14 years old and 6'1. I hate my height and reading all of your comments really makes me feel good about growing up and maybe liking my height. Everyone calls me lurch because I'm 6'1 and I weigh 120 pounds. I put my height to good use - I play volleyball and basketball at my highschool.

Sara wrote (November 1st 2005)

Hello, ladies! I am 21 and I am proud of my 6'2"! There are many things that make my day miserable from time to time (shopping), but... BEING TALL MEANS YOU COULD NEVER BE AN AVERAGE PERSON! How many times people would forget who you are, what is your name... But they will always remember ,that tall girl!... And men would go crazy when you wear high heels - trust me :) There is nothing better than wearing high heels and knee-length skirt! I am not a model-like tall girl, but it is easier to hide some extra weight if you are tall. Ok, there is only a problem when it comes to guys... I kinda do not like smaller guys for being my partners. However, they are my good friends. And they respect me. And this matters.

Orlandrea wrote (October 24th 2005)

Hi ladies, I am 22 years old and I am 6'4" - 6'5". When I was younger I used to get teased a lot because I was different from everyone else. I grew up with 6 brothers so just imagine the tall jokes. Now that I am older I have grown to love my height. It has taken me so many places and allowed me to accomplish so many of my dreams and goals. I am now in college and I do play basketball. My height as well as talent has opened so many doors for me, that now it doesnt bother me when everyone stares and asks questions. I must admit that I have a hard

time finding cute clothing that fit me. I am very tall but I wear a size 7/8 so it can be tough finding jeans. If anyone has any tips then please help but other than that remember, God created each and everyone one of us; so no matter if you're tall, short, skinny,thick,or in between, God doesnt make no JUNK!!!!!!!!!!!!!! Continue to love yourselves as well as each other.

Jastrid wrote (October 24th 2005)

Hiya ! My name is Jastrid and I am 6ft1". I stopped growing when I was 11 years old. At one stage I was growing an inch a week which was VERY painful. I felt like a circus freak when the doctors would talk about my "condition" and I didn't particularly like being taller then my junior school teachers, let alone my peers! But now I am at college and feel ok with myself, I get strangers coming up to me and saying how much they wish they were as tall as me!!! One last thing, I had real problems with confidence and self esteem, but DON'T! Stand straight, stand tall and remember that more people think that you're beautiful than you know!!! And longer dresses ALWAYS look better on us don't they girls?

xxx Jastrid, 16, England

P.S.: I STILL wish I was taller!

www.monsoon.co.uk I find has STUNNING dresses which most of the time fit me. It is not a specialist tall shop but the occasionwear dresses are real head turners! Worth the prices.

Ellen wrote (October 24th 2005)

I love this website. I am 14 years old and 5'10 or maybe even 5'11. I have always hated my height, people always describe me as "the really tall girl". I'm pretty skinny too.. people tell me I look perfect... I don't think so. I wear size nine shoe and size 5 pants and I always have to buy a large in the tops I like because they are too short on me! Even though I'm skinny enough for a small. My mom is 5'9, my dad is 6', my brother is 6'5! I mean I don't usually FEEL tall either until someone points it out to me. It really bothers me when people tell me I'm really tall - I'm like "oh really?" "duh". I mean if I get to 6 feet tall I'm gonna cry but this site is really awesome. I know I'm not alone now. Any tall girlie wanna chat? Email Joerg so he can forward your emails to me. This site is awesome!!! :)

Melissa wrote (October 24th 2005)

Hi, my Name is Melissa and I am 5'11 ½" and I love my height. And yes I do wear my heels. People are so rude they ask me question like why do you wear heels. I don't care what people say I am going to wear my heels. I think this web site is great I think all tall woman should get together and compare heights. I think we should encourage one another.

Danna wrote (October 23rd 2005)

This is so neat to have a website of girls I can totally relate to!!! I am 15 and 6'1". Everytime I meet someone for the first time, their first question is the "Do you play basketball?" NO I DON'T PLAY BASKETBALL PEOPLE! But it just irks me so much how people just assume for us tall girls to play basketball. They almost get mad at me for it!! Ahh its annoying. Yeah I also get the all time famous "You're tall" or "Did you know you're tall?" Ummm...DUH. I get that question at least twice a day no kidding. And you know another thing that bugs me? When people don't realize that if you are tall, you weigh more. Like if I ever told a short girl that I weigh 170 lbs, she would be like "NO WAY!!!" and probably think that's a "fat" weight. Short people do not understand this and it makes me so irritated. You all can probably relate. Okay, I am done with venting. But I wouldn't trade my height for the world. I absolutely LOVE it. And it REALLY helps with my spikes in volleyball! :-)

La Tonya wrote (October 17th 2005)

My name is La Tonya. I am 15 yrs old and 6'1 -6'2 ft. tall. It has been really hard for me dealing with my height issues my whole life. Every day I am constantly teased about being "big" - the name calling is constant... everything from gorilla, shaq, godzilla, giant, and even being called ugly. Shorter people really dont understand how this can effect a taller person! Even though I am over six feet I am still very shy and sensitive about my

body image and I have never had a boyfriend in my life and i guess I start to say what's wrong with me? Am I ugly...? Even the taller boys turn the other cheek because they want a small, short and thin girlfriend ... everything I'm not. There has not been a day when I wish I was shorter or would just die

Joerg says: Read all quotes to get an idea how other tall ladies deal with their height. A lot of people lack sensitivity these days and they don't know how much harm they do by calling a young person names. Shame on them! I'll try and get you in touch with a few tall girls who may be able to help you. Please read the Tall Teens section as well!

Had wrote (October 17th 2005)

Hi! First let me start by saying that I am 6'3" and as many of you, I can relate to the fact that it is hard at times to find pants have long inseams. I just moved from NY to London, and the other day my friend who is very petite took me to a store called TOP SHOP, she wanted to go to the petite section, and she told me that they had a tall section. I am thinking to myself, I know what they are all about at the tall sections (usually their jeans are still too short). But Ladies let me tell you, the tall section at TOP SHOP is tall with capital T, they have inseams up to 38 and they got all kinds of stuff, dress pants everything that you can imagine tall so check out www.topshop.com. For shoes... I am not gonna lie, I love Payless, especially online. They often do have the latest fashions and trends in big sizes: Payless ShoeSource©. Friedman's Shoes located in Atlanta is another one, expensive, but they got some nice shoes. Hope that I've been some help. To all the tall ladies out there, we are gorgeous. So be proud!

Danni wrote (October 16th 2005)

Wow, this site is amazing! I always thought I was the only tall woman out there, but now I feel differently because I know there are other women my height who think in the similar way. Well, I'm 21 and 6'1. I think I stopped growing when I was 16. I used to live in Europe and I never really thought much of my height. People sometimes told me how tall I am and stuff like that, but it wasn't a big deal. Then I moved to Canada. My whole life changed. Whenever I went, people stared at me and told me how tall I was. I have to admit that this could be contributed to the fact that my new home had only population of 60.000, but I still didn't understand what's the big deal. One time, this girl started taking pictures of me. It was bizarre. For the longest time, I felt like an outcast just because I was taller than most of the girls. But as I grew older, I started to realize how great it is to be different. And I love it! I even wear high heels. :)

Nicole wrote (October 16th 2005)

Hi everybody. I'm 13 years old and I'm 6 feet 4 inches and the doctors tell me I could grow another foot. I love being tall. Everyone my age and even some older people have to look up just to see my face. It's wonderful. I wish I could be 9 feet tall. I can just imagine walking through the halls of my school and having everyone come up to my waist or lower. Ha.

Rach wrote (October 15th 2005)

I'm 16 and 6'2". For the longest time I always felt that it was bad being tall. But now, I'm so proud of my height, and not a lot of people are tall like me. It's cool that I found this site though because I always thought I was the only tall person out there. Now I know I was wrong. :) I'm glad to see that there are other females out there that go through the same problems I do, like being taller than all the guys and not finding pants long enough. It's good to know I'm not alone.

Jenny wrote (October 13th 2005)

I am 20 yrs. old and 6 foot 2 and I have learned to love it! Like many others I have been asked "Do you play basketball?" I have to reply I did but not anymore. At college I think everyday I get asked to question how's the team going". People definetely can pick us out of a crowd, but learn to like it! People actually notice us! Tall is good, and my 6'4" boyfriend loves it too!

Eileen wrote (October 10th 2005)

I am 38 years old and 5'10 ½. Growing up I also hated being tall. In grammar school I heard all the comments about being tall and skinny. My mother always told me how wonderful it is to be tall and that I should hold my head high and be proud. By the time I was 16 I realized she was right. When you are tall and you walk into a room confidently you stand out in a wonderful way. To top it off I usually wear heels. As for all of you out there that won't date men shorter, my first husband was 5'8. My present husband is 5'6 and the man of my dreams. He is also confident and secure otherwise I don't think we would have ever gotten together. To all of you: Stand tall and be proud!!

Star wrote (October 10th 2005)

Wow, I love all these comments. I am 16 and 5'11. I have always been tall ever since like...the 3rd grade. I do get made fun of sometimes, but I have that kind of relationship with a lot of people where we just make fun of each other out of fun. They will always be like "Okay Giant!" For some reason it doesn't make me mad anymore, like you know you have your ups and downs. But recently I have been feeling real good about myself, and I have talked to a couple guy friends and some are just intimidated by tall girls. I'm sure you heard that before. And a lot of girls say to me "You're so tall and pretty." I mean would you rather be short and fat? Just look at it like it could always be worse. Before I used to be tall, thick and ugly lol. Just keep your head up and walk like you're proud of being tall. And girls will envy you. And I do play basketball as a matter of fact, I've played on and off. It's an advantage in my school because we don't have too many tall girls, and I automatically make the Varsity basketball team because I'm tall. I don't even have to be good. lol. The guy I also love and is my best friend, is 5'7. I'm still self-conscious about that. lol. I haven't gotten use to it. I want a tall guy but you can't have everything right?

Renee wrote (October 8th 2005)

I'm 25 and 6'0" and have grown to like my height. I really think it is what makes me special. My husband is barely 5'10" and I have always been a little self-conscious of it but I don't think anyone else thinks anything of it. In middle and high school people would make rude comments and call me big bird and ask me if I played basketball but I would also receive comments from strangers who asked me if I was a model. I still occasionally get a rude comment but the nice compliments outweigh the rude ones. For all the girls still in school, just be patient...once you get to college you won't have ANY problem finding a date. I had both short and tall guys ask me out in college. Just remember to stand straight and look like you are proud even if you don't feel that way. There are so many beautiful celebrities that are tall (Tyra Banks, Uma Thurman and Brook Shields just to name a few). If you have trouble finding long pants, try New York & Company or Lerner's. They have really long jeans and dress pants. I buy all my clothes there.

Shannon wrote (October 7th 2005)

Hi, I'm 27 and have been 6'2" since 7th grade. When I was growing up, I quickly outstripped my brothers and stood taller than my dad at my sweet 16! I used to beat myself up a lot over my height, especially while in school as I was taller than all of the boys. The "big-bird" remarks and others really hurt... But now all these years later, I'm much more content with my height. I'm blessed with very comforting parents and a great man who loves me. My husband says I'm the most gorgeous woman to have walked to earth, and now-a-days, I'm just inclined to agree with him. :)

Leslie wrote (October 7th 2005)

Hey girls! I was 5'8" in the 5th grade! Can you beat that? lol.. but now I am 6'1" and 16 years old. I am loving it too! I constantly get comments and looks from the guys, haha. Of course it wasn't always like this. I went through my awkward stages where I had glasses, braces, was very tall for my age, and was just plain awkward. Now, I've definitely developed and grown into my height. So, since most of us here are tall ladies, I was wondering how many times you have all heard the questions, "How tall are you?", or "Do you play basketball?", or "wow, you're really tall"... it would be interesting to see the numbers you'll come up with. In fact, I don't play basketball. I am a devoted volleyball player. :) oh yeah, if you're looking for tall jeans or pants, look at oldnavy.com, Gap.com, Metro Park, or Victoria's Secret catalogs. I hope I was of help to at least one person. BYE! :)

Renee wrote (October 6th 2005)

Came across this site while attempting to find a formal dress for my daughter. She is 6'1" and a few months from her 15th birthday. All my children are tall, but the others are boys. Since she started school my girl has endured the "oh my gosh!!" comments too. It always annoyed me only because they stated it like she was some kind of freak. I, too, taught her to simply say "why thank you" in reply. She has become such a beautiful and confident young lady. Being in high school helps because people are typically taller there. Middle school is hard because most boys haven't reached that all important growth spurt. I was delighted to find this site. Our family enjoys our height.... just wish the women's clothes industry would catch up. Blessings to you.

Vicki wrote (October 6th 2005)

Hi guys! I'm really glad that I found this site! It's so nice to see so many positive tall women out there! I'm 23 and stand proudly at 6ft2, I've been this height since I was 14 and have only finally got used to the staring and comments! It does niggle me when people think they can just come up to me and make comments about my appearance, you know normal "my god you're tall!" I normally just respond with "my god you're tiny!" and see how they like it!! I think it's important that we all learn to love our tallness because we can't ignore it and hide away! I just wish there was a wider variety of clothes and shoes etc... does anyone know of any decent shops in London, u.k. that don't charge the earth for rubbish clothes???

Note from Joerg: Check out the Tall Persons Club of the UK and Ireland website. They've got loads of info for tall people in the British Isles.

Setsunna wrote (October 6th 2005)

Hi all, its good to know that there are women out there going through the same thing but for me personally it's hard. By the way, I'm about to be 22 Oct 16 and I'm around 5'11" and wear a US size 12 shoe and I do not like having big feet, no matter how well I take care of them and make them look pretty, they are big and I feel so OUT when I see my friends and other women wearing the sandals and sneakers I wanted to buy and can't either because they don't have ,em in 12 or I looked like a skier when I tried them on. I live in Orlando, Florida and I've been here for about 8 years and never met any women in my situation and it gets hard because the girlfriends I have are all average sizes in clothes and shoes... It's great to see a website wear other women like me exist but where are you women in person?.. I love what God has given me but the main gripe I have like some of you is clothes and shoes.... Most stores in my area carry up to size 10 in shoes so I'm stuck shopping at Payless and rarely having what's "in". And jeans go to size 11 and I am a 13 Long (long legs) in jeans so when an easter egg size 13 comes along I get it because I know it will fit despite the fact that the bottoms will be flapping above my ankels drawing even more attention to my feet. I know it's complaining but I love myself bottom line and I would like to know some women in real life going through this so I can shop with them and talk with them about it also because where I am in orlando, it feels like I'm a freak among petite women that where size 7 shoes and size 1 or 2 jeans And that is the size of my best friend by the way. I love my friends anyway and I love this site.. Thanks for giving me a place to vent where other people can understand... Love you all!

~setsunna

Caitlin wrote (October 2nd 2005)

Hey, I'm Caitlin. I'm 15.5 years old and I'm 5'9.5 (five-foot nine and a half.) My dad is 6'4 and my mom is 5'8, so I'll probably be about 5'10. I love my height so much! I'm hoping to be a model in about 3 years. Enjoy your height, there's nothing you can do to change it. The taller, the curvier, the sexier. Adios! -- Caitlin

Georgia wrote (September 30th 2005)

Hi there! I am 1,78m (5'10") and I have been dating a guy for the past 3 years who is 5 cm (about 3 inches) shorter than me. It's true I have been very self-conscious about the height difference especially when we walk down the street. We never hold hands, I feel that people are watching us. Unfortunately, I have been brought up this way by my family and this has created this psychological problem. I am now 29 years old. When I first met him, I didn't even consider doing anything with him - we were just friends. But, as fate has it, I got to know him & he is so great. Fun-loving, bright, sensitive, loyal. I have tried to get past MY insecurity (he is really comfortable with our difference & he even enjoys it) but I have my parents TOTALLY against our relationship. Actually, the whole family is really sad that I am with this person. I have been under a lot of pressure and I am now considering breaking up with him (while he's thinking of marriage!!) although I really don't want to. My

parents threaten not to come to the wedding (if & when we get married), they don't want to have anything to do with us & INSIST that IF i were to go ahead with this, they PREDICT my marriage would result in divorce anyway (but would also drag a couple of children into this situation) because I would not be able to handle the social pressure & condescending remarks. I don't know what to do. All I know is that my guy does not deserve this kind of behavior from my family, nor my indecisiveness. He should be welcomed with open arms in any family he enters... Any comments to help me out of this would be greatly appreciated. Thanks for this website, it helps to know I am not the only one out there.

Note from Joerg: If you want to give some advice to Georgia you can email me - I will forward your emails to her.

Maty wrote (September 28th 2005)

Hello, I am from Africa as well, I am 23 and i am 6'2. Wow, I didn't know there were so many tall women out there. Does some good to my heart! :) My biggest problem is finding jeans, or boots, cute boots, with high heels and everything. I wear a size 12 so you guys imagine the trouble I go through, thanks though for the website, hopefully we will be able to share some tips.

Maggie wrote (September 27th 2005)

Hey everyone. I'm Maggie and I'm 15 and 6'0. I'm also still growing. It really doesn't often bother me but only that fact that I am stiff growing does. It's so annoying when people come up to you and say "you're tall", but I usually shoot one back and say "hey, really buddy, I thought I was short". Then they just laugh and you can learn to also. But anyway it still stinks because I can never find cloths, everyone's shorter than me and I'm really lanky. But LOVE LIFE!

Kristy wrote (September 27th 2005)

Hi Ladies! I am 23 and 6'2". I was 6' by the time I reached 6th grade and I have always been tall. My sister (who's 13 mos. younger than I and 5'7") have a picture when I was 4 and she 3 and I am already towering over her! I used to DESPISE my height, but have found several tall friends (does it help that I live in Iowa?!) to share in the tallness. For many years I was the tallest in my district for basketball, but now I notice that more and more women are growing! It's fantasitic! Now I enjoy wearing heels and walking into bars, restaraunts, etc. just to watch people's reactions. Yes, I still get the obnoxious comments, "What, are you like 7 feet tall or something?!" I think what makes life even better is the fact that my best friend is 4'11"! We get stares, but we are amused. (She gets the same crap...imagine if people patted your head all the time!) I am grateful to have a loving mom who has always told me to keep my chin up and back straight! You do the same ladies.

Joanna wrote (September 26th 2005)

I just want to encourage all of the tall women out there who feel frustrated with their stature. I have definitely gone through my ups and downs concerning my height... (I am 6'1"1/2 and will be turning 19 soon) I had no idea there were so many other women out there who deal with this same issue... and for those who get asked "Do you play basketball" you can respond by saying "no, do you play miniature golf." I would advise you to say this as only a joke :) (I haven't used this before, but I read it somewhere and it has always humored me ;) Remember, Jesus has given you this gift - so stand up, roll those shoulders back and let your beautiful light shine.

Khady wrote (September 26th 2005)

I am a tall 30 years young african lady (6'3"). I have been living in the United States for 12 years now. When I was a teenager I was shy and I used to get teased a lot. What bothered me a lot was when people heard my accent they asked me if everybody in my country is that tall!!! Like if i come from a strange alien place... I've been married for 4 years and my husband is 6'6". We get stared at a lot and quite frankly we don't care. I do wear high heels and one day I kinda bumped into the metro door and it was kinda funny. Everybody stared at me and I looked at them one by one to try to intimidate them so that they would stop the staring. I am also lucky in a way because I wear size 10 shoes which is unsual for my height. I like this website and will be visiting more. I wished it existed when I was a teenager. Thanks for the initiative

Kamilah wrote (September 20th 2005)

I am 15 years old 5 foot 10.5 (still growing) and a size 14 (US 12). I was looking on your web site for clothes and came across this one. From just reading the first comment it made me feel so much better about myself. When I was little I used to get left out of games because I was too tall, but as I have grown up I have slowly but surely learned to accept my height. I have never had a boyfriend but am frequently told that I am pretty. I think a lot of boys (in my school anyway) are put off by my height. The tall boys I have known always seem to go for the short girls which always annoys me. Anyway, I just want to say thank you to all the other people who have submitted their quotes - it's nice to hear that other tall people go through the same things that I do!!!

