

## UIT Student Support Services

### 8 How to Improve Your Self Image

Your self image is how and what you think about yourself.

What you think about yourself directly affects your feelings and your behaviours.

Your self image can and will constantly change because as your circumstances change so your thoughts, feelings and behaviours will change.

**Just stop for a moment and think about a time or times when every thing went just perfect!.**

It may have been last week, last year or even longer.

What do you recall

- ❖ Seeing?
- ❖ Feeling?
- ❖ Hearing or saying?

From the following list tick the comments that best describe that perfect time:

Every thing went just perfect!.	TICK		TICK
Tolerant		Trust my intuition	
Listening to people		Deserve the best	
Intelligent		Respect myself	
Free		Respect others	
Capable		Can make things happen	
Well spoken		Think positively	
Kind		Secure	
Trustworthy		Feel of value	
Supportive/caring		Fit	
Worthy		Healthy	
Proud		Energetic	
Flexible		At ease	
Interesting		Balanced	
Lovable		Feel good	
Good humoured		Look good	
Happy		Fun to be with	
Optimistic		Its Ok to make mistakes	
Confident		I can say no if I want to	
In control		Make good decisions	

Well dressed		The world is beautiful	
Successful		Express my feelings easily	

Now think about a time when everything went wrong!

What do you recall

- ❖ Seeing?
- ❖ Feeling?
- ❖ Hearing or saying?

From the following list tick the comments that best describe **that** time:

<i>When everything went wrong</i>	TICK		TICK
Bossy		Demanding	
Cynical		Temperamental	
Irritable		Rigid	
Self conscious		Unhappy	
Stupid		No self control	
Boring		Victim	
Guilty		No self respect	
Worthless		Depressed	
Negative		Uptight	
Incisive		Failure	
Miserable		Shame	
Helpless		Weak	
Embarrassed		Unworthy	
Shy		Indecisive	
Lazy		Insecure	
Critical		Look bad	
Foolish		Depressed	

**SELECT seven comments from each of your two lists that really stand out for you.**

Enter those seven in the table below:

WHEN EVERYTHING WENT JUST PERFECT	When everything went wrong!
HIGH SELF IMAGE	LOW SELF IMAGE
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

6.	6.
7.	7.

Now that you have much more awareness of your thoughts and feelings when you have either a high or low self image-

Lets consider how you can further develop your positive self Image.

For example

- ☺ Employment.
- ☺ New Clothes.
- ☺ Exercise.
- ☺ Extra skills.
- ☺ Meet more people.
- ☺ Communicate better with family and friends.
- ☺ More money.
- ☺ Quit smoking.
- ☺ Do a course.

**I can further develop my positive self image by:**


NOTES