

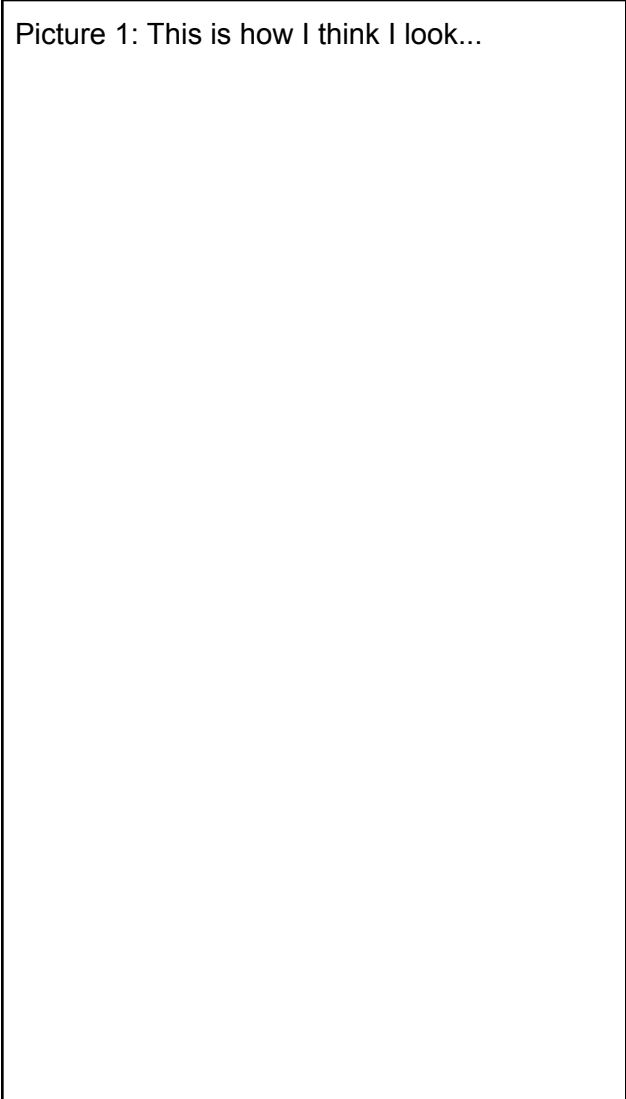
Topic: Body Self-Image - Real VS Ideal

Total ____ / 10 Points

Part I: How you see yourself VS how you want to see yourself

Instructions: Draw two pictures, one of how you think you look and another of how you want to look.

____ / 4 Points

Picture 1: This is how I think I look... 	Picture 2: This is how I would like to look... 
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Part II. Explanation of your real VS ideal self-image

Instructions: Explain three differences and/or three similarities between these two self-image pictures.

____ / 3 Points

A. Similarities

1. In both pictures, my _____ is similar because _____

_____ .

2. In both pictures, my _____ is similar because _____

_____ .

3. In both pictures, my _____ is similar because _____

_____ .

B. Differences

1. Between these pictures, my _____ is different because _____

_____ .

2. Between these pictures, my _____ is different because _____

_____ .

3. Between these pictures, my _____ is different because _____

_____ .

Part III. Discussion of classmates' real VS ideal self-image

Instructions: Share the three differences and/or three similarities between your two self-image pictures with your classmates. Write down the names of your conversation partners. Circle the term that says whether they are very happy, satisfied or dissatisfied with their appearance, and then find out and write down the reasons why they feel the way they do. _____ / 3 Points

Hello, (name). I'd like to explain the differences and similarities between my real and ideal self-image pictures.

(Explain the similarities and differences you noted above.)

Now, excuse me for asking, but how do you feel about your own real appearance? Are you very happy, satisfied or dissatisfied? Why?

Name	Feeling about her own appearance
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1. _____ is *very happy* ----- *satisfied* ----- *dissatisfied* with her appearance because _____ .

2. _____ is *very happy* ----- *satisfied* ----- *dissatisfied* with her appearance because _____ .

3. _____ is *very happy* ----- *satisfied* ----- *dissatisfied* with her appearance because _____ .

Thank you for talking to me about this. By the way, you look fine the way you are, so don't change a thing about yourself, OK?