Brandy wrote (September 16th 2005)

Hi all! Wow this site is awesome. I am 32 and 6ft tall. I live in New Mexico or as I like to call it the land of the little people. I hate bathrooms. It's so friggen uncomfortable to have to lean back and bend your legs and huch your shoulders and then HOLD that position while trying to rinse your hair. When my husband and I bought our first house we put a detachable shower head in, but I still have this fantasy of standing under YES UNDER the water. I would really like to take a hot bath without getting in the fetal position. I have heard every stupid comment in the world. My personal favorites are Sasquatch and the Jolly blonde giant. Oh ha ha ha ha. I have had people look behind my desk when I stand up and ask If I am standing on anything. Complete strangers like to comment on my height and then ask me questions about my genetics. I tell them that cigarettes and coffee stunted my growth. And women always always say they wish they were taller, like somehow saying that makes it o'kay to have verbally accosted a complete stranger in a public place. BUT...Everyone offers me the front seat in vehichles (leg room). THat's something.....right? Thank you for this website I laughed everytime I read something I had experienced before, it was nice. Take care everyone and remember you can always whistle that short people song by Randy Newman if you get too discouraged.

Aryn wrote (September 16th 2005)

I'm 16 years old and am currently 5'11" whether or not I'm still growing is debatable. Luckily I've never been seriously made fun of for my height which to me was never a big deal. I understand that 5'11" is tall but compared with some of you girls it's nothing! I am little bit different from the majority because I have always wanted to be taller. Weird huh? For me the biggest problem is shoes. I wear a size 14 women's and 13 men's. Try finding prom shoes in that size! It can be really frustrating when you have to wear men's tennis shoes every day. On the whole I'm extremely proud of my height. Looking around this site makes me realize how extremely lucky we are all! I hope this will make someone's day a little brighter! Always Aryn

Rebel wrote (September 15th 2005)

Helllloooo everybody, good grief I feel like the oldie here but it's ok. I'm 6'1" and I'm 43. I felt like I was the only tall girl in the world when I was in my teens. But we didn't have the lovely internet back then. Nice to meet you all!

Carey wrote (September 14th 2005)

I'm almost 16 and 6'1 and slender. Highschool is uncomfortable, whenever I meet anyone new they say the same thing... a remark about my height. After those remarks over and over again it gets tiring. But I would say that my biggest insecurity is finding a guy to date, I still haven't found anyone and it continually depresses me to see couple in the hallway with the guys being taller. Basically Im going through what, I never realized, many other tall girls go through. Slowly I think I'm dealing and this site has helped imensily. Thanks for all the wonderful advice!

Rachel wrote (September 7th 2005)

I am thirteen years old and 6'1". I feel very awkward especially since I'm taller than all the guys in my middle school. It is very difficult to be this tall, but this height makes me who I am. I am proud to be a tall woman!

Nicola wrote (September 6th 2005)

I'm nicola and I'm 6'3", just about to turn 18 and just coming to terms with the fact that I'M BEAUTIFUL! Being 6'3 isn't a burden, it's a blessing. Sure there are times of desperation when no one makes trousers with a 38" inside leg and just no one seems to understand the ,should I or shouldn't I' high heels situation. But no matter

how many unkind comments i have received and will receive, I have learnt to live with them. It's striking to meet someone tall and I suppose we should be glad that it's an acceptable thing to comment on, unlike other body ,issues' which people would avoid talking to you because of. Be proud of who you are, love the looks given by ,shorties' (a term I discovered today!) and when you're sat on that cramped bus sidesaddle or with your legs stuck behind the seat in front, just remember, we're not too tall, the world is jus too small for women and girls like us! Stay beautiful, and NEVER hunch over!

Joyce wrote (September 5th 2005)

Oh my gosh! I totally understand the feeling of being tall. Im a Asian (Spore) and being 5'11" ain't that easy. I really do get loads of stares from people everyday when I board the train. Especially in an Asian country it is so much more prominent to be so tall. But hey, that's what makes me special! :) I used to loathe it but grew to love it. All tall girls out there, embrace this special gift God gave you! Take care God bless :)

Nicole wrote (September 5th 2005)

Thanks for bringing up this website. I am 5'10" and while that may not be as tall as 6'3", I still have trouble meeting men, but I always meet short men. Sometimes I wish I could date taller men. I want that secure feeling, like wearing his clothes or having him carry me. but I can't do that. It can get annoying, especially when the really tall guys date the really short girls.

Angie wrote (September 5th 2005)

Hi girlies! I'm 13 - (I'll be 14 in a few weeks) and I'm 6 feet tall.

Sometimes people call me rude names about my height, but I know that they're just jealous. When someone comes up to you and says "woooow... you're tall..." just smile and say "thank you", because it is a compliment, and if the person didn't think so when they said it, they will after you take it as one!

I'll be going to high school in a few days, and I wanted to say thanks to everyone who posted on this site. It really makes me feel better about my height, and I feel really self-confident now!!! YAY!

love you all!!!!

Jenny wrote (September 4th 2005)

Hey guys, my name is Jenny and I'm 6'6". I live in australia and my height is who i am. I've come to except it and I love it. Soo many people always ask me "do you play basketball" etc and "wow ur really tall". Well, DAAA I'm 6 foot 6 - anyways I think this site is great. Keep it running for us tall people. Jenny xoxo

Catherine wrote (September 4th 2005)

Hi gorgeous tall girls!! I'm 37 now and have been tall since time began!! which was very unusual in those days - I'm now six foot and have been head and shoulders above all my peers my entire life. It has been uncomfortable being different is never easy - but now I realise I'm lucky to be tall. It's what gets me noticed and makes me different. I believe all the shorties now who tell me "I'd love to be tall" who wouldn't! Especially now when finally clothing and shoe manufacturers are beginning to realise we exists and make lovely things for us to wear. tallgirls.co.uk make a T-shirt with "No I DON'T play basketball" on it - and yes I've got one, isn't it funny that shorties can't think of another thing to ask us. I too now allow myself to wear heels, although to be honest I'd rather not - and does anybody else experience what I often do the dreaded everybody else is tiny/short night out - I hate that. Love your height ladies, everybody else does.

Heather wrote (August 31st 2005)

I'm writing from the perspective of a tall (5'11") woman who is 69 years old. The bliss of being tall when you are an "old one" is incredible. I hate it when today's tall—over 6'—young women look down at me! Just kidding. Had to sew all my own clothes, especially when we lived in Europe. Now when it isn't all that important to me—I buy all of my clothes and am so thankful I don't have to stuff myself into men's jeans. I had a terrific career in

basketball and now am writing a book about my adventures. Only tips I can pass on from my many years of height is: dress yourself from the shoes up - your feet will haunt you later if you don't fit them perfectly, never dress to disguise your height (that's impossible) and that being tall separates the men from the boys. My daughter is my height and my granddaughter at 12 is stretching for the stars and playing cool basketball.

Royalty wrote (August 25th 2005)

Finally, a site created just for me! I'm a 6'2" very feminine and attractive African American Fashion Model, Size 10 with a Coke bottle shape (stats: 35-26-40). As a teen, I didn't like being tall because of the constant teasing, hard to find clothes, didn't have friends, the stares and stupid comments from others. I used to slouch to avoid annoying comments and rude stares and would purposely wear too little shoes to make my feet look smaller (I don't recommend doing this, trust me bunions are not cute). NOW at 39, I love my height and I love the skin that I'm in. I wear a size 11 shoe, I own 182 pairs of 3-4 inch heels (all styles) and I let nothing stop me from wearing them. In my experiences with dating, a few of my dates stated that they were intimidated with my height combined with brains and beauty, so they chosed not to date me... LOOSERS! I'm extremely confident (not conceited) and I'm happy with the person that I've become. I had a beautiful wedding, my husband is 6'6" and we have a 18 year old son, who is 6'5" and a 13 year old daughter who is 5'7" (we think she's short compared to us). I don't care what people think of me anymore. It's their problem, not mine.... "don't hate on me because I was chosen for this special assignment by the Creator." I've come to realize that it takes a strong women to wear this height and I must say "I wear it very well." I LOVE MY HEIGHT and if I could do it all over again... I WOULDN'T CHANGE IT FOR THE WORLD!!

Marisha wrote (August 25th 2005)

I'm 16 years old and already 5'11"! But I love me height although it does have its disadvantages at times like finding a guy thats taller than you because most of them like the little short girls. When I was younger I often felt embarrassed and ashamed of my height but now I realize my height is beautiful and believe it or not alot of guys love tall chicks!!

Barbara wrote (August 22nd 2005)

Hello, beautiful tall people. I just stumbled upon this web site and read with so much interest all the comments you made about being tall. At my age 54 I should be well and truly used to people commenting on my height but it never ceases to amaze me that strangers think they have a right to make comments to you. When someone says makes a remark to me, usually something like ,God, you are tall' I reply ,your powers of observation are astounding!' which usually shuts them up and makes them look extremely stupid. I really doubt if anyone would think us sane if we went around saying ,God you are ugly, or fat, or thin or whatever'. My lovely Dad who was 6'8" used to tell me to stand up tall and be proud of your height, don't slouch(nothing looks worse)I was 6ft at 14 and I was unusual in those days, but nobody ever forgot me!!! I became a model and my height was only ever an advantage, nobody in this world is perfect even if some people think they are! Be proud of who you are and dont' let the b..... get you down!

Michelle wrote (August 21st 2005)

Yeah, I know exactly where you're coming from everyone. I just turned 15 a month ago and I'm 6 ft. I hate it sooo much - luckily for my grade 9 prom I found a beautiful blue dress that was the perfect length ... but the only jeans I can buy are mavi and their SO expensive and they don't even fit me the way I want! All my friends that are really short say they hate it but I know they love it cause there's all cute and stuff... and even if I did have a pretty face sometimes I feel my height is just soo ugly, but the thing is other girls that are tall - if they look confident it looks gorgeous. But I just don't have that self-confidence. I wish I did... So try your best, girlies and this site helped me lot. I know I'm not the only one with this burden :)

Jamie wrote (August 16th 2005)

I just found this website for the first time and I think it's amazing. I'm 24 years old and 6"2 and in the UK that makes me stand out. Just like some of you have said, I used to be very conscious of it too, however now I embrace it. It is difficult to get jeans and most of all shoes! but you shouldn't let it bother you.... if you want to wear heels DO IT! Go with the "who cares?" attitude. My friends know me as a person not as a "giant" and if others make nasty comments you should pity them, just look at them, smile and walk away.

Love to all the tall girls out there! We are not alone, just read some of these comments and check out some of the websites for clothes, I've just ordered loads!

Dawn wrote (August 16th 2005)

Hi there, this is a great site, Just knowing there are people out there with the same problems as me!! I am 6'1" and wear a size 9 shoe, but most of the size 9's that I find are too wide as I have narrow feet. Why is it that most shops that actually sell a real size 9 (43) only do so in a wide fitting? I am lucky that the Marks & Spencers Per Una range do a long which is 33" but if I want to wear heels, even they are too short! I have always towered my friends and was known as bigbird at school and hated it, but don't mind it now. I used to feel like the odd one out, until I went to a sale at Long Tall Sally and for once in my life, I actually felt short! Some of the Next range of shoes have come up big lately and I have managed to wear a size 8 and the 9 is more like a 10, so this may be of interest to some of you, also if your lucky you may find these in Choice the ex Next shop if you have one near you. I just wish more shops catered for us taller ladies as whilst in London today, my feet were hurting me and I couldn't find any shoes to fit me yet my mother had no trouble finding a size 8 and came home with 3 pairs! If only the shop assistants wouldn't treat us like freaks! Oh well, that's enough moaning from me, your probably thinking by now "doesn't she go on and on etc"!

Remember you maybe tall, and they may say that all good things come in small packages, but then so does poison!!

Be proud of your height, average is so Boring.

Lina wrote (August 16th 2005)

Like all the below comments I can relate. I saw the site and I was like holy moly. I'm 15 and 6'1 ahhhh. I've read the comments about how I should embrace my height. I have been tall since I was born and I was the lanky kid. I get people who say I look like a giraffe and "how's the weather up there", "do u play basketball?" BLAH. I don't wear heels but I never really had to. Now I'm not so lanky and trying to fix my bad posture as I always used to slouch. I stride through malls etc. proud of my height so all those talls girls out there that are 15 or whatever that are tall ignore the short and keep walking.

Steph wrote (August 16th 2005)

Hey, I'm Steph... this is pretty awesome... like I didn't realize how many tall people felt the way I did... this is an awesome site. I'm 15 years old and I'm almost 6 feet tall... it always bothered me because I'm, taller than all my friends and I would always get comments like "Ur a giant" or "Ur a beast", "You're huge" - things that would make me feel like this fat towering monster but I figured that if I stayed athletic and skinny my height would be attractive. I still feel insecure about my height now and then but I just got invited to Philly to do get checked out by some modeling agencies. I'm real excited and it kinda makes me feel better about my height. Modeling is a great way to feel good about ur height. Feel free to comment me back. I'd love to hear what you have to say.

Amanda wrote (August 15th 2005)

Hello all! I'm 22 years old, and 5'11". I absolutely LOVE being tall! Clothes always look great on me (although finding the ones that fit just right sometimes proves to be a little difficult) I was always super self concious of my height during school, but all those silly little comments people made don't bother me anymore. I've always been super thin as well, so people always thought that I was fragile and delicate... Hah! Not so! I joined the U.S. Air Force (believe me, basic is no cake walk!)and I couldnt be more proud of myself! Funny... seems like after high school, guys suddenly dont mind that you're taller! Never had a date until after high school... now I've lost count!

Tina wrote (August 12th 2005)

Hello everybody =) I'm from Norway and I am 6'0" . When I read about all the comments many of you have gotten because you're tall I can only say that I have been lucky. Yes, of course people comment it alot. But I have never been called stupid things because of my height. I don't know why, but maybe because I have always been hanging out with the "right" people at school? But whatever, all my girlfriends are short and I am taller than most of the boys. If a guy likes me, I pull away because I am unsecure. I can't count how many times I have been up all night crying over my height.

But now I,m going to try to be proud of my height and if people say something to me about it. Screw them!!!!!!
When I'm out shopping, and I'm taller then everybody else in streets I am going to butt one a smile and be happy.
=)

Okay, I know my English is not so good but hopefully you can understand some of it ;)

lots of love

Carolyn wrote (August 11th 2005)

I'm 5'11" and never thought of myself as tall until I entered university. My mother is 6'0", father is 6'5", ,little' (read: younger) sister is 6'2", and ,little' brother is 6'4" and growing! They call me the "little one". I've never been self-conscious about my height, but love it! I sew, so I let out my own hems or add trimmings to pants so they're long enough. Also, Gap.com recently added an ,extra-long' option on pants on their website which feature inseams of 36-38" on jeans, cords, and dress pants.

Cariel wrote (August 10th 2005)

I've had similiar experiences to many of the women here. I've been just over 6ft since I was 16 (now in my early twenties) and even today people ask me almost every day of my life "How tall are you?" "Do you play basketball?" "Do you model?" It's creepy when people you don't know come up and ask you things like that. I wonder if there's a t-shirt somewhere that reads ,I'm not Tall. You're short.' Honestly! The next time someone asks me, I'll ask them: "How tall are you? How much do you weigh? What's your ethnicity? What religion do you practice?"

I don't want to be short. I like my height, but I don't enjoy constantly being asked about it. It also stinks that it's difficult finding trousers long enough and shoes big enough. Why do they make such high-heeled shoes for the larger sizes?

Becky wrote (August 10th 2005)

I am 21 and 6'1" - I have never really had a problem with my height although I do find it slightly wearing when people make constant comments about it... Strangers in the street will stop me and ask how tall I am!! I find it strange that noone would ever ask a really short person " My god! How SHORT are YOU!?!!" I guess this just goes to show that people think of height as a positive attribute..Girls, we are fabulous!! Forget those haters (who are generally, it's got to be said, short men who are intimidated by tall women!) and enjoy being different.

Rachel wrote (August 8th 2005)

Hey guys. I'm Rachel. I'm 6'1... and I feel like I'm at some type of AA meeting... hehe. Anyways I just wanted to say that the next time I walk past a group of people and, after several doubletakes, hear "Oh, she's tall!" I think I am going to say "but not deaf!" and give them a pointed stare.

I'm so bad. =)

Alexia wrote (August 6th 2005)

Hi I've always been taller than most of my friends and I Hate it. I have a friend that's 5'2' and acts like she's so cute she constantly talking about how cute shorts girls are and how men love short women. I'm 6'1" so it's a big difference. I know I shouldn't care what she thinks but I hate being tall. I hate when shorter people ask me to get them things down for them because they can't reach. I hate going to clubs and Men are shorter than me. I hate not being able to wear cute high heel shoes because I'll be even taller. I hate being tall help!!!!!!!!!!!!!!

Lakshmi wrote (August 5th 2005)

I stumbled upon this site today.Wow! I never realised there were so many people with the same experiences as me. I'm Malaysian Indian ,32 and 5'11 ½" which is ,I suppose, highly unusual in Asia. I hated being tall when I was younger.Yes, I received all the usual comments about the weather up there and how I would be a great

basketball player. I do not play basketball. Hate it, in fact. I only started appreciating my height after I went to University and started getting to know other students from around the world who really admired me for who I am. I still get comments every now and then, sometimes really annoying ones but I couldn't care less. I'm a doctor, doing my Masters' in Anaesthesia and wear 2 to 3" heels every day and absolutely love my height. It's what makes me special! They're just jealous, cos they can't be me!

Tynia wrote (August 4th 2005)

Hi, my name is Tynia and I'm 14 soon to be fifteen (Aug. 14th) and I'm 5'10. I LOVE IT!!! Most of the time because I get ALL the attention at the mall and on the streets and wherever I go. I'm no Tyra Banks but I have confidence when I'm in public. Sure I don't like it when people ask me "So do you play b-ball?" or "Why don't you model?" It's annoying, no lie, but I love the idea that people think I can do all these things just because I'm tall. I wear heels to church and outings and banquets but that's it because, well... I'm only 14. LOL - But it's okay to all those peeps that think tall is "weird", ITS NOT!! I LOVE IT AND YOU SHOULD TOO!!! Think about it... why would you want to go unnoticed? Not be the center of attention? And not special? That's so boring so be happy and be TALL! LOL - it's a real BLESSING! Well enjoy life and your legz. Cuz I'm a happy black tall princezz and proud of it!!!! LOL

sM00chEz Tynia

Kay wrote (August 3rd 2005)

Well I can't begin to explain how much my height controls my life. I am 5ft 10/11, nearly 6 ft, very slim and so sometimes I can appear lanky if I don't wear the right clothes. The thing that gets me the most about my height is other people's comments, such as "do you live in a growth bag?", "you're really tall", "giraffe girl", "eiffel tower" etc. - they are endless. These comments are so hurtful and I think this is the reason why I am so conscious about my height. It is true people do not think before they speak and they really should. Somedays you'll wake up with a smile on your face and go out with a smile until one comment about your height ruins the whole day and brings you down. I know I should rise above these comments but it really is easier said than done. I will never accept my height but at least I can take comfort from others through reading this website and for a few minutes I can be proud of my height.

