

HOW OTHERS SEE ME, HOW I SEE MYSELF AND OTHERS

PART 1 List adjectives or descriptive phrases under each heading.

THE WAY I REALLY AM

1. _____
2. _____
3. _____

THE SELF I DON'T LIKE

1. _____
2. _____
3. _____

HOW I'D LIKE TO BE

1. _____
2. _____
3. _____

The two lists that are most alike for me are _____

If I could "try on" a new image, I think I would like to be _____

PART 2 Complete each sentence with at least three descriptive words.

My mother thinks I am _____

My father thinks I am _____

My teachers think I am _____

My friends think I am _____

People who don't know me and have never heard me talk but just see me in the halls at school probably think I am _____

People who know me usually appreciate my _____

I think I am _____

(continued)

HOW OTHERS SEE ME, HOW I SEE MYSELF AND OTHERS *(continued)*

PART 3 List the names of all the people in this group. Leave some space after each person's name. Use the space to write your *first* impression of him or her, no matter how long ago it was. If you can't recall your first impression, describe what is communicated by the person's facial expression and the way he or she stands, walks, sits, talks, gestures, and dresses.