A LOOK AT MY LIFE

While completing the following assignment, refer to the self-concept cycle:

As I see myself

Others’ reactions to me

My actions

As others see me

1. The first thing I remember about me:

2. How did people react to me:

3. How did this influence your further actions?

4. Describe how you felt about yourself in grade school:

5. Who were five important people in your life? How did each one react to you?
6. How do you feel about yourself now?

7. Who most influences your actions at the present time?

8. Do you live according to your own beliefs or how important people in your life want you to live?

9. Are you the person you want to be? If not, how can you become that person?