Jen wrote (August 3rd 2005)

Hello all...I just turned 26 and I am 5'11" and I have been hit with all of the stereotypical remarks...you must be awesome at basketball and I was even told I look like one of those chicks that would play softball...so whatever that meant, that guy got slapped with a how's the weather down there... In high school it was really hard, because I never wanted to be the protector, so I never ever dated boys that were shorter than me and if I did it lasted from homeroom until the last bell rang for the day. I have stopped trying to find a man who is decent and over 6 feet...any that I ever did find were just not attractive to me or they were too lanky or just what I like to term as being "off." My current boyfriend is a little over 5'9" but he is stocky and lifts, so most people think that we are the same height. My sister who is 1/2 an inch shorter than I am, is with a man who is a little over 5'6" and thinner & you would never know the difference. I give them so much credit, because they walk around affectionate and without a care about what people around them say. Funny thing is the ONLY people who make remarks are single...so in reality what the heck do they know.

I think that the hardest thing that I run into being a tall attractive woman is being taken seriously...I am not one for compliments, and I don't like when men think that I am a body. I don't appreciate being drooled on because I am tall or because I dropped a couple of pounds, I don't dress for attention, I dress for me...I don't flirt with men that I don't know and I don't draw attention to myself in any way...so why is it that men think that when you drop a few pounds or have a slimming shirt on....that you are doing it for them? that you are shouting out to hear how they feel about it? I don't look at men and say hey baby, you on a diet?!?!? hey baby, I like that shirt!!! My new term is "WHY?" I know that I am tall, and I know that I am half decent...I also have a BRAIN...so how do I walk around, content with myself and how I look and remain proud of who I am...when men have such an issue accepting that tall, attractive women can also be smart.

Di wrote (August 2nd 2005)

I am 5'10. I only minded being tall in junior high when the boys were shorter. As a kid I loved looking older. I could get into bars when I was 15! I have always had good posture and people often say that they have seen me somewhere before. That's only because I stand out. I once wore platform shoes and turned down a tall guy to dance with a little guy because he had the guts to ask me. Being taller works in your favour. Someone said to me that I 'look like a somebody'. I haven't had trouble finding clothes for years. I am a slim person so I can wear anything. I get lots of compliments. As for people's comments, most just don't think, admire you or go around making comments about people who use wheelchairs, etc. Forget about it! I know its tough for young girls, but hang in there because when you leave those immature idiots behind you'll love being tall!

Haloe wrote (August 2nd 2005)

Howdy, being tall can be a wonderful thing depending on where you live. I have lived all over the US and being tall has always been good other than when I'm in the northwest. Aside from being a minority I'm also 6'3". I know being tall is a great thing to be, but I am really having a hard time seeing that at the moment. Perhaps I will pack up my things and move out of this one horse town, even though I love the mountains I think they are the only thing here that is taller than me. I do love my height. wouldn't have it any other way, but it can get a little lonely up here sometimes.

Kristen wrote (August 1st 2005)

You know what I use to hate being tall (5'11) as well because I was never interested in dating shorter guys and I am taller than most. I felt that way b/c I felt like I would be the one to protect a shorter guy. I know it sounds kind of funny, but oh well... however, I did wait and found a taller guy, that I absolutely adore. But I too have been approached by several people and asked if I play basketball. I mean that's a cool remark to make if you are in that sport, but it's quite annoying when they generalize just because you are tall. So next time someone approaches one of you and says "You're really tall, do you play basketball?" Say back to them "You're really short, do you play miniature golf!?" And add in "Don't ya love the stereotypes?" and then walk away! Trust me that will be the last time they make that remark, trust me I have used it and it works.

Sonya wrote (July 31st 2005)

Hello everyone! I am 6'3 and 24 yrs old. I used to have trouble finding jeans, but there is an answer: Please visit alloy.com - they have inseams up to 38" and a ton of sizes, from 1 to 25. You will love it! (look under ,shop' and ,denim')

Added by Joerg: Gap.com and Buckle.com also have jeans with long inseams.

Alex wrote (July 30th 2005)

Hey everyone. I'm still in high school, but I have the most wonderful guy ever. He is shorter than me, but who cares. I know a lot of people at our school get a good laugh out of us, but neither one of us cares. Being tall use to bother me, but oddly enough, since we started dating I just don't care. I'm almost 6 foot and he's like 5'6". He's wonderful, and I'm glad I didn't close myself off just because I'm taller than him.

Maiko wrote (July 29th 2005)

I'm 15, and I don't really keep track of my height. All I know is that I am very tall. When I started highschool, I was the tallest in out batch. That remained unchanged until I reached 3rd year highschool. Now, three guys from our batch are taller than me. I am proud of my height. Although it is quite abnormal to be about 6' at the age of 15, it's quite fun. I tower over almost all the people. I see over their heads. The best thing about being tall is that I can reach higher than anybody else. But then there are also some disadvantages to being tall. Like once when I was strolling around the mall then suddenly a guy approached me if I played basketball. I've been through very many encounters like that. I've been interviewed by several cashiers at the counters, sales ladies and sales men, and very many unknown people. But still, I love my height...even if I'm taller than almost all of the guys in our school.

Jess wrote (July 28th 2005)

It's July 28 and I just found this site. I'm 6' and 17. After reading Vanessa's quote who's 6'0" and 18, I almost cried because I relate to you in every way! I also hear that I'm pretty: "why don't you have a boyfriend?". I feel obligated to play basketball b/c of my height even though I'm not that interested. I am a military brat and I never really had a problem with my height until my family was stationed in a small town in AL. I am a senior in high-school and my peers definitely don't think tall is a good thing and I never hear the end of the jokes. Lately my insecurities have been the only thing on my mind. I even start crying because I am getting so ashamed of myself. This site is the exactly what i needed!!! My dad always told me that shame never creates change and after reading this site I finally understand. Although it's going to be a long process. With the help of this site I think I can learn to be proud of the skin I'm in!!!!

Caitlin wrote (July 27th 2005)

Hey I am one of those tall girls that got lucky. I started to model but I gave it up for basketball because I wanted to do something fun in life and in high school... I am 6'3" without shoes and I am 17 but I wear only a 11 shoe! just like the other girl that posted a little bit under me and I am going to get my college paid for to go to a D1 college because I play basketball...all because I am tall and I am good!!! I cant say I get down on my self for being tall because I know that I cant change it and to the people that dont appreciate me for how I am I pay them no attention because if I worried about all the people who worried about me enough to talk about me I wouldnt have time for all the good things in my life! I am so glad there are sites like this p.s. my best friend is 6'5" so try seeing us together in public...you cant even count the amount of stares and whispers!!!

Diane wrote (July 26th 2005)

To all you tall ladies who are looking for a man: just keep looking, he will show up! I was single until I was almost 39 - really down, living in a small Southern town and hadn't dated anyone for a long time. One day I met my husband - in the city library of all places! We're dead even in height (both 5'10") and I love that we can exchange clothing, even shoes (I wear a size 12 in womens). It took me about a year before I would wear high heels, but he told me he really loved being with a taller woman. The only thing I dislike about being tall is finding shoes - a size 12 shoe is not easy to find when you live in the sticks. Thank goodness for the internet. Several have said it here and I'll say it again: just wait, you may not appreciate your height now, but you will! Walk with pride, you're in mighty good company.

Heidz wrote (July 22nd 2005)

Hey. I have been so insecure about me height, until I started to play volleyball. I am now being looked at by Div. 1 and Div. 2 colleges!!! I guess being tall can have its advantages. But for those of you that don't play sports, maybe think about joining a pilates or yoga class, which will make your long lanky legs and arms and make them toned and sexy. (I think that those classes really helped me tone up, because I was otherwise very skinny and lanky. I guess I still wish I were shorter, but there could be a lot worse things than being tall. Like..... you could be 4'10 LOL By the way, I'm 6'3 without my shoes on and am 17 years old.

Malisha wrote (July 21st 2005)

Hi, I am 17 years old and I am extremely tall I am not sure how tall I am but I would guess about between 5'11 and 6'0! I have my good and bad days one day I hate the fact that I am tall and then another day I feel strong and beautiful. Your website is an inspiration and comforting to know that I am not alone. So keep it up THANKS!!!!

Emily wrote (July 15th 2005)

Hey! I just found the website and I really like it. I haven't been tall for all of my life. I think Jr. High was the start of it all. I went from being 5'4 in 6th grade to being 5'9 in 7th. The next year in 8th grade I grew to be 6'. I know that I'm not as tall as some on you... but for 8th grade I'd say thats pretty tall. Let me tell you that I absolutely HATED my height. I was taller than all of the guys I liked (Some things never change).I did play basketball, but I lacked coordination. I felt like I was always letting people down. I decided to just keep playing because I was having fun, and freshman year I suited for varsity at my high school. I am now going into my Sophomore year in highschool, I'm 6'2, and I guess I'm still growing. Don't slouch because you're tall. If anything you should stand taller. And all the short ones that make fun of you are just jealous that they're not as tall as you. Just remember that and never let anyone get you down because of your height. Emily

Rachel wrote (July 15th 2005)

It can be hard to get a good sense of self when tall women examine themselves through the "lense" of short people. I say this because I often get digital pics sent to me taken by friends where I feel all my height insecurities creep up. Please remember tall women, that a good picture of yourself should also be taken by a tall person! Seriously, I think so many tall women are ripped off by being photographed by short people!!!! I say this because how often do you begin to accept your height and then think you look "bad" in a photograph. For me, my height is intimidating and exciting at the same time. I am 5"10 and usually wear 3inch heels when I go "out" or to work. Tall = sexy....ohhhhhh yes it does.

Michelle wrote (July 14th 2005)

Are any of you aware of how much men like tall women? I can see it being hard in high school but everything seems to be hard in high school. I don't think this site is very helpful. It seems to be making tall stranger than it is. Some people are tall. Some people are short. That is all there is to it. Here is something that might interest you:

http://www.askmen.com/dating/doclove_100/144_relationship_expert.html

Linda wrote (July 13th 2005)

I'm 19 and 6'5. My dad is 6'11 so I was destined to be tall but I'm still learning to deal with it. I own one pair of jeans in a 38" inseam size 12 waist and a couple pair of heels that I've never worn outside my room. I'm a manager at a movie theatre and I can't find one pair of black dress pants, or a bussiness jacket that actually fits so I'm forced to wear skirts everyday. IT SUCKS! I love this website but I wish I could embrace my height like you strong women out there. I will definetely be returning to this website, and hopefully over time I will be able to overcome my self concious issues. Thanks for all your support.

Qiana wrote (July 12th 2005)

Hi everyone, I am a statuesque woman also and I am eager to see and hear from everyone of you. My business partner and I have started a few fashion ventures. We can be reached by email at ShuflyProductions@yahoo.com for further information, our website will be up soon. We are looking for design houses who outfit the statuesque. I do understand that some women custom make their clothing, but why not have boutiques to shop also. We are in our late twenties and we LOVE fashion, like all women. So, no more sob stories ladies, lets embrace what God has blessed us with and let us make changes in this "war of clothes". We will be reaching women nationally and internationally. We are not here to bash the designers for not catering to us, we just want to make it known that women are growing taller each generation and we just want the love too. Please feel free to contact us by email anytime, again look out for the website very soon.

Shani wrote (July 12th 2005)

I was raised in the DC-area, and I never really got teased in school about being tall, but I did get teased about being thin. Like some of the posts said, some people don't even realize how hurtful or redundant the comments that they make are. I am 5'10, and everyone in my immediate family are about the same height, but everyone seems to notice my height the most, I guess because I'm a female who happens to be tall as well as thin.

Growing up comments about my height didn't seem to bother me; it was just the comments that people in my extended family made that hurt the most. There are worst things than being tall. I am just grateful for my health, and believe it or not, the older you get, the comments may lessen, but they don't seem to stop.

Just have confidence, because shorter people can be self-conscious about their height too, some short people may wish they were tall (that might be why comments are made to those of us who are taller, in some cases call it "height envy").

Jewel wrote (July 9th 2005)

Hi everybody. It's strange to see how many of you have the same problems as I have. I too have heard all the tall jokes: Being the 1st to know when it rains, being related to a giraffe, tall glass of water, Amazon women. And

why do all tall women have to play basketball? You wouldn't want me on a court. I'm 30 now and around 5 ft 10. The only thing I hate is that the cheaper cute jeans are too short. I don't want to pay for 3 inches of pant. I love wearing heels when I'm by myself or with someone taller, but I hate wearing them when I'm with my shorter friends. Over the years, I've grown very fond of my long legs. I realize that I just didn't want to be tall, I wanted to be fine. So, I put on a little weight. I got some hips, and a butt. So, I think I'm fine! :) You can't do anything about your height, but you can accentuate what you have. If you are overweight slim down. IF you are underweight eat a little more. Be proud of who you are.....A beautiful woman who was blessed with long legs. And, for all you short people out there....don't keep reminding us that we're tall.

Tammy wrote (July 5th 2005)

Hey, I'm 18 and I'm 5'6". I wish I was taller. All of you women on this site are sooo lucky. Short people want to be tall and tall people want to be short. But tall people should really wanna be tall, because when I look at someone short, I just see a person, but when i see a tall person, I see a bold, gracefull, beautiful woman. Be happy you're tall!!! *Tammy
P.S.: I constantly wear heels so I can be tall like you all!!

Rene wrote (July 5th 2005)

Unbelievable. I cannot believe I stumbled upon this site! I am close to 6'0" and have been that way since 6th grade. Middle school and high school were hell when it came to my height, and some of the very same problems have continued to present themselves even now that I am in college. It wasn't until this past year that I said, "screw it. I like my height". I now allow myself to wear heels. My biggest insecurity had been with guys and being taller than the majority of them. I am slowly learning to embrace my height instead of view it as an outcast trait. I am so glad to see that there are others out there that feel the same way. **Teri wrote (June 29th 2005)**

What an interesting website!! I wish I had seen something like this when I was 16 or so. I am now 47 years old and 6'2" tall. I love it now, even though I struggle to find long jeans and pants that are affordable. To all the younger girls that are still struggling with their height - just hang in there and try to enjoy being able to see over everyone in a crowd and watching everyone's faces when you stand up from a chair! If you look at it the right way, it really can be rather funny!! I have been married for 25 years to a wonderful man that is 6'6", and we have 3 children - a 20 year old son that is 6'7", a 19 year old daughter that is 6'1" (and doesn't hesitate to wear 3" heels!!), and a 17 year old son that is 6'6". We create quite a stir when we are all out together!! I met my husband because of our height!! His roommate at the time saw me out with some friends, and told me that he had a perfect guy for me! About an hour later, I saw a wonderfully handsome, very tall man walk in, and I knew that he had called him! We were introduced, and the rest is history! Being tall isn't always the easiest thing to deal with, but, once you're comfortable with yourself, it's hard to beat!! For those in the United States - try to think of yourself as a "Long Stemmed American Beauty"!!!!

Ashley wrote (June 26th 2005)

Wow, I can't believe there's a site for tall women - it's so amazing... Although I wouldn't really call myself tall anymore (5'7) I know exactly what you guys are talking about. I have been the exact same height since I was in the fourth grade. That is when you are just finding yourself ... which unfortunately gave me a very low self esteem. Nicknames like jolly green giant and what not are so hurtful at that age especially when you are looking for acceptance so desperately. However I am stil taller than most guys my age and I love it. I have finally excepted my height and I have never been happier and seeing all these wonderful messages from you great women who are so much taller then me is so inspirational :)

Anna wrote (June 26th 2005)

I came across this site by accident as I was looking for sites that sold trendy clothes for taller women. I am English and am 39 years old. What really strikes me about this site is that being tall seems to produce such similar behaviour from people. I am 6ft and curvy with it, I work in an enviroment where I get to meet people from all over the world and would say that taller

women and men are on the increase especially teenagers and all that is down to is diet and genetics. Sometimes when you live in small towns or cities you can feel like a freak when all your friends are regular height and people stare at you as though you've come from outer space, but that's because those types of people will never be different and will always look the same as each other. Basically it is height envy. I love to wear heels and have always loved fashion and make up. When people stare which they do often, I know it's because I have learned to be confident in my height and it shows in the way I walk, carry myself and from the way I deal with people. Eye contact is one of our best tools. People do treat you differently - most with respect and awe and I would add that most assume you're more intelligent and funnier because of our naturally higher view point on life. With regards to men and boys, I've learned that the smaller man is always envious but secretly admires you and the taller man is attracted to a partner of his own height as it's better for his whole posture. So really you are blessed with a natural talent, always try to make the best of yourself and keep a sense of humour. **Kim wrote (June 25th 2005)**

My credentials: 24, 6'2" ... I reached the six-foot mark when I was about thirteen and stopped growing around nineteen. Yes, I was shy & insecure while in the process of coming to terms with who I am, mind, body & spirit - but we all go through that, every last one of us! Even the shorter folks.

I'd just like to say to everyone here that when people meet you and remark on your height (innocently in almost all cases!)... it's no defect of THEIR character if YOU take offense. Yes, I used to be offended, too. But at some point you have to come to terms with it and take responsibility for your own responses. And the infamous "Do you play basketball?" is just one of countless examples of a person that's being socially less-than-tactful when caught off guard. She who is without sin, please cast the first stone! :)

As for romance: think about it - do you go out with people to whom you are simply not attracted (for whatever reason)? Nope? Then you have to accept that OTHER PEOPLE HAVE THE RIGHT TO AS WELL. If they don't want someone taller than them, that's their prerogative. And again, it's no character defect of theirs - it's a preference, just like we all have. And accepting your preferences is, in my opinion, part of accepting who you are.

It's true, there are not many guys taller than us out there. And so many of them seem to prefer shorter women. But think about it, ladies... a tall man knows that tall women have less of a selection (they often, as many people do, assume that we only want a taller man.) He may be wondering if you really care about him for who he is, or if you're just after him for his height. Makes sense to me! Maybe I'm just shallow... :)

In closing, take care of yourselves, and love your fellow man. We're only here for a short time together, and we'd better make the most of it.

Lindsay wrote (June 24th 2005)

Here I was cruising the internet looking for a place that made some jeans long enough to fit my 38" inseam and I stumbled on to a website that covers a topic near and dear to me....being tall. I'm 26 years old and 6'4" I've been taller than everybody else my whole life (except my baby brother who's 6'7"). And a day never passes where I don't hear about how tall I am from somebody. Now I know for most tall people that's probably really annoying and redundant but I look at it this way: If they weren't commenting on me then I wouldn't be something special, if they weren't noticing me then I wouldn't be something beautiful. Fortunately for me growing up my father was a huge support system in my life. He taught me to be strong, he taught me to believe in myself, and most importantly he taught me to love myself. Nobody else will love you until you love yourself. For all of the younger beauties who are still coming into their own I offer you this advice.... Walk tall, throw your shoulders back and your boobs forward; take on the world with your head up and your eyes focused on the prize. To those who have been given a lot, a lot is expected. Never let anyone take away what is rightfully yours...your self esteem. When you get older you will have to beat men off with a stick...promise! (I never thought it would happen but it does!) I've had all the mental battles there is when it comes to being tall, and I promise you that there are a lot worse things that could be wrong with you. Men adore you and women are jealous of you....what more could you ask? Hang in there and be proud of what you are.... BEAUTIFUL!

Rosalyn wrote (June 23rd 2005)

Hey, I am a single female from NYC and I am 5'10, 180lbs and I am a size 16. I am proud to say I am on a diet to slim down a little but it is for me. Yes, I am tall and sexy with it!!!! I was intimidated but as I grew older and realized how good I look in heels ... good bye insecurity, hello heels!!!!

