Name _____ Period _____ Date _____

SELF-IMAGE ANALYSIS - TEACHER EXAMPLE

How do you see yourself? Sometimes our self-image is not realistic because we do not
know how to evaluate it. This activity can help you clarify how you look to yourself.
Study each of the statements in columns 1, 2, 3, and 4 below. With a pencil, mark one
dot in each column in the square you think best describes you. Then connect the dots
to form a line as in the example shown by the instructor.

1	2	3	4
Very attractive features	Very good physical condition	Well-groomed appearance	Very positive feelings about appearance
Reasonably attractive features	Reasonably good physical condition	Fairly well-groomed	Fairly good feeling about appearance
Average looking features	Not in very good physical condition	Not always well-groomed	Somewhat unhappy with my appearance
Unattractive features	Body in poor physical condition	Little care in grooming/ appearance	Very unhappy about my appearance

Take a look at the line you drew. What does it tell you about yourself? You might find it
interesting and helpful to do a "reality check" by having a few trusted friends your age
and one or two adults use the same chart and evaluate your image.

Is there a great difference between your own evaluation and those of others who
evaluate you using the same chart? Such a gap can indicate that your nonverbal
signals are communicating a different message than the one you want to project.

Are you satisfied with your results as well as those of the others? _____
If not, list what you can do to feel more comfortable about your appearance and the
message it communicates. Did you find any of the results particularly pleasing?
 If so, what?