

Fashion vs Style

by jill chivers



Fast fashion lures us in with the promise of a **quick buy high** that a new purchase provides – but does it last, and more importantly, does fast fashion actually take us further away from developing our own sense of style?

Fashion is the relationship to the external. It is concerned with “what’s out there” (fashion items that can be purchased in stores). It’s a matching process between what’s out there (fashion) to what I’m wearing. Is what I’m wearing a ‘match’ for what’s ‘out there’, to what’s been deemed ‘in fashion’?

Style is the relationship to the internal. It’s about “what’s in here” (my sense of self, my identity, my

perception of who I am). The matching process is between what’s in here and how that is reflected and expressed in what I’m wearing. Does my clothing ‘match’ my sense of who I am, at least for today?

There’s a huge difference in our orientation and focus: **Fashion takes our attention away from ourselves, style brings our attention directly to ourselves.**

yourself – not just modifying yourself, covering perceived flaws and so on – but loving yourself exactly the way you are right now – and dressing to honour that.

Fashion has the capacity to erode self-esteem and confidence because by its very nature it assumes a gap between where you are and where you should be.

Style builds self-esteem and confidence because by its very nature it assumes

on unattainable looks on women with unrealistic bodies. Style is about utilizing the best aspects of you” – Stacy London, US fashion consultant, author and media personality.

Fashion is always shifting – even if something you’re wearing is deemed in fashion today, it likely won’t be very soon, possibly as early as tomorrow (and if not then, then next week or next month – whenever it is, it’s soon).

Style has a dynamic nature, too, but its dynamism has to do with the expression of who you are and your sense of self. It’s about honouring your uniqueness and having your outsides match your insides.

Fashion is frivolous. Style is serious.

And if you gave me a choice, I’d choose style every day of the week. Who needs fashion? ❤️GPM

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With fashion, the emphasis is on the clothing, the items deemed to be fashionable. With style, the emphasis shifts to the person.

Fashion can be a way to distance yourself from yourself, whereas style is a way to make closer your relationship to yourself, as its focus and orientation is on the self and how it’s informed and expressed by clothing choices.

Style is about truly, truly knowing yourself and loving

the woman developing and expressing her unique style is beautiful.

“Never confuse fashion and style. Fashion relief