Brittany wrote (June 21st 2005)

For all you tall girls out there like me who have the hardest time finding sexy jeans that fit the length of your legs so you can wear 3 inch heels won't have a problem anymore. Go to WWW.TALLCOUTURE.COM and look under there jeans. The Hudson Destroyed supermodel dark denim jeans and regular washed denim come in length 37 and 38. You don't have to put them in the dryer and preserve more length. Just dry them when they are a little damp and you will get that snugh fit. GOOD LUCK!

Added by Joerg: Gap.com, Buckle.com and Alloy.com have jeans with extra-long inseams.

Kati wrote (June 20th 2005)

Hello, I'm Kati from Sweden and 6ft tall. It seems so funny that you complain, because 5'9' - 5'11" is so normal around here! Tall girls are beautiful and men love them. It's never an issue for a man if a woman is taller. They look at the whole thing and what a great couple Tom and Nicole were!!

Elena wrote (June 19th 2005)

Hi, I am 5'11, 26 and living in Los Angeles. It's funny, but guys here regard tiny, petite and short girls as a status symbol. But, I've come to understand that if you like yourself (easier said than done) people will pick up on that and either leave you alone or adore you. I've always allowed men to treat me not just terrible but inhumanely and the worst part is that deep down I always felt I deserved it for being too tall or not pretty enough until guys started telling me how they were using my insecurities and self esteem issues against me and how much of a turn off my self loathing was. I really hope that after so much pain, I have grown and come to love me. Thank you for so wonderful site. Ciao ELENA

Vanessa wrote (June 18th 2005)

Hey Guys! I live in Germany and just today I found out about this web page. I read a lot of your comments and it really makes me feel better that I'm not the only one who's that tall. By the way I'm 18 and 6 ft tall. I hate it. All of my friends are a lot shorter. They can wear whatever kind of shoes they want and they can have almost every man they want. But what about me? Almost every guy I like is shorter than me. For some boys it isn't a problem but for other ones it is. I'm attracted to tall and short guys, but I only want to have a taller boyfriend, because it makes me feel more comfortable. I dont play any sports and there is no reason to be proud to be so tall. Even though I get the same questions as you guys. Maybe modeling would make me feel better... I never waer any high shoes because that makes me just more uncomfortable. I had only one boyfriend in my life, and he was shorter than me. Everyone is like: Why are you single, you're so pretty, but I guess the reason is because I'm so tall. I have depressions sometimes that make me cry all day.

Well, I just hope it makes u feel better that you are not the only ones in the world, who are so tall. Take care

Kari wrote (June 16th 2005)

I'm 18 and 6'2". Like many of you, I have faced the standard comments "How tall are you?", "Do you play basketball?" "Do you model?" and so on. What really irks me though, is people who just meet me and the first thing they say is "Your so tall". I know!! I wish that shorter people would realise that we KNOW we're tall, and don't need it pointed out.

Anyways, I've always had a love-hate relationship with my height. Theres days that I love it, but there is also days where I feel lonely and hate it. I've used it to my advantages before... basketball, and I did a bit of modelling once upon a time..but it's really hard, especially around all these short tiny girls. So I quit those things, because the pressure placed on me...because of my height. Those are my biggest regrets, esp. quitting basketball...if there are any truly tall girls (now I'm talking 6'+, not 5'9" because 5'9" in my eyes, is the perfect

height...not to short, and not to tall) who ever consider quitting something because of their height...I beg of you, reconsider because now I'd give anything to be back playing basketball...and I could have gotten a scholarship to the states...but I gave it all up.

So all in all, be proud of your height! Don't let shorter people get you down...I did, and it changed my life for the worst. xo

Sarah wrote (June 14th 2005)

I just want to encourage all of you to think highly of yourselves. God said that you are fearfully and wonderfully made (Ps 139). Do you realize that a lot of the negative comments are really hidden jealousies and insecurities. People, for some unexplainable reason view tall people as a threat and imagine that they are more competent, athletic and intelligent. That's all it really is. As a tall person you automatically stand out which intimidates those who would love to be noticed more. When you discover that you are blessed and beautiful you will notice how people will celebrate you. So don't be cast down. After all the best encourager is the one staring at you in the mirror! Chin up God loves and He's made lot's of men who love you too!! Sarah

Susan wrote (June 11th 2005)

My advice, after 30 years of being tall.. Wear heels and stand proud - and when a short guy mentions how tall you are, just smile and pat him on the head.

Tessa wrote (June 10th 2005)

I'm 21 now, and I've been 6'1" since i was 16. I just want to say to everyone out there that is in highschool and thinks they're too tall....get over it! Everyone is their most self concious and akward in highschool, so they like to point out differences in others to make themselves feel better. Just think of Tyra Banks. And remember the rude comments come from ppl that are the most insecure. I too have gotten all the "tall" comments: Do you play basketball, you should be a model, wow you're huge, how tall are your parents, do you play volleyball, do you like being tall, amazon, what nationality are you, you're actually well proportioned, you make me feel short, you're a tall glass of water.....the list goes on. It used to annoy me, but now I just laugh it off and say things like: do you play miniature golf?, you have dandruff, it's just hard to fit into cars made for midgits, Oh yeah, and my nationality is Amazonian. lol I love the way I am and wouldn't ever want to be shorter. Don't let others comments get you down. Just be proud of your height and don't let it rule your life. You'll always get more compliments and respect when you exude self confidence.

P.S.: If a boy doesn't want to date you because you're "too tall"he's not nearly good enough for you. Look for a man that can handle all the beautiful woman that you are. ~tes

Stephanie wrote (June 9th 2005)

Some of you older tall girls (you're not really old but I'm only 15) are really depressing. Embrace your height, I mean I'm noticed a lot more for my sports (volleyball & basketball) than I would be if I was only like 5'7" or something. By the way, I'm 6'2" and I love it!! Most days at least until I look for a guy ahh! :)

Carolyn wrote (June 8th 2005)

I am 36 years old and 5'10" tall. I hate it. I have always been very self-conscious of my height. I am trying to feel good about myself and recently I have started buying shoes that are 1 ½" to 2" (but I won't go any higher than that). I won't wear skirts because I have skinny legs and skinny long feet and I feel I look silly.

On the other hand, it does stink being tall, but there is nothing we can do about it but accept it and just be glad like another guest said that we are healthy.

Lauren wrote (June 8th 2005)

Hi! I'm sad to admit that I'm about to be 21 and just realized how lucky I am to be tall. I'm 6 feet tall if you ask guys and friends, but honestly I'm 5'11 ½... lol. They just like to think that I must be taller. I've had such a love

hate relationship with my height. I used to be a size 2/4 and was doing modeling in Miami until school became too demanding in Orlando. I honestly don't like modeling. I like to know that I can eat what I want! lol Well anyways guys always put me down for my height. I cannot tell you how many times I've heard "You're too tall to date, a guy wants to feel like the dominant one by being taller than you when you wear your heels". Honestly, I think it's a bunch of crap. It's hard though because I do love my shoes..and I'm quite stubborn and don't want to take them off. Well anyways, I hope that one day a guy can deal with it, especially since I'm really not that tall! But I must say... god bless my height.. us tall girls never have to look up to pretty much anyone:) plus we can pack on more weight and not look as bad as shorter girls.. remember that.. lol

Elisebet wrote (June 5th 2005)

Hey! I'm only a 5'10" American girl (a lot shorter than many of you), but I had always hated being tall, because guys are usually not much taller. I love wearing heels, but when I do...I tower over men! I dated a guy for 2 years that is an inch shorter than I am, and I always slouched next to him and stood on one foot to look shorter. In retrospect, I realize how silly I was. I felt like I looked like an enormous girl -when in reality, he just looked short and scrawny! I never had any reason to be concerned about my height! (if either of us should have been concerned over our heights, it should have been him over his own short height!). Anyway, if you can't be comfortable with your own height with a shorter guy - find a taller guy! They are out there (my boyfriend is a 6'5" Australian basketball player), and he has several other friends that are 6'3"-6'8". I know at least a dozen guys that are 6'3"-7'0". Try to meet some basketball players or guys with Dutch or Scandinavian backgrounds... They are out there—they are more common than we are!

Chelsea wrote (June 3rd 2005)

I am 16 and 6'3". I see that there are a lot of people in here that don't like their height...not only do I like my height, but I LOVE IT! I used to hate it and it took me a while to start loving it. Now I am a volleyball player, and because I am tall I have been being recruited since I was in 9th grade. Soon, I will be playing volleyball at a college on a full scholarship. My mom is 5'5 and my dad is 5'10". My older sister is 5'7". So where did I come from? I am adopted, and my biological mother is 5'10 and father 6'7. In family pictures, I am the tallest by far. I used to hate it, but I realize that it makes me special. I know that sounds lame. Think of it this way, the world sees tall as being a sign of beauty and power. Every time someone asks you how tall you are that are complimenting you. How many other people get noticed in a crowd for having a unique body? I'm not going to lie though, finding a taller boy is hard. Just as some women are attracted to shorter men, and I am only attracted to taller men. But for those of you like me, even when it seems like there are no tall guys out there, it is possible to find one. I just found myself a 6'9 basketball player. I know that my little blurb won't change your outlook. But next time someone says "wow, you're tall", just say thank you. Because it is a gift, and I believe that more often than not people's comments are meant to be compliments.

Jac wrote (June 3rd 2005)

Well, it seems a lot of the messages have put down the height factor. I used to hate it, seeing I am 16 and am 6"2 and still growing. This year i have learned to embrace it. I am so close to dunking and am all star of the volleyball. Im beginning to literally and metaphorically look down at the people that come up to me in the grocery stores and say "Excuse me, Miss, but how tall ARE you?" - they admire us so flaunt it.

Cresta wrote (June 2nd 2005)

Have been reading some of the quotes on here and felt that I had to put my thoughts down. I'm 6ft 2" and my height, although it has brought me some anguish from insensitive people in the past, has involved me with things I would never have done if I had been short and insignificant! I have been in the Spice Girls movie as a glamorous dancer, been on Vanessa (talking about height), Been in full page spread in The Mirror (for long legs of britain). I have been asked to model by a top model company whilst standing giving out leaflets in london (whilst as a student!). Without my height I wouldn't have had half the attention from guys! I have had much success with the opposite sex and, funnily enough, I will only go out with guys who are between 5ft 10 and 6ft 2" and no taller! I'm just not used to guys being taller I suppose lol! I have had a great 20s and now at 32 am having a great 30s! It can be hard sometimes but for the most part life is great!

Sophie wrote (May 31st 2005)

Wow...guys...i know exactly how you feel. I don't get teased or bullied but people mention to me about how tall i am (6'2"....im 15) and the repetitiveness of the comments are annoying...however....i KNOW for a fact i am beautiful! think of all those short girls who want to be like us....buahaha...keep trying girls! this is an awesome website by the way! :)

Lindsay wrote (May 29th 2005)

Hey ladies!! My name is Lindsay, 18 yrs old and I'm 6ft 1in, size 9 shoe, and I think my butt is too big. I love heels I'm a short person in a tall persons body). But you know what? I LOVE MY HEIGHT!!

I'd like to start off by saying something very important: YOUR HEIGHT IS A GIFT!!

You may not believe me right now, but later in life, you will realize that what you have is what you've got to live with, and once you accept yourself, other people will respect you and your confidence. SERIOUSLY.

Ask yourself this: "If I don't see through my small imperfections and realize my true beauty, then who will?"

- Once you realize that NOBODY will respect you until you stand up straight and stop looking at your feet; you will feel better :) about yourself.

Some ways to increase your confidence include:

1. Stand up straight- slouching makes you look taller Don't look at the ground while you walk. Averting your eyes makes you look obviously unsure about yourself. SMILE :) often. The ultimate in confidence is being able to laugh at yourself. Did some jerk just come up to you and say... "hey, you are soooo tall! i bet you play basketball!!". Instead of getting sad or mad, laugh it off. Say something dumb, like "oh yeah, and my team was top in the nation for underwater basket weaving" and laugh. People will recognize a sense of humor (which is extremely sexy), and recognize confidence (which is a huge turnon). Look people in the eyes when they are talking to you, no matter where their eyes are located, height wise. Looking at people straight will inflict the animal instinct of respect and authority. When dogs first meet in the wild, they will stare themselves down. The dog that reigns supreme will be highly respected in the pack. If you don't want to be noticed, don't wear wild hues or funky patterns. If you are wearing crazy leopard print hot pants, and you are very self concious, EVERYONE will look at you, because A.) you will be looking at the ground, and B.) Who really wears crazy leopard print hotpants?Well, that is my advice for all of you self-concious ladies out there. Now it's time for a confession of my own:

I was the most self concious person on EARTH through middle school! I started laughing at the dumb things I do, and it turned around completely! Now I wear heels, and am about to start a career as a runway model! (after some excersising, of course, hahah.)

Be yourself! enjoy who you are!

Hannah wrote (May 27 2005)

Hello! I am 15 years old girl and 6'1. I totally hate it and it makes me feel horrible. There is so many mean people out there who make fun of me and don't understand what it's like to be tall. I got picked on a lot in middle school, but for now people in my school have accepted me the way I am. Although I am much taller than girls then still guys are not that far from me. Some are even same height and it makes me feel more comfortable. The one thing I enjoy is the looks from guys. Some cute guys really seem to be interested in me, but they never come to talk to me and I'm very shy. Maybe they're afraid of me, cuz I don't have that friendly look and I hardly smile. But that's because I'm very depressed and sad cuz of my height. And if they would come up to me, would it matter anyway, I feel big and unattractive next to them so yeah. I find life very painful and unfair. But this site has helped me a lot and I feel much better now.

Melina wrote (May 27th 2005)

Hi, my name is melina and I am 5'9 - 5'10. I HATE being tall. I feel like a man becuz I am so tall. I am 15 years old and I dont have many friends. I just recently moved in with my dad. I had to start at a new school. anyway, I feel like all girls are shorter then me and it makes me feel abnormal and like I don't belong with them. I would give anything to be 5'3 - I think that's the perfect height. Whenever I meet someone they always say... wow ur really tall. It really bothers me becuz I am very self concius about myself and my feet are so big! I wear size 11. Lately I have been feeling very sad and insecure and I believe I have depression. I was surfing the net tonite and I decided to look up tall and all of your stories and stuff have made me feel a little better. It's good to know there are lots of tall, confident women out there.

Mary wrote (May 26th 2005)

I'm a tall girlfriend. I've just been searching on the web to try and console myself. I came across a science article about finding love - where it said love is found when the man is 1.09 time the height of his woman. It said the rule breaks down for very tall guys who find love in very short women (thats not much good is it!) and also very tall women who go for very short men. They showed a few 'perfect couples' and a few freaky looking couples too. Now that is not consoling.

Kate wrote (May 26th 2005)

You know when you are at a bar with your friends, and they are casually leaning up against it, you try but its too low down so your back is way arched - doesnt look good, so you try and stand tall instead and be proud. However because all your friends are casually leaning on the bar you poke out like a stick. And then theres girlie secrets, they can all hear them because their ears are all the right height, you ask 'sorry what?' and the secret loses its intimacy because you were too far away the first time. being tall has an effect on how you feel with other people.

Amy wrote (May 26th 2005)

My boyfriend wants to marry me, he is 1 inch short of perfect. He is my best friend in every way. we chat we laugh, yet an uncomfortable feeling creeps in when we are stood looking into each others eyes, I realise my back is slumped and my neck suddenly feels crooked and things just don't match up. I long to be able to tiptoe, with one leg in the air I love it when i come home from work, I ring the door bell and he is stood on the door step and wish it could be like that always. But even when i am dolled up (in flat sparkly sandles of course) i feel big and masculine. The funny thing is that in the first 3 years we were together i didnt even notice the difference i was so in love - even wearing 2 inch heels. Perhaps its only the past few years when wondering whether he is 'the one' it has truly bothered me. Friends say life is too short to worry about such a small thing, but as many of you will know it is enough to really bring me down. The worse thing is that i probably bring it up far to often and now because its an issue with me i wonder if ive created an issue with him that he would like a shorter girlfriend who didnt worry about her height. I think of all the other couples who have problems with their relationships and we have none! we get on fantastically..its just this one niggling thing always in the back of my mind. I'm lucky really to have found such a soul mate. I really want to be happy with it, and wonder if the feeling will go away... but its been 6 years...is there anything i can do to make me feel happier with myself?

Gloria wrote (May 25th 2005)

Like most of you I came across this site by accident.

I am 44 and wouldn't wear a heel taller than an inch. I am 5'11 but have felt like a giant and very self-conscious my entire life. My daughter is 5'4 but would always encourage me to wear heels if I liked the shoe. I would rave over a shoe at the mall but wouldn't buy it if the heel were too high.

Her encouragement finally rubbed off. I started wearing 3 inch heels to church 2 years ago and now I've mustered up the courage to wear them to work as well.

I always said I would never date a man shorter than myself. I wouldn't give a shorter man a second look... I was always looking for someone at least 6'3. But guess what? I am currently attracted to someone and he appears to be about 5'7 or 5'8. We just say hello when we see each other but I can tell he's interested also. I just think it's

funny that after all these years of failed relationships with taller men, I never gave the short guy a chance. If he ever asks me out on a date I will definitely say YES!

P.S. Yes I know what year it is and it's okay to ask a guy out but that's just not me. (smile)

Alexandra wrote (May 25th 2005)

Hey there, I'm 16, and 6' tall. I'm not finding it as bad as I used to. Most of my friends are tall, and sure, they tease me for being tall, but then again, I tease them for another feature they may have. I realised that hey, my legs are sexy, and dresses always tend to look better. We are tall, we are sexy, we are ROWR! :)

Nikki wrote (May 25th 2005)

Hey everyone im Nnikki.. I'm about 5'10 ½ and I'm 15. I HATE being tall but that's a bad thing.. I should be grateful.. but I havent found the advantages of being tall.. people always say wow your tall.. ok I know that.. tell me something I dont know... that's like telling me im a girl.. people get REALLY ignorant sometimes I hate it.. they ask why dont u play basketball or something.. just because I'm tall doesnt mean I have to play basketball. I have 2 tall friends and I feel proud when I walk around the school with them.. 1 is a model and 1 is a basketball player if there is any teens around my height and age that want to talk about their height to me please email me at Pinkbabikisses@aol.com these comments help me a lot.. and so does this site yay!

Kaylen wrote (May 24th 2005)

Im 6'2 and maybe sum... lol and I am the tallest girl in dodds Europe which means outta all the sports I play, basketball, volleyball and track! And my height has gotten me on those sports. I am 16, and I am finally startin to be ok wit my height. Instead of cowardin when ppl make fun of it, I play along. I dont wear heels, but someday I hope I do.

Laura wrote (May 24th 2005)

Hey, I'm 15, and I'm 5'10. Or 11. I hate it so much. Recently I've been cutting myself over it. I look at all these short girls who look so damn good in everything they wear, I just get so jealous :(I never wear trousers anymore, because everyone says I look really thin in them and they make my legs look longer. So now I just wear skirts which come down to my ankles. I hate it, because I used to love wearing jeans :(Now I can't find any long enough, and because my hips are a size 12 whilst my tummy is an 8-10, I have a really weird shaped body and it's very awkward. I have had boyfriends, and been asked out quite a lot. But I just can't say yes because I feel so big and unattractive when I'm with them, because there's not many tall people in my school! I hardly ever even leave my house anymore, cause my height has lowered my self-esteem so much, I can't handle anyone looking at me without being paranoid they're gonna shout "LANKY LAURA!" or something. Anyways, if anyone wants to talk to another tall girl ... please add me to MSN stfu_biatchxx@hotmail.co.uk... I'll be happy to speak :) thanks! Laura xxxxxxxxxxx

Shannon wrote (May 20th 2005)

Hey I'm officially in love with this site it really helped me out! I'm 16, 6'1, and a size 8. I've had literally HUNDREDS of people make tall comments and I used to feel so self-concious about it but recently I started accepting it and I'm so much happier! While some guys are really weird about girls being taller then them most are cool. I've had boyfriends who were anywhere from 6' to 6'5 and they all thought my height was cool.

