Self-Image Exercise

Which Words Define You?

annoying ambitious adorable awkward fun courageous friendly confident fat happy amazing disappointment boring stupid hated funny caring weird failure cute determined kind weak unwanted hardworking pretty lazy worthless unpopular loser creative trash honest alone ugly depressed brave popular lame ignorant smart awesome

Additional	Descriptive	Words:
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- o _____
- 0 _____

0

0

- 0
- 0
- 0 _____

- 1. Circle 3 or 4 words you would use to describe yourself.
- 2. Underline 3 or 4 words people who know you and love you might choose.
- 3. If the lists differ, why? Which is a more accurate description of you?
- 4. If undesirable words are part of your self-description, from where do they arise?
- 5. Finally, if undesirable words are part of your self-description, how might they create a self-image that is inaccurate and/or incomplete?



"Words in Red" TEDx Video