

# What Do You See?

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When bad things happen to us, we tend to blame ourselves. This activity helps deconstruct negative self-views and promote positive thoughts. Fold the paper in half on the dotted line. Draw a picture of how others see you. Then draw a picture of how you see yourself. Open the paper and compare the two drawings.

## How Others See You

What qualities and traits would others say you possess? How do you feel about this image of yourself? How accurate is their view of you? What would you like to change about their perception of you?



## How You See Yourself

What qualities and traits do you possess? How do you feel about this image of yourself? What would you like to change about your perception of yourself? What differences do you notice between these two drawings and their titles?