Bridget wrote (May 19th 2005)

I'm 16 and 6'0 tall and i am the tallest girl in my grade. Sometimes it really sucks because most of the guys are just as tall or shorter. I really would like a guy to be taller than me, but my whole school is short! I do play basketball and I am a starting center, but thats not all I want to do in life. People exaggerate my height saying, "yea, she's 7 ft tall". "God your really tall." Um....duh! Are you blind, I know that. I hate when people remind me of my height, it bugs me soo much. I haven't had a boyfriend either, so maybe the guys are intimidated to be with a tall girl, that really does suck! But reading these quotes on here really helped. Being tall is beautiful, hopefully I'll come to my senses and realize it soon.

Heidi wrote (May 19th 2005)

Hi. I am 17 years old, and am 6'2 and $\frac{3}{4}$ with no socks or shoes on! You know what though, for the first time in my life, I wore heels, and it was to prom! They were only 1 $\frac{3}{4}$ inch, but they made me 6'4 $\frac{1}{2}$ inches tall! I got a lot of compliments on my shoes!

Michelle wrote (May 18th 2005)

I am almost 6'2", and I am at the point that I date only men who are at least 2 or 3 inches shorter than I am. Unlike some other women that have written in, I truly love the feeling of "being in control" that I have with a shorter man!

Panklady wrote (May 16th 2005)

Ladies, I have to chuckle at some of these posts because I see so many parallels in each of your posts with regard to my life. Thanks for this website - it's truly refreshing. The heel issue (WEAR THEM PROUDLY), the voluptuousness, dating, etc. I don't think of myself as tall UNTIL I stand next to someone who is not. I'm 5'11 $\frac{3}{4}$ " and am built pretty much like a "brickhouse" (not skinny & not overly fat—THICK). I love busting men out who say that they're 6 feet tall and they only come up to my forehead. Men do lie and not just about their height. **wink** Speaking of (but not really)... don'tcha hate it when they say "we're the same size lying down"? That's some hot-buttery mess, isn't it? LOL I laugh & dismiss them. Ladies, always walk tall & continue to dress like the fierce divas we are. Note: There's more of us than the average chick, be sure to dress accordingly... one size fits MOST, not all. LOL. And guess what, not every tall woman out there desires to play basketball or other sports... so don't try to force us. Take pride in your height... it's a gift!

Molly wrote (May 16th 2005)

I definitely needed to see this website about a year ago! I am sixteen and almost 6'2. While I think it will be a while before I am completely comfortable with it, I like seeing that there are tall women out there who love it.

I began cutting myself because I hate my height so much. I would look at myself in the mirror and would just burst into tears. Most girls at my school are about 5'5 at the tallest, and so walking around there really upset me too. I've never had a boyfriend either, and I often blame it on my height. I'm not really heavy, I'm rather slim and I have natural blonde hair and grey eyes... and really really pale skin. Sounds like quite the package, doesn't it? Well, apparently not, haha. I hope that one day I will be able to look in the mirror and tell myself I love me.

Marye-Ann wrote (May 14th 2005)

Okay, I'm a freshman in high school and I am 5'11... I mean it was way worse in middle school but now that I have a friend that is an inch under me and the guys aren't too far behind I am starting to enjoy it because I really want to be a model... the worst part is trying to find jeans which I never can because I'm soo skinny. I weigh about 115 and I'm 5'11 if I weren't so skinny I would probably enjoy the tallness alot more!!

Abbi wrote (May 14th 2005)

Hey, I am 15 and 5'9 That might not seem like very tall but i am pretty sure i have got a few more inches to go. Being tall up until recently did well suck. My mom is 5'11 and my dad is 6'5 so being tall in my family was just the norm. But while I was in school things got harder. You see I have a twin sister who is just as tall as I am being a twin is hard enough, but being tall and a twin is a down right obsticlae. We used get called things like

1. The twin towers
2. The Jolly Blonde Giants.

These are just a few of the names that really shot my confidence down to ultra low. Until I had a teacher in the 8th grade who was 6'2 inches and she had blonde hair and blue eyes. She told me something that now that I am in High School really helped me cope. She told me that being a head and shoulders above everyone is not always a bad thing. We are made just the way that God intended for us to be. And that those people who make fun you for being tall are just not worth your time. Being tall is hard when your young especially guys think your older than you actually are and people always expect you to play basketball. But something I dont think

they get is just how much I hate getting asked those questions. Thanks for creating a web page that gives girls like me some much needed confidence. " the taller you are the closer to god you are" Thanks!

Andi wrote (May 13th 2005)

Six feet tall. I used to be very heavy. Lost the weight. I was slow to figure this one out: Tall and shapely, (very shapely) never understood the overt hostility received from other woman. I think perhaps this is the issue. Not really a knock over beauty by any "stretch" however, it seems no matter what I am wearing, no matter what hostility. My husband, (5'10") now does the return stare, overt glare whatever the female is sending my way. I find something beautiful about every woman I see. But if a woman does not "feel" beautiful, or does not like herself..major issues and it shows. Woman stop frowning. It is aging. A little hair over the lip and guess what the world sees?

Ashley wrote (May 13th 2005)

My name is Ashley, and I am 5'9, that isnt that tall, but I get made fun of all the time. My boyfriend is 6'4 and loves tall women, so if you feel insecure, dont! Models are tall and everyone is beautiful in thier own way. Every short girl says they want to be taller so being tall is a great think. Be happy for who you are and dont let these short people tell you differently!!!

Siera wrote (May 10th 2005)

Wow! I'm so glad I found your site. Reading the quotes, the phrase 'jolly green giant' came to mind. That was a 6th grade nickname. Yeah, school was pretty tough but you know what, now at 21, although it's still rather hard to find guys who summon enough courage to say hello, I love those that do.

Plus comments that I could be a model, don't hurt. That being said: I stumbled across this site while looking for flat dressy shoes to go out with my b/f. I was just bemoaning my height and wow, after reading the above, I feel soo much better.

Thank you!!!

Bree wrote (May 8th 2005)

I am happy to have found this site. I am 43 and 6'2. I have a "tiny" 5'11" fifteen year-old daughter who will really get a kick out of reading all of the helpful insights from all of you! I will share with you some of the things that I have shared with her over the years. Perhaps you may find some of it useful.

When people ask you if you play basketball (whether you do or not) tell them "why no, I'm an Olympic gymnast" and try to keep from laughing when their eyes almost pop out of their sockets! That one gets them everytime!

I told my daughter to always stand up tall. People can be very vocal in their quest for knowledge and they have no idea that it may hurt your feelings. If they are short, they've always wanted to be tall. People always want what they don't have. People will always wonder how tall you would be ESPECIALLY if you stood up straight.

Don't be afraid to wear heels. People will ask you "how tall are you" even when you are in flats. When you are in heels the question seems to get turned around. "You can't be that tall, how tall are you without your heels?" Then you can answer, "You're right, I'm only ---ft tall." A little psychology goes a long way. Of course you will sometimes get those foolish ones that make the embarrassing comments in high school. Just remember, those same idiots will be asking you out in a couple of years when they get their courage up. Then you can decide whether to forgive them or not!

In college I would go out dancing with a girlfriend who is 6'5" tall.(All of you tall women know what I'm about to say!For the younger girls I will prepare you)There are many short men that simply adore dancing with tall women. Is it because their heads just reach our chests? The pick up line is "Hey tall lady, do you like short men?" We heard it so often that I finally got t-shirts made up. The front side "Of course I like short men" and the back side "I ate three for breakfast." We had a blast in our walking billboards!

Don't be a bully but don't let anyone intimidate you. You are as God intended you to be and that is perfect.

Good Luck Amazon Women, and be the first on the dance floor when "Brick House" comes on the sound system!

Bree

Katharina wrote (May 8th 2005)

Wow... I really love this site. I actually typed in "tall is beautiful" in Google, because I really needed some confirmation that I was okay, but not only did I find what I needed in here, I also felt kinda short... I'm 18 and 5'9, and as far as I can see, that makes me the shortest one in here... Thank you all so much for the reassurance that I'm beautiful.

Julia wrote (May 6th 2005)

I love being tall now at 45 but at 15 I was typically annoyed I stood out! However clothes and shoes can always be found and with the internet it's now so easy!! Just love yourself for what you are.

Noralee wrote (May 4th 2005)

Hey, thank you for such a great website! I'm 17 (almost 18) and im 6'4 and ¾ inches. I want everyone to know that they should hold their chins up high, I try to everyday even when it's hard and it keeps me going. Never pay attention to those who snicker or stare, they have no idea what true beauty is. Stay beautiful, ladies!

Chrissy wrote (May 1st 2005)

I have read a lot of the comments from other women, and I agree with almost all of it... Every tall woman has been through the same things in life and heard all of the same questions... and none of us were happy that we were tall in the beginning... but you learn to work with what you have. I'm 6'1 and believe it or not, I forget that I am tall and sometimes people have to remind me, but I enjoy it. I'm happy I'm not like everyone else! But come on girls, clothes are not that hard to find. I live a town that doesn't have a lot of tall women and I have tons of clothes and shoes, cause I know all of us tall people don't have small feet!! Haha, but hey for those younger girls that feel awkward. It does go away. It's ok to feel that way. Just give it time things do get better, besides highschool is the hardest part of life, that's my opinion... Just take pride in who you are...

Antoinette wrote (May 1st 2005)

You guys are really an inspiration to me. I am 5'10" and I hate my height. I am so tired of people and their rude comments about my height. I think I try to over do things because of my height. I won't go outside unless I have certain clothes on and I always wear flats. I really hate my height and it seems like there are no tall women in Baltimore but me (I know this is not true but my self esteem is so low thats how I feel.) Can anyone tell me how to get over this feeling I am really depressed.

Rachel wrote (April 30th 2005)

"TALL IS COOL" - I'm sick of hearing this but hey, it could be worse.

Hannah wrote (April 27th 2005)

Just remember this: ,the loveliest roses have the longest stems'

Vanessa wrote (April 27th 2005)

I'm so sick and tired of reading through these comments and hearing women say they HATE THIS ABOUT THEIR HEIGHT OR THEY HATE THAT ABOUT THEIR HEIGHT... or they can't find clothes etc etc... You can find clothes - you obviously have the internet USE IT!! There are hundreds of sites for tall juniors and tall womens clothes! and STOP HATING YOURSELVES!! You're tall accept it and move on! I'm 6'2" and I hear

these 5'10" women saying they are tall and they hate it. Puhlease get over yourselves... life's too short to be so down about one aspect of your life... so you're tall - it could be a hell of a lot worse... You could be sitting in a wheelchair or you could have no legs at all or no feet... be happy you can bitch about buying clothes for those body parts alot of people don't have that opportunity! Being tall is a blessing and a curse... but don't let the comments and the stares get you down. They aren't staying because you are hideous they are staring because you are unusual and unique and being unique is BEAUTIFUL! I've been this tall since I was 12 years old and I know it's not easy believe me, I know... but ignorant people can only bother you if you let them! Stand tall, be proud of what god gave you and be thankful that being tall is your only MAJOR complaint. You could be dying of a terminal illness instead of trying to find a 37" inseam!

Gemma wrote (April 26th 2005)

Hi, I am 17 and so far about 6 foot 1, I had always been bullied when I was younger at school because of my height I lost all my confidence and it destroyed me. I ended up hating myself and left school early, but now as I grow I can honestly say I love my height and wouldn't do anything to change it now. I use it to the best of my advantage. Ok, so yes, it is a serious pain shopping for clothes but you deal with it, you get used to it, all I can say is you are who you are, don't ever let anyone bring you down over your apperance!! P.S.: Did I mention I am currently persuing in finding a career as a plus sized model? I am size 16 and like my size too so I've found the confidence to love myself. I'm just waiting for a reply from a modelling agency. Fingers crossed!!!

Sheneiza wrote (April 25th 2005)

Hi, I'm about 5'9" or 5'10 and I've always hated myself for it. I felt like being tall made me some type of mutant that stood out on top of the normal girls might height. Thanks to your site I realize I'm not alone. There are a lot tall girls out there and just because I'm tall it doesn't make me any less of a person than a person who is of average height.

Sonia wrote (April 25th 2005)

I am 5'9 and my husband is 5'4, we have been together and married in total for 20 years. I am 37 years old, we have two beautiful children, and I am the one with the hang up. I wear flat shoes and he likes to wear flat shoes I am sick of wearing flat shoes and want him to wear higher shoes, I love him very much but so wish he was taller. I think I would be happier with him and my children I know I sound very selfish and shallow, but I wish he was taller then me. It has only started to bug me the last few years, maybe it is peer pressure in a way looking at other people and feeling embarressed that people are looking at us any advice. I just wish people wouldn't comment, its like saying and it's rude "your husband is uglier then you" but I think shorter is worse. Can anyone get any sense into me?

Emily wrote (April 23rd 2005)

I am 14 and 5'9 already and still growing. I was never confident with my height, always thinking that guys would be too scared to come near me. Especially in assemblys I felt less confident. Because I go to an all girls school, when we stand up, I am surrounded by short people and feel like I'm the tallest in the school! But I have now learnt to deal with it and have realised that are guys out there that are tall. I love being tall because I feel more superior than others, just like I'm a god looking down on them.

Sue wrote (April 23rd 2005)

What a delightful discovery - here I was looking for shoes in my size (12N) and I stumbled onto the outpourings from hearts - and hurts - of tall women. I so rarely talk with women my height (I'm 5'11") that I really had no idea my experience was so common. I've been this height since I was 16 - 34 years ago (that adds up to 50 years old). Hearing you all made me realize that I've learned to ignore the "You're really tall, you know that?" remarks - but I do wonder if it ever dawns on the people who say those things how utterly foolish it makes them look. I was never the outgoing, confident (or athletic) type - I just felt like the "jolly green giant" that even my friends called me, and knew it was pretty unattractive to just about everyone. I met and married someone in college who was a lot taller than me - my late husband was 6'5" - and I guess that laid the issue to rest for awhile. I've realized

though—being widowed and single again for many years—that except for my sons, I'm as tall as or taller than most everyone I'm around.

My two sons are ages 24 and 29, the older and shorter one being 6'5". His "baby brother" is 6'9". When we're together we turn heads, let me tell you! We all really do enjoy being tall - I had to get over my negative feelings about it so I could instill in them that being tall was a good thing. For a long time - and even now sometimes - I felt like I was lying to them, but I know I'm not. Being tall or short or anything - being who God made me to be - is exactly who I want to be. But we've all, my sons and I, also endured - and still do - those unfeeling, thoughtless remarks that people make. Not a SINGLE DAY goes by that my younger son doesn't hear these two questions, one right after another:

"How tall are you, anyway?" (That's usually preceded by, "Man, you're really tall!" Duh.), then Do you play basketball? This has gone on 365 days a year for the last 10 years - at 14 he was 6'4" - and it's made me realize the effect those ridiculous questions and comments have on those of us who are unusually tall. He likes basketball, but not to die for - if anything, the questions drove him away from it, because they made him feel like that was the only value you could have if you were a tall guy. He knew he was so much more than that, but no one even wanted to see it. I'm hearing the same thing echoed in what all of us have heard our whole lives - regardless of what anyone meant or didn't mean, what we heard was that we're too tall to be good for anything else.

The look that the shoe clerk gives me when I ask if a shoe comes in a 12 - that surreptitious glance down at my "freakishly" large feet, followed by an upward sweep that takes in my "gargantuan" height - can still hurt. I'm too tall to shop in that store, to fit in this car, to go with this guy, to sit at this desk, to wear cute clothes or high heels (or cute shoes at all) - the list goes on and on. But you know what I've learned? It really is their problem. I am who I was created to be. If I didn't choose my height - and of course I didn't - then I am the person I was meant to be, all 71 inches/180 cm of me, and I've learned to be confident in that. I can reach shelves that no one else can, I can walk faster than anyone else (actually including my 6'9" son), I can see where I'm going in any crowd, I can look anyone in the eye when I need to, and if I have to bend over to do so, that's fine with me. And I will never be a "little" old lady!

Ladies, people will take you more seriously as a student, employee, client or co-worker than they will your shorter colleagues - unless you carry yourself like you are ashamed of your height. Standing with your shoulders square does so much for you - you feel better because you get more oxygen into your system, you look better, slimmer, more confident, happier, more energetic - and you feel that way, too. Sometimes you have to act the part even when you don't feel it - but if you do, the feelings will catch up to the act. And ! when you stand tall, it's way easier for ugly words to roll off you rather than soak in. We have to remember just how ridiculous this all is, that our value should be set by how many inches our chin is from the floor - as if it makes any difference in who we are as people - who we are in our heart, soul, mind and spirit. If my height is a problem for someone else, they're only making fools of them, not me. I am who I was designed to be, and nothing can change that. So chin up!

Danielle wrote (April 20th 2005)

My best friend is tall and stands at 6'5. She is a fab dancer and singer but gets turned down for roles at school because of her height. I really hate this and you have made her a board of good things about tall people for her birthday. Thanx for the help!!!

Kayleigh wrote (April 18th 2005)

Hey everyone, I just want to say that I am 18 years old and I am 5ft 10 (well at least I think I'm that height). I hate being tall and always have, as I feel awkward. Especially as most of the people around me are shorter than me but theres nothing I can do about my height so I have just learned to get on with it. Reading this website has helped me accept my height and appreciate it so thanks.

Jennifer wrote (April 18th 2005)

I am 5'11" and a rather fit girl, so I get comments like "are you a firefighter?" and "you're the biggest woman I've ever seen". Things like that. It sucks. Even my boyfriend says I'm "big". That's the word I hear often. I used to be proud to be tall, but now I know that if you're not a model or athlete that it is a liability. Finding shoes and finding clothes that fit is just a chore. Everything I buy has to be a large or I don't buy it. I am curvy too, which doesn't help me one bit. I feel like Hulk Hogan in drag.

Ama wrote (April 17th 2005)

Hi everyone, I'm 21 and I'm 5'10. You may think that this is not very tall but I feel like im 6'5. I use to have a big problem with my height but now i've eased down. The problem I do have is that my long term boyfriend (5 years)claims hes 5'12 (I dont believe him) but I look taller than him! I dont wear heels when i'm with him and i still feel insecure. We are getting engaged next year but what shoes am i gonna wear? To tell you the truth, I love him to bits but every time I see him I think to myself why cant he be taller. I feel bad for feeling this way and feel that it is affecting our relationship. p.s I luv this website, its making me feel at home knowing that im not the only girl with a height problem.

Amelia wrote (April 17th 2005)

Hi, Im 18 years old and 5'11 tall. I have always loved my height as it came in very handy for netball. At age 12 I was 5'9 tall and after games people would come up and say "Can I take a measurement of your arms?". I chose to take those things as a compliment. I think the most annoying thing about being on the tall side is that shoes never fit - I have size 12 feet. But apart from that I love it, and I think other tall girls should stand tall and be proud. Tall women have presence, and hey, who do they use in the modelling world? Tallies!

Gwen wrote (April 16th 2005)

I love all your letters it makes me feel good to hear them. I am 33 years old and have a big hang up on my height. I am 5"10 or maybe taller I think I am still growing (lol). I am slender and don't have a weight problem - I am 135lbs. People say how lucky I am to be tall - they don't understand at all. I am hearing this from people who are like 5'5 and you guys don't know what I'm talkin about! They complain to me about their weight, how they love to be tall and thin. But I say to them you can always lose weight but I am ALWAYS going to be STUCK being TALL! That shuts them up pretty good. I don't think people who are short really grab this concept. I thought at this age I might grow out of it cause I REALLY hated in school but look i am 33 years old and I still hate it with a passion! Everyone in my family and friends think I am crazy but you amazon women (lol) - no i am not!

