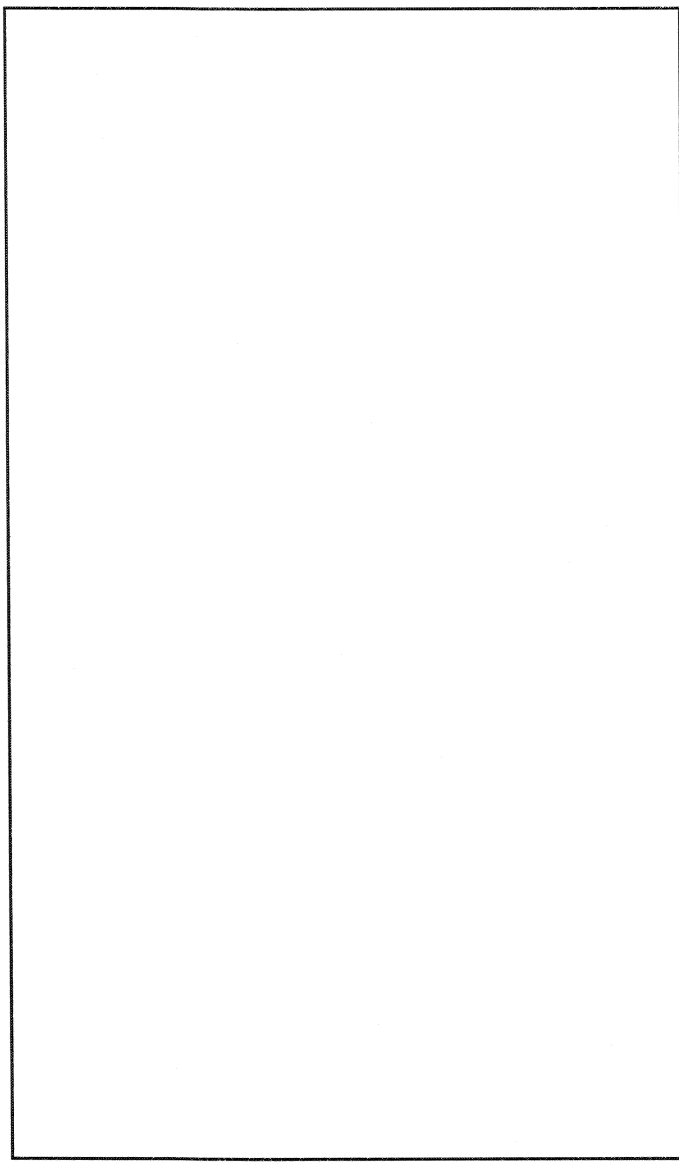




Name _____ Period _____ Date _____

SELF-CONCEPT/SELF-IMAGE



1. Using pictures from magazines or your own sketches, write your own captions to describe yourself physically. (This is your self-image.)

2. In the description or captions you wrote, circle the words or phrases that describe your physical features rather than your clothing.

3. Now, put a star (*) by the words or phrases you have circled that you could change if you want to. Are there any you would like to change?
_____ Yes _____ No If so, what are they?

4. Continue by adding more pictures and captions, illustrating your entire self and describing yourself as a person. (This is your self-concept.)

- 5. Underline the words or phrases that describe your best self.
- 6. Cross out the words or phrases of things you don't like about yourself.
- 7. Think about the way you dress. In what ways does your image reflect your self-concept? Be specific.
