

Self Image Script:

Ilana: Welcome to this session for improving your self-image!

Sage: We come together to help you reinforce your self-esteem over the long term.

Ilana: You will first begin with an exercise to help you forget about your negative attributes.

Sage: After that, you will then begin to reinforce yourself with your positive attributes.

Ilana: Look for self-worth in who you are on the inside!

Sage: Keep your self-respect and dignity by doing what you know is morally right.

Ilana and Sage: Give yourself a great feeling of self-worth that is not based on what you look like in or how many things you own!

Ilana: Start to fold your colored piece of paper in thirds, like a brochure, but it has flaps instead. (Give them about a minute then continue on).

Sage: Once you have folded your piece of paper, on the top left flap of your folded "brochure," please write down five weaknesses you may have. Please remember that this is for your eyes only! (Give them about 2 minutes to write).

Ilana: Next, please write down five things you hate about yourself in the middle of the left flap. (Give them about 2 minutes to write).

Sage: Now please list five things you never got to achieve. Please write this on the bottom half of the left flap. (Give them about 2 minutes).

Ilana: Then, you will write down ten things you never accomplished. Do this in the middle section (NOT A FLAP) of your folded paper. The difference between the things you never got to achieve and the things you never got to accomplish is when you didn't get to do something simple like learning ride a bike. (Give them about two minutes).

Sage: When you are done, on the right fold, on the top, write down ten things that have made you sad. (Give them one minute).

Ilana: After that, please write down on the bottom half ten things that you have done to make yourself feel worse and never solved anything. (Give them two minutes).

Sage: You've written these down because you have taught yourself to fill your mind with expectations that you cannot meet.

Ilana: Stop being so negative, and find the things that matter that inspire and encourage you.

Sage: Fold up your “brochure” so that you have two flaps showing. We are going to start over!

Ilana: This time we want you to now write five strengths you may have and remember this is still for your eyes only! Please do this on the top half of the left flap. (Give about one minute).

Sage: Now write down five things you admire about yourself. Please do this on the middle section of the left flap. (Give them about one minute).

Sage: On the back of your “brochure”, please write down ten accomplishments. (Give them about two minutes).

Ilana: Turn over your “brochure”, and on the top of the right flap, please write down ten things you have done to make yourself laugh. (Give about two minutes).

Sage: Lastly, on the bottom of the right flap, please write down ten you have done to make yourself feel good. (Give about two minutes).

Ilana: So we want you to take your paper clips and clip the top together and the bottom together. (Show them what you mean).

Sage: You have just now locked up and sealed your negativity in a box that can never be unsealed. Let your positive attributes show and make yourself stand out!

Ilana: Always remember about your natural talents and the things you really like to do!

Sage: For the next activity, you will be drawing a picture of the PERFECT ideal female teenager. Please use your white piece of paper for this.

Ilana: Make sure to list their perfect personalities, the right type of clothes, the family they are from, and their lifestyle they live.

Sage: We will give you about ten minutes to do so, and then after that you will come up to the big sheet of paper and list your descriptions. Make it anonymous. (Give them about 5 minutes to do so).

Once everyone has finished writing continue.

Ilana: What do you think about these descriptions!?

Sage: Does this really make up our self-image?

Ilana and Sage: ABSOLUTELY NOT!

Ilana: Clothing, make-up, good looks, and what you own and do DOES NOT DETERMINE WHO YOU ARE!

Sage: Don't allow “false images of what you're suppose to look like” ruin your self-image!

Ilana: Stop playing the comparison game. A real friend likes you for no matter what you wear or look like.

Sage: Stop filling your mind with expectations that you cannot meet!

Ilana and Sage: Remember what lasts beyond appearance: PERSONALITY! Always remember that it's only the inside that counts and matters, not the outside.