Electra wrote (April 15th 2005)

Hey, im 5'9 and a ¼ feet tall at 17 years old and i have always been kinda self-conscious of my height. Growing up i have always been the tallest girl of my class and it really bothered me because i felt like i was different from everybody else. When i came across this site, however, i have never realized that there are so many great women out there that are as tall and taller than me! This site is totally awesome, and has really contributed to my confidence boost and for that i am TRULY thankful. I am actually starting to appreciate and accept my height, and i am so happy. Thank you so much for putting up this site Joerg, you are amazing!! Keep up the good work!

Nichole wrote (April 14th 2005)

Hi my name is Nichole. Being tall never was a problem for me in grade school, because i was kind of a tom boy. When i reached the Jr. High stage I got made fun of and the guys that i used to play with in grade school wouldn't hang out with me. I think because they didn't know how to act around me any more. I am 5'10" and play basketball and vollyball really good. This guy that i like now is really cute and he has never minded my height. Even though he is about a ½ in. shorter. I know that it bugs him a little when we hang out around the guys because they tease him about me dominating him if we ever get in a fight. But to tell you the truth i don't think that i could beat him. He is a wrestler and he's pretty strong. Thanks sooo much for making this website and giving my self esteem a big boost. Tall and lovin it! Nichole

Sugar wrote (April 13th 2005)

I'm 25, female and live in Singapore which is in Asia and stand at 6'. That sounds like quite an achievement to be Asian and taller than most men! Well I have the usual problems I read about here as well, finding a pair of pants to fit me is like winning the lottery! Shoes are almost extinct - I have to go overseas to buy them or wear men's shoes. But the biggest problem I had was finding a guy tall enough for me. In the end I met my dream guy, he's 5'3" and people always gawk at us walking together. He doesn't mind.

Kate wrote (April 12th 2005)

I think this site is great, being able to read peoples' experiences who are as tall as you makes you feel 'normal' again!!! I'm lucky, I've never been ridiculed because of my height, in fact most people are quite amazed and don't believe me when I say that I'm just about 6ft 1! I do find being tall a pain sometimes - finding a boyfriend is so difficult and when you're 15 and all your friends have one it can be quite tough! But I've learnt to love my height - why worry about it? There's nothing I can do to change it. There are some inconsiderate people out there who do gawk but I just smile and walk away - they're just jealous!!! I just want to say to all the people who read this - be proud of your height - it's nothing to be ashamed of! Stand up straight with your head held high!

Emily wrote (April 12th 2005)

I love this site. I'm 14 and 5'11 and still growing, I'm taller than most of the people I know and taller than all the people at my school minus a couple of lads in year eleven.

I have lots of friends but they just don't understand what it's like to walk past someone then hear them say something really cruel about your height. I don't have that much confidence with my height, but this website has helped me to see that I should be proud of my height and not try to hide it.

Zoe wrote (April 12th 2005)

I love this page! I've always been self-conscious about my height. I'm always finding myself looking down when I talk to people. This website tells me to appreciate my height, and think of all the things I'm better at than shorter people.

Basketball (Because of my height, I made the best basketball team for my school.) Volleyball (I play intense volleyball, and thanks to my height, I can block the ball easier.) Running (the long length of my legs helps me to take bigger steps.) Practically all sports are easier if you're tall. What if you don't play sports? Well, modeling is an option. See? Us, tall people can do so much more than short people! I don't know why we don't like it! If you really hate your height, just hang around a really tall person, that's taller than you! Then you have to look up. But choose your friends wisely... Well I love you all, tall people! BYE!

Sarah wrote (April 11th 2005)

Wow. I love this site, I'm 14 and 5' 10 1/2" and I suspect I have another couple inches in me at least. I always thought I was really tall, and then I came to this website, and I see I'm not really. It has really inspired me, I've started crossing my fingers for 6 feet again. Most my friends at school are pretty short, I have one who's not even 5 feet, and they're great friends and all, but they just don't understand about being tall. Also I'm strong, I throw shot put so I lift some pretty serious weights, and I have been told randomly in the hall by someone I've never met that I look like a guy. It's kinda of annoying, cuz suddenly when I was 12 I got these huge boobs, that I'm still kind of embarrassed of. What bothers me most is that they don't sell a single strapless bra big enough at the lingerie section of J.C. Penney's. Erm... not that this really has much to do with height, but just in the general theme of large women. I don't get teased too much to my face, I think people are afraid I'd beat them up... but I know they talk behind my back, which is worse. I wish they'd just tell me to my face and face me like a woman.

Leticia wrote (April 10th 2005)

Hi, I want to thank you for this site, because it made me feel better hearing all these quotes. I'm turning 16 on the 26th of April and live in Belgium, I think I'm a little shorter than 6'0" and I'm rather big too. I've been bullied on from my 6 years till my 12 years, but as I got older it became less. Now, there are some people who some times say these comments to my face and there are a lot who talk behind my back. I've been bullied on every thing they could find. In the first place because I was big, but also because I was tall and because I was not like most children I didn't hid my true self. When I was older I got remarks like " I can see right in your nose." and because most guys where smaller like me some said "when they want to kiss each other he needs to climb a ladder". Then when I was 13 years old I went on a diet and lost 12 kg, by then I already changed my true self from when I was smaller into something that fitted in with the rest, but I still got remarks like ,she's a bear of a woman' saying that is used here mostly for a guy instead of a woman, and this is a guy who's really big and tall. So I started to gain weight again.

Now I know I'm different like other people on lots of things. I've become more secure of myself because of my favourite actor who thinks it's really important to stay true to the real you. Because a lot of things have happened to me the last years I've become more depressed and also in school things aren't going very well, my points are getting worse .I'm know again trying to lose weight and I try to keep my back straight but I'm having troubles with it because I've been trying to hide myself from when I was 6. If anyone knows a trick to help keep my back straight it would be very useful. I have one dream and that's to become an actress, I had doubts on this because I thought that when I was taller than a male actor they wouldn't want you in a movie. But because of this site and all the quotes and information on tall people I've gotten more hope again. I would like to thank you for this!

I never found myself beautiful, and I still don't think I am but I find this is a great site, I found it by accident searching information on acting and actresses. I hope that a lot of tall woman find this site and that it has the same effect on them as it had on me. I think it's also good that tall woman keep wearing high heels, because I think it's stupid that it's expected of tall woman that they won't wear high heels, I can't see why we should not wear them. Thanks, because of this site I finally see things lighting up a bit after all that is happened.

Emily wrote (April 7th 2005)

Hello... As I read this quotes, I realized that there are other women who are the same height as me, or even taller... I'm 17 years old and I'm 5'8 ½... I always felt upset due to my height, because to be honest, "I don't like been tall" .. In high school, I've been teased by many students, and that has made me feel very disappointed.... But you know what?... After reading all these quotes, I realized that I should accept myself the way I am, and enjoy my life.... Thank you for your site Joerg. Love you Emily

Erin wrote (April 7th 2005)

Hi! My name is Erin, i am from Australia, I am 23 and stand just shy of 6'1. I guess I was always destined to be tall, my dad is 6'5. My mum and sister on the other hand are 5'8. My dad lives in a different state and always has so I have always felt (and been) head and shoulders taller than everyone in my family (incuding my step father and his three sons). The feelings you get being a tall female are hard to explain - there are some things that I love about it and just as many that I hate. I hate that I am taller than most men, but I love the ones brave enough to come and talk to me. My ex-boyfriend was 6'7 and when we went places together I could see people poke eachother and say ,look at those two people, they are so tall - like giants!". I am fairly comfortable in my height and even though I say i don't like it sometimes I think I would hate to be short... There is absolutely no doubt that people notice me when I walk into a room. I always wear high heels and when I d o I sometimes stand at almost 6'4. If I am comfortable in my surroundings and feel confident in how I look, then I feel like a million dollars and enjoy standing out. If you take me out of that environment I am a complete wall flower which is not like me at all. Sometimes, I dont want to stand out, I dont want people to notice me and I don't want to know that people are talking about me.

If I get a good reaction to my height, it just makes me more confident. I was out the other night and a very gorgeous young man walked up to me and said ,how are you tonight my Amazonian princess?' That definitely worked for me!

If I get a bad reaction, I try to brush it off, but if I know someone else is uncomfortable about my height then I inevitably am too. I would say 90% of the people I meet ask me how tall I am or tell me that I am tall. Really? I had never noticed!

I am still not totally comfortable about my height and it really does depend on the situation but I always walk tall and I always wear high heels. Just because I am tall shouldn't mean that I can't be feminine. Sometimes it is a big test for me on the inside, but the biggest lesson I have ever learnt (and I think it is due to my height) is to walk with your head held high and NEVER EVER slouch and people will automatically assume you are a confident person - and confidence is attractive.

I hate making it sound like a burden, but a lot of the time people don't understand how it feels to be an exceptionally tall woman and people close to me, who forget how tall I am, like my family tell me to stop worrying about and get over it. That is easier said than done and they are not the people being criticised or made fun of on a very frequent basis!

I have never left a message on one of these things before, but your site inspired me, Joerg. Thank you, and you are doing a wonderful job... Writing this was very therapeutic actually, I might do another one one day ;)

Cheers, Erin xx

Anita wrote (April 5th 2005)

Hello there. Just wanted to say that I enjoyed perusing your site. It's a nice compliment to women to create a clean "tall" site that we can enjoy w/o the pressure of porn slush popping up to greet us.

As you've no doubt heard, being tall is no picnic in school. Mean things are said, and if you have "gullible" written across your forehead like I did, you believed them. Thus you end up with a tall, painfully shy girl without any real confidence. Is "ugly duckling syndrome" ringing any bells? Fortunately I realized that I had to be something, so I decided to be the best at being tall. I managed to cultivate an altitude-embracing act which worked very well for me. I did not slouch and I wore any heels I could reasonably balance in. The best compliment I ever accepted was "you carry yourself well".

I say "the best compliment I ever accepted", because those hurtful things said to me so long ago do not disappear easily. Being made fun of because you are tall doesn't stop at hurting your feeling in that one aspect: it hurts you to the core because your mind carries it on...now you are tall, stringy, plain, and god-forbid, ugly. I can't accept "you are beautiful", "you should be a model", and the like, because a part of me still does not believe it.

In my small world of experience, and yes, it is a very small world for me, the men that I respond to better are self assured, hard working, honest to a fault and not afraid to approach me. Men without confidence make me self conscious about myself, because, of course, the fault must lie with me, right? (Yeah, that's really how I see it...and I know it's dumb, but that's the truth.)

Self-analysis getting to you yet? I don't really have a point, just want to get something off my chest, and maybe some other tall chick has this same problem that I now have:

Extremely handsome, accomplished men, are terrifying to me. Currently I had been set up by a family friend to go out with his devastatingly handsome, tall, dark, Marine (Special Forces to boot) son who is just back from Iraq. He is my ultimate "no, please go away and let me hide" nightmare, and he is either delusional or near-sighted, because he wants to pursue a relationship...with me. yikes.

And I want to deserve him. God how I want to.

So now, while I wait two months before he becomes a civilian again, I'm on a task to boost the old ego a few notches and convince myself that I deserve him. To make a long story longer, that's why I'm searching out your site and others like it to read about tall, pretty-but-sure-as-hell-didn't-used-to-be people and how they got over their own negative self image.

Thanks for creating TallWomen.org.

Kari wrote (March 24th 2005)

I love reading other tall womens comments on this site, it helps me feel so much better! I'm almost 15 years old and I'm 5'9. I've always been the tallest girl in my school and when I was in Grade School I got teased about it all the time. I got called everything from "Granny Long Legs" to "Skyscraper." But now I know that they were just jealous! Now that I'm in High School, the insults about my height have stopped and the guy that I like told me he really liked my long legs! That made me feel great! I have guys talking about how much they love my height all the time and lots of people tell me to model. And all my life I have avoided wearing heels and my favorite black boots because I was afraid it would make me look taller but now, I think I just might wear them! Next time I go to the mall, I'm gonna try on every pair of heels they got! Shopping for jeans is still weird though, because no store has jeans long enough to fit me...but my mom found a great magazine that has lots of long jeans, so its no big deal! Thanks soo much!

Patty wrote (March 16th 2005)

My name is Patty. Being 5'9" I always considered myself to be tall until my daughter passed me. She is now 5'11" and only 14. I've had a good laugh reading some of the quotes on your website. The questions short people ask tall people are so funny. The best one I've been asked about my daughter is "How does she like being tall?" I tell then she likes it just fine, especially since she doesn't have a choice but to be tall. Thanks for the website and the encouragement passed on to tall women.

Deonna wrote (March 12th 2005)

Wow I wasn't going to write but after I saw Deborah's post I had to contribute. I am 6ft tall and I also live in the DC area and I know exactly how you feel. I am always been the tallest kid in class and I'm been this height since I was 14 (I'm 25 now). I understand exactly how you feel I've been tall for so long that it's not a big deal to me. I'm so used to being taller than most people. Now it is harder to find clothes and shoes but it's part of who I am. One thing that I will tell you Deborah is that DC people are short and stupid. I live in the DC area but I'm originally from New York City and I don't anywhere near the amount of attention I get for being tall in DC in New York City. People in DC are a lot shorter and true despite the huge international population in the city they do seem to not be used to seeing tall women. And the funniest part is that I've seen more woman taller than me in DC that I have in New York City. So you're not alone Deborah but if you ever feel down you can always take a weekend trip to New York City where everyone will just assume your a model or socialite. One more thing I thing it would be great if all tall women did this, it brightened my day when it was done to me and I do it every chance a get. If you ever pass by a woman around your height or taller just tell her "I love your height", she'll definitely appreciate it.

Lottie wrote (March 4th 2005)

I was a bit sad reading the quotes from the tall women who visit your site, I have to say. I cannot believe one girl was considering surgery to alter her height! Of course I know being tall can make you feel shy and self conscious (I'm - 6ft and a redhead to go with it!) but it's not a disability. One of my best friends is 4'11", we'd walk around together at Sixth form, her in flats, me in heels and we'd get some funny looks but it's not an insult, it's actually quite amusing! When we go out my friends and I note how long it takes for someone to point out my stature - blokes are oddly keen on telling me I'm tall, as if I've never noticed - and we all have a good laugh at it. I almost got all the way home one night when some little guy ran after me down the street to ask me my height - that's the record - 2.30am! In a club about a month ago someone asked me how tall I am, refused to believe me and demanded to see my shoes! How rude! Would you go up to an obese person and ask how much they weigh, call them a liar and demand to see their clothes labels? Err no, it's bad mannered! I've realised that, when you're tall, you've got to stand proud and enjoy the attention. No one means to do you any harm by noticing your height, they're just interested. Being different is a good thing, it doesn't mean you have to feel like a freak =>

All my best wishes to you and your lovely girlfriend Joerg,

Love Lottie x

Deborah wrote (February 18th 2005)

I just want to say thank you!!!! for this awesome Web site. I am 5'10 ½" and will be 35 on my next birthday. I relay that fact because at almost 35, I STILL have not gotten to the point where I am comfortable with my height. I think that is so ridiculous, yet the feeling persists. I think it's because, living near D.C., I'm constantly on the subway, where I have to stand quite often, and I am amazed, that even on days when I wear flats, I'm still taller than like, 75% of the men on the train. I don't think 5'10 ½" is really that tall for a man, yet most of them don't even reach this height. And when I end up standing next to them, I can almost feel their discomfort. Heaven forbid I wear heels! Which I love! Then I'm 6' 0", 6'1", and they're really messed up then. Fortunately I married a super guy who is 5' 11", which means I'm taller than him when I wear heels, but he could care less and doesn't see it as an issue.

I think for me the issue has always been the reaction **from other people**. While I know some admire my stature, some act like they have never seen a tall woman in their lives, and I KNOW this cannot be the case. These stupid looks stop me from wearing heels and dressing the way I want to dress a lot of the time. I hate how society has been brainwashed to believe that all women have to be "little" to be "normal" or "acceptable." What it really seems to be is that these women don't intimidate others. I know I intimidate. But there's nothing I can do except learn to enjoy it I guess.

Again, I thank you so much for putting this site together. It has lifted me out of plenty of bad moods when I see all the names of these beautiful women who are my height, or even taller. I really appreciate how you work to help taller women appreciate and love themselves. That is awesome. Please keep the site going; I know it has and will continue to help taller girls and women like me who have to deal with an ignorant (or again, intimidated) society that has no clue how to deal with us marvelous creatures.

You rock!!!!

Danae' wrote (January 9th 2005)

Hey, i found your website pretty inspirational. Growing up i was always the tallest girl when it came to everything compared to guys. I still feel in many cases that way to day. I'm 19 and they say supposedly i'm done growing. If this is true i have stopped growing at 5'10. After seeing your webpage i quickly realized i really wasnt that tall and there definatly were more weomen who were the same heigth as me. I'm really impressed with all the research you have done with your additional links to stores. Being tall is getting more common and you have helped make being tall easier. Being tall was never to much of a deal as having huge feet though for me. I opend your home page and like right away you had super cute boots on there and they managed to even get to sizes i can wear, i found it completely amazing. Usually when your tall the cloths you can find are well either really big and baggy or just plain ugly and all your links are pretty much fashionable clothing which ! i would wear. Thanks for taking the time out for women and doing something in dedication to us.

Tall Quotes (2004)

Jackie wrote (December 7th 2004)

Hi there! My name is Jackie, and I am 37, and 6 feet. I hated it when I was in HS because I was also very thin, being called Beanpole, Dem bones, etc. But now, I LIKE being different than anyone else. Men think you are different, exotic even, especially if you have a pretty face and hold yourself upright. Slouching only makes you look insecure, plus it makes your back hurt. If a man has a problem with your height, that is HIS problem! My man is 6'2, and I like being associated with women like Gisele and other models. Why want to be 5'4 like everyone else?? Stand out as a tall beauty!!! I do!!! Take care of yourself because you DO stand out. Take care, and enjoy it!

Vanessa wrote (December 6th 2004)

I am 6'2" tall and I love every inch of it! I used to get annoyed at people's comments about my height but I've grown up and grew out of the stage of being defensive ... it's not my problem they are JEALOUS! HAHA

Denise wrote (November 29th 2004)

I was trying to find the Tallgirl site and this site came up. So I started to read and I find what you (Joerg) and these other tall women say interesting. I am a tall woman 6'1 and I am a thick woman also I am a 13/14. I have never quite got used to being this height and I have been tall since 6th grade ... what I do find interesting is that you said TALL WOMEN LIKE SHORT MEN!!! That is my biggest thing I don't date short men ... so I guess that is why I am still single I am so picky I wear heels so I am always 6'3 or 6'4 ... but like you also said I am not secure with myself and how tall I am and the size I am i feel like I intimidate alot of men. I wish that I could just accept my size and be happy with it but I can't. HELP!!! Denise

Chris wrote (November 17th 2004)

I was surfing the web looking for some new clothes and found your site - talk about awesome!

I'm 33 and 6' 1 ½" tall... and yes, I'll claim that extra half inch! Like lots of tall women, I didn't really like being "different" in high school (and if I NEVER get asked "Do you play basketball?" again it will be too soon), but then I realized that a lot of it is in the way you carry yourself. My mother (who was tall in her day at 5'10") used to tell me not to slouch, because that actually only made my height MORE noticeable. If you've seen the second "Spider-Man" movie and saw the thing, tall, Russian girl who has a crush on Peter, you might notice that the way she slumps makes her look even more gangly.

So stand tall! =)

For the record, my fiance' is 5'10" and I wouldn't have it any other way. Plus it's an excuse to not wear heels,

Chris in Texas

Tabitha wrote (October 21st 2004)

My name is Tabitha Chambers. I am 6'6" tall and am proud of it. I remember in elementary school when children would tease me and call me all sorts of mean names because of my height. I took it all in stride because I knew within the depths of my heart that God blessed me with this height for a reason. I want to thank all the positive role models that have been placed in my life over the years who encouraged me to walk tall and to keep my head held high.

Sally wrote (September 21st 2004)

Hi everyone! I am 34 and 6 feet tall and after 20 years (more or less) of being this tall, I have gotten used to it. I used to be very insecure about it and my first boyfriend, who was a few inches shorter and who had real issues with it, made me feel even more insecure (a sense of power on his part). My own mother who is 6 feet tall as well is very insecure (even though she pretends otherwise). She has even said in the past that tall people should

not have children. Not a huge surprise that I was insecure myself. I learned early on how to turn around negative comments and see that they were coming from insecure people who assume that you are too (as you should be for being tall....right?) and try to use that against you. For every negative comment I used to receive, I would get one about how elegant I am and how much people admire my height. THOSE are the ones to pay attention to. And eventually the negative comments have stop coming. I think that is because I have learned to appreciate the positive ones and really appreciate my height and therefore become more secure with myself. I have a 7 year old daughter who will be tall and I am going to do my best to make sure she loves it. My husband is my height but he slouches so I am actually taller :-). He is always telling me to buy some high heels so I can be even taller! HA! What a catch! Everyone is insecure about SOMETHING, if we tall women were shorter we would find something else to worry about! Long legs rock, and Joerg, so do you!

Tamisha wrote (September 20th 2004)

I just would like to say that I LOVE your website! You make me feel so good about myself. When I was young, I would pray to God to shrink me. When I grew past my older brother when I was in High School, I thought my life was over. Your website makes me feel like I am not alone; I love it! I also want to add that I wouldn't even give any consideration to a man that was shorter than me. Because of this, I have missed out on a lot of great men. I have only been with men who are taller than me and they have all ended up treating me like yesterday's trash. Because of your page, I think I will give short a chance!

Benetta wrote (September 19th 2004)

I'm 14 and im 5'10". People always make stupid comments like damn look at that tall ass girl and look at shaq little sister. That hurts my feelings sometimes, plus it is really hard to find a tall boyfriend all the short boys seem to be interested and the tall boys dont. I have just learned to deal with it maybe i have a purpose for being tall like modeling or basketball and at first it bothered me but now when people say damn look at that tall ass girl or something equally as stupid I just laugh and say i know right!!!

Lynne wrote (July 23rd 2004)

I came across this site when I was depressed, and wondering if there were any other tall girls like me. I'm 18, and 5'11. I am told that i am very beautiful all the time, but I get comments about my height just as often. This site showed me that there are many other women who are not the typical 5'4, and that it is O.K.. I am truly touched by the appreciation expressed for tall women. Thank you for the inspiration!!

Emma wrote (July 2nd 2004)

I just stumbled across this page by accident, and I remembered coming here a few years ago and being so encouraged from everything I had read. (My quote is further down the page.)

Well, I'm 20 now - still 6'1, and I love it. I can walk down the street without feeling that I have to slouch to seem smaller. I'm currently single, but now when guys point out my height I take it as a compliment. People still stare at me on the street, but now I stare back and I feel proud that I'm different. It took me a long time to get to this point, but I'm happy being tall and I wouldn't change it for the world now.

Thank you Joerg, for the inspiration.
Emma

Sarah wrote (June 23rd 2004)

I was actually searching the net for information on surgery to make myself shorter (I am 6ft 2 ½ ins). But after finding your site I realised that I wasn't as freakish as I imagined myself to be, and knowing there are so many places that do sell clothes and shoes for girls my size is a real confidence booster. You are right the problem isn't with our height, it is society and it's treatment of those who don't fit the ,norm', thank you for making this site you have done something very very worthwhile here.

Marianna wrote (April 25th 2004)

Hey everyone! Thanks soooo much for creating this site!! I just like to say I absolutely love my height!!! Everyone out there with height hang-ups should think to yourself: ,short girls wear heels to be taller and more appealing, whereas us tall girls can be on the beach and still be tall!!' I'm 5'11 and only 16 and I've never really had bad comments madetowards my height, and i always loved being taller than the boys when i was in school! Tall is beautiful, tall is associated with models, and theres always the shorter girls saying how insecure they feel when all they ever see is tall girls in magazines etc! We don't need plastic surgery to become taller which a lot of people resolve to!! So be proud, stand tall because you are all gorgeous! xxxmarianna England

Tall Quotes (2003)

Topaz wrote (December 26th 2003)

Hiya, I'm Topaz. My best friend is 5'11 and is so self aware of her height. I noticed your page when I was looking for a Christmas present for her (jeans, extra long) so I showed her it right away! It's helped her a lot at feeling not so odd one out and that she's ,short' compared to some! I had to write a reply and say thank you. I'm 5'4 and I get the same stick from the other side - "Shortass", blah blah and I would love to be tall. Mainly because I'd love to be a model and you have to be at least 5'7. There are loads out here who would love to be tall so please don't be like my mate (can't say her name she'd kill me! ;-)) and let any comments get you down. She'll be visiting this site again and i hope she reads this, she'll know who I am! Bye!

Jennifer wrote (October 10th 2003)

I am in 7th grade and am 5'10. Most of the guys are shorter then me but i do not mind AT ALL! I am very proud of being tall and have been tall since the first day of kindergarten. when people (really short "cute" girls) talk about me like im not there, i sometimes think "Oh my god! Why am I so tall!" but then i think ,hold it hunny! You're tall and no one else here is like u' that's all I need!

Jodi wrote (August 24th 2003)

Hey, my name is Jodi, I'm 14 and am 5'8" and still growing quite fast! I stumbled upon this website by accident and I think it's great, I sometimes worry about my height but recently I've noticed how much it really doesn't matter! I even bought myself some heels for school. Most of my mates are shorter than me all except one and they are all great! Our heights range from about 5' to 5'9" so as you can probably guess, we don't really worry about it. Jokes do pass around and some extremely nasty comments and such, but I simply remember they aint worth no time of mine and just smile at them and say thanks and walk away. I will not stoop to their level! Thank you so much for giving me confidence in myself and helping me to be proud of who I am!!

Daniela wrote (August 22nd 2003)

I'm 15 and 5'8", though it's not as tall as some as the other women on this site...I still experience all the problems that they do. For example: In school, the desks are made for the shorter/average height people, and taller people, have trouble fitting their legs underneath the desktop.

And then there's the comments...the usual: "Do you play basketball?" "No." "You really should." Don't people realize that there's more to playing a sport than height? And the modeling comment...a man down my street always tells me that I should really think about being a model, but the way he says it...is just I don't really know how to say it...perverted?

I'm the tallest girl in my grade, if not my whole school, so therefore, all my friends are shorter than me. They always say the stupid comments that they think don't hurt, but lately I've realized that they really do.

I've dated many guys who are shorter than me, and my (so-called) friends usually have something to say about it. Makes me feel like I should really give up sometimes..but my best friend is a guy and he's about the same height as me and he made me promise to him that I would not give up. I just hope that all tall women have a friend like him.

Your site has really helped me a lot Joerg, I thank you sooo much!

And to all the tall women and teens that are picked on for their height, just remember...you can always step on those little bugs! :-D

Erin wrote (July 29th 2003):

Just wanted to say to all the Tall women out there like myself to be proud and never let the "short" minded people catagorize you just because of your stature. I'm 6ft-3 and it never fails to amaze me how people think you're public property and can say anything they want. The insensitivity at times is unbelievable!

I used to either try and ignore these people or be nice. But not anymore. If I get rudeness I point it out, or give it back!

My husband is 6ft-8 and has his own stories about how certain things are expected of unusually Tall males. For example, other usually shorter "tough" men trying to pick fights with him in bars just because he's the tallest man there.

I'm teaching my two young children, one boy and one girl to be proud of their height. And to be as accepting of others as my husband and I are. Maybe that's why my children are so loving and nonjudgemental.

My experience as a tall woman could be written in a book. I've often thought of it. One of my themes would be how ultra-tall women bring out insecurity in men. Security and self-confidence is within. Not based on how tall or short you are.

Robbie wrote (February 2nd 2003):

You're a strange little guy. Why must you go through so much psychobabble to justify your insecurity? We are not all the same. Deal with it shorty...

Reply from Joerg (same day):

Good to know that you're one in about 500 who thinks that way so I don't actually care what you're saying. Have a great life!

Reply from Robbie (same day):

So your saying that because the (in your words) I am a minority that makes you right? I am only a minority on your weird web site. Not scientific. Are you only interested in perception or reality? Did you vote for Bill Clinton? Thank God I'm 6'8" and don't have to fool myself every day into thinking I am someone else.

Another reply from Joerg (same day):

The reality is - even if some tall women don't subscribe to my views they still find the collection of links to clothes and other topic-specific information useful. This website is supposed to help tall women who aren't as confident about themselves as you seem to be and, as far as I can gather from the feedback I am getting, it's achieving that goal. Not everyone likes me or the motivation I had when setting up the website but they still use the information I've collected to their advantage or to simply learn about other tall women out there. What you're saying is that if you don't like Rupert Murdoch you're not going to watch Fox, if you don't like Ted Turner you're not going to watch CNN and so on. As I stated above - the website isn't about me ... I just decided I put my views on there as well ... You probably think the web (and women of height) would be better off without it being there? Why do I get the feeling that you're not particularly interested in the self-doubts other tall ladies have? Most women who criticise my contributions don't give a damn about others and even though I'm not a tall woman I try to be constructive... not simply destructive for the sake of it. Cheerio.

Tall Quotes (2002)

Jennifer wrote (November 12th 2002):

I think this is a wonderful site. I am a really tall girl. As a freshman in high school I was the tallest girl in the school. It wasn't too bad, I got used to it. It's kind of fun to be tall, I have a few tall female friends and they are great, we have so much fun together. I've recently started dating a guy that's shorter than i am. He's great. I didn't think I could be attracted to a shorter guy but he's wonderful and it really is such an easy thing to overlook. I'm glad I'm not so hung up about height because if I were I really would have missed out on a great guy. Your site is encouraging and it makes me proud to be tall. After I sign off line i just want to go and put on a pair of high heels! Thanks!

Tess wrote (November 11th 2002):

Hi Joerg, I came across your website by accident. I'm not really tall (5'6) but my husband is shorter than me (5'2). We've been married for 8 years and I have never been conscious of my husband being shorter than I even when we're in public. He says it's the same with him. He told me this story which may be of interest to you and other women with shorter husbands or boyfriends. One day we (my husband and I) were waiting to take the elevator in a shopping mall when he found himself face to face with a well-dressed guy (business suit) with an attractive woman on his arm. What struck him was that the woman was almost a head taller than the guy and she was leaning against him (he had his body sideways to her), very relaxed, with her arms wrapped languidly around the his shoulders. The woman was also absently pecking at top of the guy's ear (an obvious display of affection) although she had her eyes on the contents of the shop window behind the guy. My husband thought: "What a lucky g! uy." It was only when the elevator door opened that my husband realized he was in fact looking at our own reflection on the highly-polished stainless steel doors of the elevator. Then he realized the "lucky" guy was him. I only remembered the incident hazily when he told me about it later. More power to you and your website! Tess

Ariane wrote (November 4th 2002):

I think sites like this one are great! I can relate to soooo much of what the women have said about people asking how tall you are and whether you play basket ball and all that crap. I've decided to answer the "How tall are you?" with "Taller than you"; the "Wow you're tall" with "Really? Oh my god you're right! I didn't notice before you kindly pointed it out to me!"; and the "Do you play basketball?" with "Do you play miniature golf?" Another good story I heard was when someone asked a tall person how the weather was "up there" they responded by taking a mouthful of water, spitting it at the person and saying "It's raining like hell!" I was 6' tall at age 12 and grew about one inch after that. I had to put up with even more crap back then like every boy running from me at school dances and comments like "Here comes the tree!" and "CN tower" and so on. People can be so cruel to each other.

Thank god I found a wonderful guy and we've been married now for seven years. He happens to be 5' 6". He is my soulmate and I wouldn't want anyone else. Interestingly enough, before I met him I always insisted that I would never date a man who was shorter than me. Here's a link to another good site which is all about tall women and shorter men: <http://www.tallerwomenshortermen.com/> (site does no longer exist!)

Tamara wrote (August 19th 2002):

Hi my name is Tamara and i'm 5'11 i love my height and i wish i was taller. but what is with the comments? here are a few i have had the misfortune to hear."your the kind of woman i like...like to climb that is", "you know you really should model", "how is the air up there", "did your parents feed you fertilizer?" "do you play basket ball", "let me guess, the truck is yours" i have met many women taller than me, perhaps its because i am above the average height for a woman, but i dont see the big deal.

Diana wrote (July 3rd 2002):

Im 26 and 6'3". I've never met another girl as tall as me so it's nice to know there are lots of girls over 6'. Like all of you, I have been approached by strangers many times who are compelled to tell me I'm so tall etc. I find it strange that they do that, it's like they think they're the first one to discover my height, people are odd in that way. I'd like to know what drives them to do it. To the girls who say they wear heels, I love them but they're

inconvenient to wear, getting through door ways etc. Here in Australia - my height causes a lot of attention - not always wanted so I'm not keen to emphasise it too much although I am proud to be tall. I have found people assume many things about me, a good one is that I am powerful. This especially helps in work situations. When I was younger, I was always worried about my height, people assumed I was older and always expected me to be more mature, I would have liked to be treated like more of a kid. I liked what some of you said about short men, being more intelligent etc and not relying on their height for confidence - it will help me in seeking future partners. I have just ended a nine year relationship - height was never an issue, my partner thought my tallness was special (he was shorter than me). A good article to boost confidence for tall girls can be found at this address http://www.extratall.co.uk/news_biggest_worry_for_tall_girls_is_.htm (page does no longer exist!)

Cheers

Holly wrote (May 25th 2002):

I've been tall my whole life and it was hardly suprising when my mum is 5ft11 and my dad is 6ft8. I am the tallest in our family with the exception of my uncle who is 6ft5 and of course my dad who towers over me like I do with the rest of my family and friends. I didn't use to like being tall but as I have gotten older people are starting to respect me and encourage me to make a career out of my height. I have almost beaten (although I may have by now) the Guinness World record for the longest female legs and seen as though I'm only 16 it is a great achievement. A lot of people at my school that I have just left think it's great me being as tall as I am and they all envy me and my long legs. There are also a handful of mainly lads that think I'm an inconvenience but I just say that they are jealous and they daren't say anything to my face as my height intimidates them. I have done some modelling but it became too expensive (believe it or not as I was meant to be the one that got paid) I'm now looking for another modelling agency that will take me on but it's proving difficult as most of them think that I'm too tall. I bet you've never heard that in the modelling world ???????? I am just an ordinary human being and can do the same things that other people do, just because I have an extra few couple of inches on my arms and legs doesn't mean it changes my species, have some other tallies out there thought that about the way people look at you and treat you because I have. I have horses and that's my main hobby, most people think that my horse must be massive but any hosey people out there my horse is only 14.2 hh which isnt very big and I take him everywhere and we've won many competitions. I am so glad that i was told about this website as it has been so much help to me and I love it. It's the main base for tall people all over the world and I now realise that there are many other tall people out there with a lot of people being taller than me. Stand up tall and enjoy your height at least you get noticed and can see what's going on at the front of a queue (ha ha ha) **I LOVE BEING TALL AND I HOPE NOTHING CHANGES IT.** To all the other tall teenagers out there: Be happy and if you are being bullied talk to someone and if anyone wants to get in touch with me - just email Joerg and ask him to forward your email to me.

Dara wrote (January 24th 2002):

I'm 30 and 6 feet tall. Have been this height since I can remember. My sister is the same height as well. You would not believe the comments we get when we're together! Everything from "what did ya'll two eat to grow so tall" to..."oh my gosh...there's two of em". I love it when people fuss at me for wearing heels. I just say that I'm not going to not wear cool shoes just because everyone else is too short! Just have fun with it or you'll make yourself miserable. AND Gap.com has EXTRA LONG JEANS!!!!!!!!!!!!!!

Tall Quotes (2001)

Emma wrote (November 18th 2001):

I'm seventeen and 6'1".... I've always been so self conscious because of that. It really knocks your confidence when total strangers feel compelled to stare at you in the street and remark on how tall you are. I get a lot of name-calling too, from younger kids, and that really hurts. What right do they have to shout abuse at me like that, just because I'm taller than I'm "supposed" to be? I get told a lot that I should be a model too- yes it's a compliment, I'm flattered, but doesn't it annoy you that because you're tall that's the only thing people think you can do? I'm not just a face and a pair of legs! I'm a mind, and a personality, and a sense of humour. Sometimes I feel like all that gets overlooked because everyone is so busy telling me how tall I am.. like I don't already KNOW! ;)

I feel a lot better about my height than I did a year ago, but sometimes I just wish I could be smaller. I've only ever dated one guy, and he was the same height as me.... shorter guys don't seem to be interested, I guess because they're intimidated or something. Not being able to find a guy because of my height knocks my confidence a lot, but pages like this bring it back!

I really admire everyone on here, for having the self-confidence that hopefully I'm on the way to finding. Thanks for this site, and all the others out there, and especially thanks to Julie who posted this further down the page- "When someone asks me "Do you play basketball?" I reply with "No, do you play miniature golf?" - I have to remember that one! ;)

Jennifer wrote (October 21st 2001):

Hi! I am 6'3". I prefer taller men. I have been married to a shorter one though. I am very proud of my height, wearing heels is a part of my everyday life. I am always asked, why do you wear heels. Because I can! and I leave it at that. I have tried modeling. I think i am too tall for that. I work for a telephone company in the eng. dept.. There i am measured on work, not height. Love every min of it. But I must say on a professional level; My height has given me a boost of some sort. Height has always been generalized with power. Power is not associated with love. Good luck with all that have not found love. Jennifer

Christine wrote (August 11th 2001)

I was browsing the internet, looking for some pages on clothing for tall women when I stumbled across your page. I thought it was kinda unique, so I took a look. I am 6'6" myself and rarely find men - not to mention women - who are even close to my height. It took me a while to become confident with my height but I found that I could use it to play basketball and that helped to make me a much more confident person. I have been dating a guy who is about 5'9", maybe 5'10"... but that's pushing it. I think I would prefer a taller guy but he is the kindest, sweetest man I have ever met. It bothers me that I almost overlooked him b/c of his height. But now we have been together for almost a year and a half... and I couldn't be happier. Anyways, I kinda laughed when you talked about your friends who are 6'2" and less. I guess being in the basketball world, that's the norm. To me, that isn't that tall. But, I have to admit when I saw that girl who is 7'2" (she plays in the WNBA), I said, I want to be friends with her!! I just think it would be cool to hang around someone who is taller than me, and female of course. Well, I have to go...just wanted to let you know that you site is great!!

Angel wrote (July 15th 2001):

I think your website is cool and it shows that there are tons of tall women around. My guy loves the fact that I am taller than him and loves a taller woman. He finds it very cool. I think more men should view tall women with the same respect and not be intimidated. Short guys Rule. (P.S.: I am 6'2", my guy is 5'7"! 0:-)

Tall Quotes (2000)

Erika wrote (August 25th 2000):

Hello, I am 6'7" and my boyfriend stands about 6'1" on a good day, we are quite a couple, and wanted to tell all, it doesn't really matter on the physical appearance attitude, "...You don't judge a book on its cover..."

Michelle wrote (in another guestbook):

To be asked the same question over and over again can get to be pretty annoying. Of course I play basketball! If you were 6' 3" and 17 wouldn't you? Another question is "Do you model? You should model..." , don't you think I know that. I may get called green giant or tree but hey I'm actually starting to like my height, it may be hard to find a boyfriend but some short guys like tall girls!!!

Sharon wrote (in another guestbook):

Here is a good example of 5'8" guy and a 6'1" woman. I've dated my short guy for more than 2 years and we are completely compatible and there is no issue about the height difference. I just wish more people would keep in mind that we are either going to die young or grow old and shrink anyway!!

Monika (from St. Louis) wrote (July 12th 2000):

I am 6'4" and have dated all shapes and sizes. All I have to say is Brooke, honey, you are missing out. Short guys learn very early on that they need to make up for the height difference and they overcompensate in soooo many wonderful ways. Excluding little guys that want to be eaten or stepped on or those who are not secure with themselves, shorter men tend to have better senses of humour, better communication skills, and better listening skills. Short men tend to pay attention to what you want because they know they need to provide it you with whatever they can. This is especially nice when they pick up on all those little things they need to do to show you that you made the right choice. Give short guys a chance. Find a guy who's secure with his height, and yours, and make sure he isn't a fetishist...then prepare yourself for the ride of your life. You might want to try out that cute tall guy first, though...because once you've been with the short guys, girl, you won't ever wanna go back.

CA Cowgirly wrote (in another guestbook):

Ok, WAKE UP WORLD!!!! It's ok to date whomever you want to however tall or short. After you've been married for 50 years you're gonna shrink anyway!! I'm with a fabulous man who is 5'9" and I'm 6'1" with a size 13 in women's shoes. There's nothing weird or strange or abnormal about it. It's not like he's 4' and I'm 8' tall. What is the big deal between an inch difference or 2 feet difference? There really is not that much difference. It's not freakish. It's normal. Size does not matter. Character and qualities of one's personality do matter. Dating one of a certain stature is the equivalent of dating someone with the "right" or "perfect" looks and physique. It should not matter because we are all going to grow old and looks will fade into wrinkles and white hair but if compatibility and love are there that's what is important. Unless you want to go through plastic surgery a million times you're gonna get aged. That is life. I don't think there is a way to add height to one surgically so forget the shallowness and be open minded. More people in this world need to view the big picture. By the way, is there a tall club north of Sacramento, CA? Have a great one!!

Kristy wrote (February 22nd 2000):

Hi Joerg,

I happened onto your website while looking for some clothing vendors online that might cater to taller women...Although I am on the short side of "tall," being only 5ft 9in, I wanted to weigh in with my opinion on the subject of shorter men/taller women.

I feel very strongly that the shorter man who approaches the taller woman exhibits much more confidence than the taller man who approaches the shorter woman. And even MORE confidence than the very tall man who is with a very short (child-size) woman (who seems to me to exhibit the least confidence of all!!)

Something else I have noticed: shorter men I have known have tended to be much more intellectually stimulating. And also much better listeners. My theory is that the shorter man, from an early age, learns to be more verbal, (perhaps so that he can talk his way out of bad situations?) as opposed to taller men who all their lives get by intimidating others and commanding attention by their physical presence alone (and thus, having no need to verbalize, they don't learn to talk OR listen).

I know what I say may sound like generalizations, but I feel strongly that our environments shape us, as well as our genetics and certain body types are accepted as the "ideal" and certain other types, not being the "ideal" have to compensate in some other way. And in my experience, the sexiest short guys have been more like the ones I described above...and I much prefer the way these men "compensate" for their (supposed) shortcomings. ;-)

Ultimately, though, I must say that first and foremost, I am attracted to a man's eyes and what's between his ears. What he looks like, including how tall he is, comes second. ;-)

Briana wrote (February 14th 2000):

Hi everyone. My name is Briana, and I'm 18. I'm also 6'1, and a BBW. I've learned over the course of my short life that the most beautiful thing a woman can be is HERSELF. Not a mirror image, but herself. Smile, relax, and listen. There are men out there that are DYING to be with women as courageous, intelligent and beautiful as we are. There is no one like us - no one even close. We are united, but we are independent. We are beautiful - and we are women.

Gillian wrote (January 17th 2000):

Hi! My name is Gillian, I'm 20 years old and 6ft tall. Firstly I would like to say to all you girls who literally tower above me - I really admire your confidence and think you're great (never realised there were so many of you!). One day I hope to be able to say that I love my height. I used to, but since I turned 17 I've become very sensitive to the remarks and reactions I receive from people on a daily basis. Often I think they just don't realise what they're saying. Complete strangers will walk up to me and say "You're sooooo BIG!!" Now I know this is daft but for me 'big = fat' The rational side of my brain tells me I'm wrong - I wear a size 5 and weigh 133 so I can't be - but when it's been drilled into your head for the 1000th time it can impair your judgement a little. I'm afraid to say I have suffered from an eating disorder but I am recovering now and I must say that you're positive comments and stories have really helped me. Where I live people are generally pretty short so its just fantastic knowing that you are out there - somewhere!!!

Patti wrote (January 16th 2000):

Like most of you, I have dated men shorter than myself, and taller. I was just under 6' (5'11-3/4" to be exact), but have started to shrink a little. Anyway, the men shorter than me who were confident in themselves AND love tall women were GREAT... Those whose confidence levels were lower did in fact make me self conscience of my height. So, I guess we all have very similar experiences. The one problem that I face and have not been able to remedy is finding dress slacks that fit. I wear a size 7 to 9 and have very slim hips, a VERY tiny derriere, and a 38" inseam. It seems that the manufacturers who make slacks for tall women automatically think that we all have womanly hour glass shapes. If any of you have a long, lean, popsicle stick shape like mine and can help me, I would be forever grateful!

Liz wrote (January 13th 2000):

THANK YOU! I just found your page, and I love it! I've been surfing the net for 3 years, and I've never found a page like this dedicated to tall women. I am 6'1", and I absolutely love being tall! My ideal man would probably be 1 or 2 inches shorter than me. I'm not exactly sure why that is, but I so totally appreciate shorter men who have the confidence to pursue a tall woman. :)

Christine wrote (January 13th 2000):

I am 5'11" and a half which is not that tall in comparison with some of the other women represented here but I have been that tall since high school and it was never a problem as far as men are concerned till I came to this state which has a predominately "short" population-male and female and truthfully I am soooooo sick and tired of the attitudes displayed toward me here. The women are jealous and the men are full of the short man's attitude

and it is very pervasive yet somewhat subtle but yet I have been painfully aware of it. I have never discriminated because of height but I would sure like to see an attractive tall man in this area. I actually yearn for that. So in summing up what I am trying to say it has not been my practice to judge anyone on the basis on height and it really has not become so but boy!-would I like to see eye-to-eye with someone-no pun intended!

Older Tall Quotes (pre-2000)

Kate, UK on BBC News Talking Point - Tall men: does size matter?:

I had a boyfriend who was at least a head shorter than me and while I did not care in the least, he was massively insecure about it. Obviously some women will prefer men to be taller than themselves, but everybody likes different things. The most important thing is for the man concerned to be happy within himself. When that hurdle has been overcome, everything else will fall into place.

Rolly Akinkugbe, England on BBC News Talking Point - Tall men: does size matter?:

Being a lady myself at 6'1, I would naturally prefer a guy at least 3 inches taller than myself, although it does a lot of women tend to prefer tall guys who seem much 'nicer' and 'acceptable', and stand out more. That is not to say that is the only criteria we look for in a guy, but it is very important. I have nothing against short guys, or rather guys shorter than myself, as they all perform the same 'functions' I guess, tall or short. The tall ones are more appealing and women always seek some sort of strong-towering protector. But I guess if the worse came to worst and love was really indeed blind, I wouldn't mind he had to stand on a stool, when the priest goes; 'you may now kiss the bride'!!!!!!

Brooke Llewellyn, United States on BBC News Talking Point - Tall men: does size matter?:

Honey, Size DOES matter. I am SICK to DEATH of dating short men. NO more! Ugh, haven't they heard of bone banks, hello!?! Just get a little bone implant in the old leg bone and maybe some personality as well. Short men are annoying. The only good thing is that if they look young enough, you can get them into a movie using a child's ticket!

Now she isn't a happy person, is she?

Barb, Canada on BBC News Talking Point - Tall men: does size matter?:

I have always been attracted to tall, slim men. Unfortunately, this does not mean that they are nice people. The attraction soon disappears if you find out they are a jerk. Yes being taller makes men look more attractive, but they still have to be a nice person to keep anyone attracted to them for any length of time. So all you tall guys, don't think you have it made, because a shorter, decent, honest, guy will win every time when it comes to a long term relationship.

Sally Hargreaves, England on BBC News Talking Point - Tall men: does size matter?:

I have recently fallen in love for the first time with a wonderful man who is an inch shorter than me and even more so when I wear heels. Guys you have nothing to worry about, the right women probably won't even notice.

Dee, USA on BBC News Talking Point - Tall men: does size matter?:

I'm a 6'2" woman and am engaged to a man who is much shorter than I. When I fell in love with him, it was his intelligence, wit and sensitivity that made him attractive not his height. We get along great, I consider him fit, attractive and a turn on. While I'm sure we will get plenty of stares, we are secure in ourselves and our relationship and do not find this to be a problem.

Angie, Brit in USA on BBC News Talking Point - Tall men: does size matter?:

Beauty is in the eye of the beholder! However, I think most women prefer a man who is taller than them. If she is 4' 11", probably a 5' 2" guy will suffice. Obviously, a tall man who is a prat doesn't have an advantage over a shorter man with good qualities. Short men shouldn't be intimidated because I have many tall friends who like short men. Unfortunately, really tall women don't have a lot of choice! At 5' 10" tall I have never actually dated anyone shorter than me; now that I am hitched to a bloke of 6' 4" all I can do is wonder what I missed out on.

RDV, Italy on BBC News Talking Point - Tall men: does size matter?:

I am 6 foot myself but I don't actively look for men that are my height or taller. In fact I think that really tall men (over 6 foot 4) are rather ungainly. However the majority of men have a real problem with my height (which is usually increased because I like to wear heels). Funnily enough now that I live in Italy, where the men are on average much shorter than in England, I find that men make much less of an issue about my height!! I think a lot of it has to do with how self-assured the man is.

Alexis wrote (in another guestbook):

Great, hello all! My name is Lexi and I am 19 years old and 6'2" tall. I have only ever met one woman taller than me (she was 6'2.5" tall). I have been this tall since I was 12 years old - believe it or not. I have found many difficulties in being tall in my life but ultimately it has been great. I am married to a man who is 5'7" tall and am loving every moment. It confuses me to see all of you tall women out there ignoring shorter men. I think that that is very selfish and stereotypical of you. We are all people - no matter how tall (or short) we are. I'm sure that we all got our share of negativity throughout our lives for being tall - and by discounting shorter people for friends and lovers we are doing exactly what has been done to us. I was the same way for a while when looking for relationships until I met my soulmate. All of a sudden the clouds lifted and I realized that it didn't really matter who was taller than who. Anyway - enough of the preachy stuff. I just want to say that I love being tall and all of the challenges that it has brought me. I have learned so much and have a long way to go.

Janice (6'0") wrote:

I think what you have done with your page is great for us big girls..very clever... I wanted to share with you that when I was in grade, middle and high school I was very conscious of my height... However when I reached high school I was blessed to meet my gym-teacher who herself was no more than 5 feet... An elegant black lady who somehow managed to make me believe that my height was my greatest asset.. and get this - she even made me believe that she was envious of my stature... Imagine that.. my gym teacher, wife of a Colonel (who also taught the boys gym class), thought I was special... you can't imagine what that did to my ego...

Gloria wrote (in another guestbook):

I keep reading about tall women who won't date guys who are shorter, surely women are smarter than this. I'm 6'3" and if I automatically rule out guys under that height, it doesn't leave many options. I have learned that a man who is not intimidated by a taller woman is generally a very secure person. (O.K., maybe some have an over-active tall chick fetish-there are probably worse things) In case you haven't noticed, really secure men aren't very easy to find. I'm guessing that if someone has problems relating to another person solely due to their height, that person is not comfortable with themself!

Sybil wrote:

How nice of you to feel confident enough in yourself to appreciate tall, larger women? We ARE beautiful! And we have lots of love to give! Some men are actually missing out because they limit themselves. Oh well..... Maybe one day, I can meet a nice, confident man (locally) like yourself.

Tricia (6'1") wrote:

You don't have to be the same height to see eye to eye.

Mel wrote:

It's wonderful being tall but even more wonderful being admired. I think that I have found one of my favorite web sites, this site has everything that a tall woman would ever need. Being 6'3" I enjoy being tall and I want to say "Thank you" to the special person that designed this site, definitely a "Special" Person in my book..... :-)

Christina wrote:

I was 6'0" in 7th grade! It is hard to be the tallest, but keep your head high and have confidence in yourself. I am 6'4" now at 20 and I love being tall. Short people that will tease you only do it out of jealousy. Many short girls wish they were taller, but they are not going to admit to it! Think of yourself as being honored to be tall enough to reach things on the top shelf and still be able to reach the floor. Height is beauty!!! Just think, the taller you

are, the more food you can eat without gaining weight!! :) If you want to be more "popular" play a sport, and everyone will love you. And only play a sport that you like, don't play just because you are tall!

Julie wrote:

Thanks for your email! I like your website, and forwarded it to another tall woman I know. I want to explore the links when I have more time, but thought I would tell you my favorite comeback to the question I always get asked, even though it might not translate to German very well :)

When someone asks me "Do you play basketball?" I reply with "No, do you play miniature golf?" :)

Tayah wrote:

It took me a long time to get comfortable with my height. All of the insecurity I developed from my height was no doubt caused by boys who made stupid remarks about my height simply because I intimidated them. However, being young, I had no idea that their comments stemmed from their own insecurities. I actually began to feel as if something was wrong or abnormal about me because I was so much taller than all of the other girls. Boy have I grown (no pun intended) and learned a lot since then.

Don't get me wrong I still experience men who are very intimidated by my height--(the strangest thing about this being most of it comes from men who are much taller than I am—go figure)--only now, it doesn't bother me a bit. The way I have chosen to look at it is if there are men out there who are so whimpy and insecure with themselves that a woman with height scares the heck out of them, I am very happy that these types do not approach me. Believe me, I can definitely live without that type!

Cameo wrote:

I like being tall, othertimes I don't - I hate it when people ask me if I play basketball. It is like all tall people are supposed to be basketball players and supposed to be good at ALL sports. I can say from experience that I'm not good at most sports and I don't (!) play basketball. To me it is very insulting for someone to ask me that. The first thing I say when someone asks me "How tall are you?" is "I'm 6'4" and NO I don't play basketball."

I normally don't wear heels but today I bought my 1st pair with platforms and I love them. I love the extra height!!!! :)

Missy wrote:

Hi! Thank you so much for your website address! It's really neat! I am very proud of my height like some of the other women! I find you look more confident and people notice you more when you have better posture. I have dated shorter men before, but for me I sometimes feel uncomfortable. I have a lot of friends who are shorter than me. That doesn't bother me. I love being with taller men because I feel safe when I am with them. They don't look down at me all. My personality doesn't allow that! I would like to keep in touch!! Thanks again for that website! I am sure that it will come in handy!! (I am about 6'1")

Meara wrote:

Being tall is great!

Hey, I am 16 years old, 6'1" and I don't have a problem with shorter men, it's just that it seems kinda odd, and no one that I know who is short wants to go out with a tall girl!! But I tell people that I can see and reach things that they can't and I love it. They can't reach the peanutbutter on the top shelf without a chair, I can. I say: "Just hold your head up high and let them say things. Intimidate them, they will respect you in time. Power to being tall - tall rocks

Susan wrote:

Thanks you so much for referring me to your website! It is just beautiful!!!!!! I can't tell you how perfect the timing was in receiving your e-mail. I had just returned from a "date", meeting someone who responded to my personal ad. This guy was all flirty and fun on the phone, and asked me my measurements. I'm a 6' tall, size

18/20 woman, who enjoys my height and my body size, but have a hard time describing myself to others. I told him that asking for my measurements before he decided if he wanted to meet me was like me asking his penis size! Then I was optimistic enough (or stupid enough) to meet him anyway. I should know that if someone has an issue, and asks me "how overweight are you", they are not open enough for me to meet them. Anyway, the guy was all flirty on the phone, but then at dinner he had practically nothing to say to me. It wasn't a total loss, I had a good Italian dinner, he was pretty cute to look at during dinner, and kinda funny, and I got home early enough to read a good book and eat some chocolates!!

I just want to tell you how much I appreciate someone like you who is open about what you prefer. You made me rethink my personal ad, about putting "tall" in the description of the type of man I'm looking for. Maybe I'm shortchanging myself! (Get it? - har har) This guy was 6'9", but I think I was just too much woman for him!

Sally wrote:

This was the most interesting site I have found so far !! I am 6'1" and often go out with shorter men ... though it does sometimes bother me. This has nothing to do with them but my own self-esteem. I have met some great men but have not had a relationship purely because of height. I just hope I can get over it and be like some of the women I have read about here. I have met a great man who is a lot shorter ... and it's me that has the problem with it! So thank you for you site, it has helped, just how much only time will tell.

Ashley wrote:

I need to extend my gratitude to you. Your page is the greatest tribute to tall women I've ever seen. I wish there were more men like you out there. I enjoyed all of it. You're a great man. Thanks again. Ashley (6'2")

Cassandra Rose wrote:

I am 6'3" and have been since I was 14. Now I am 17.....I think that everyone needs to stand tall. It doesn't matter how tall you actually are. The girls who stoop over need to get some confidence. Think - "Tall is pretty"....not "Tall is bad" I was, and still am, taller than all my girlfriends, and I have probably heard every tall joke in the book, but I don't let it get to me. I am the starting center for basketball, and I can see over the crowd in our school hallways. There is a positive for everthing, you just need to think about it.

"Tall" wrote:

All I can say is - WOW! You have quite a website and your strong and genuine interest in tall women is unusual, yet refreshing! Thanks for sending me the link to your website. The links to other "Tall" sites is extremely helpful. Good luck to you!

Marcia wrote:

6'3" tall and loving every minute of it. My boyfriend is 6'1" and he worships the ground I walk on and vice versa. Loved your site. Hats off to shorter men!

Suzanne wrote:

I strongly believe that it takes a genuine man with enough pride and self respect to love a taller woman. Myself being 6'2", I tend to intimidate men. I would like to commend you for being accepting of others who are different. Too bad there aren't more men like you around. :)

Cindy wrote:

Very interesting ... It almost sounds like you are doing a dissertation on relationships based on height. You hit the nail on the head w/many points you made. I found your web-page very interesting! Thanks! Cindy 6' tall

Geri wrote:

Joerg, I throughly enjoyed reading your web site on tall women. It made me feel beautiful. I used to hate my height, but I don't anymore. I stand as tall as I can. I'm sure it took you a long time to create your web site and it was very intiguing. Thank you for sharing it with me.

Margo wrote:

... I decided to check out your web site about tall women. Very interesting. You said some things I never thought about before. I was married to one of those kind of men who hated looking me in the eye or even having to look up to me (if I wore shoes with any heel). Needless to say, his insecurities made me totally insecure with my height and I vowed to NEVER date a man shorter than me again. Thanks for your site - it has made me realize that one apple may not necessarily spoil the whole barrel. You are quite good looking. Good luck with your TALL women friends. I'd consider it a privilege to correspond with you as a pen pal.