



Self-Perception

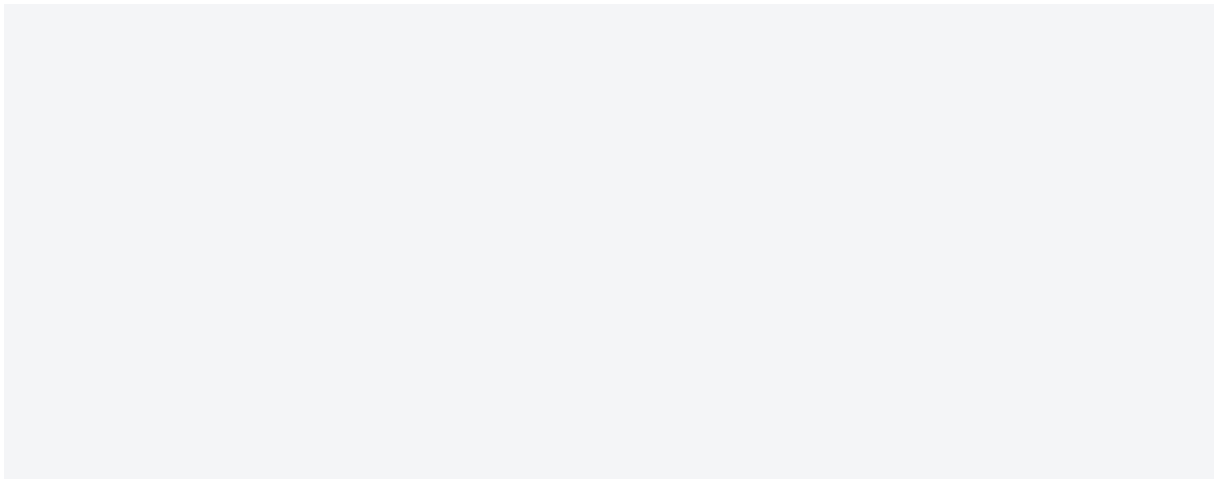
Self-perception can help you recognize the difference between the public and the private you. Use the following questions to identify where the two differ and whether you are being authentic.

Can you list what makes it difficult being yourself around others?

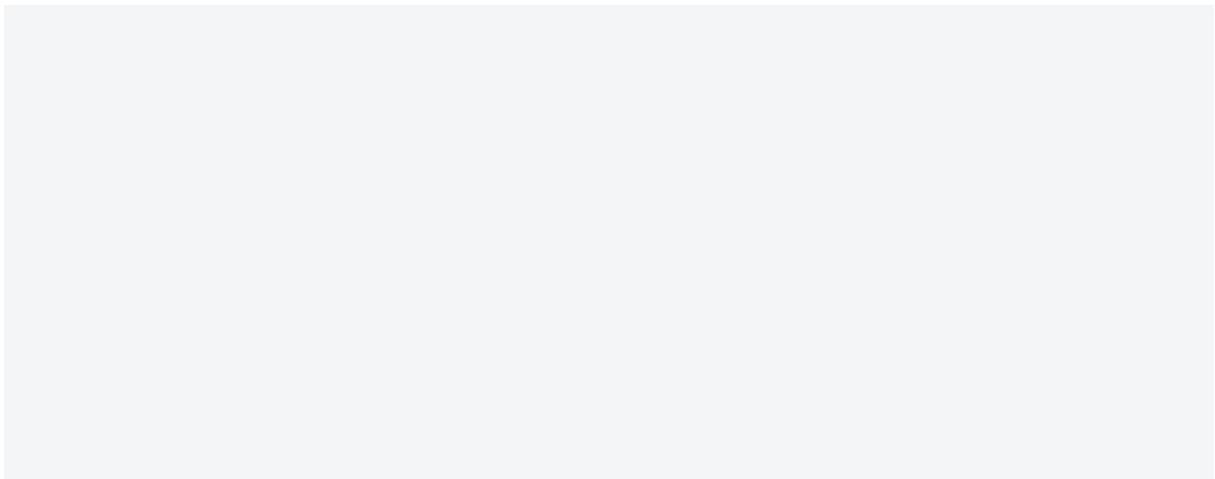
Are you trying to please others with the way you live your life? If so, how?

What do you imagine people think and say about you?

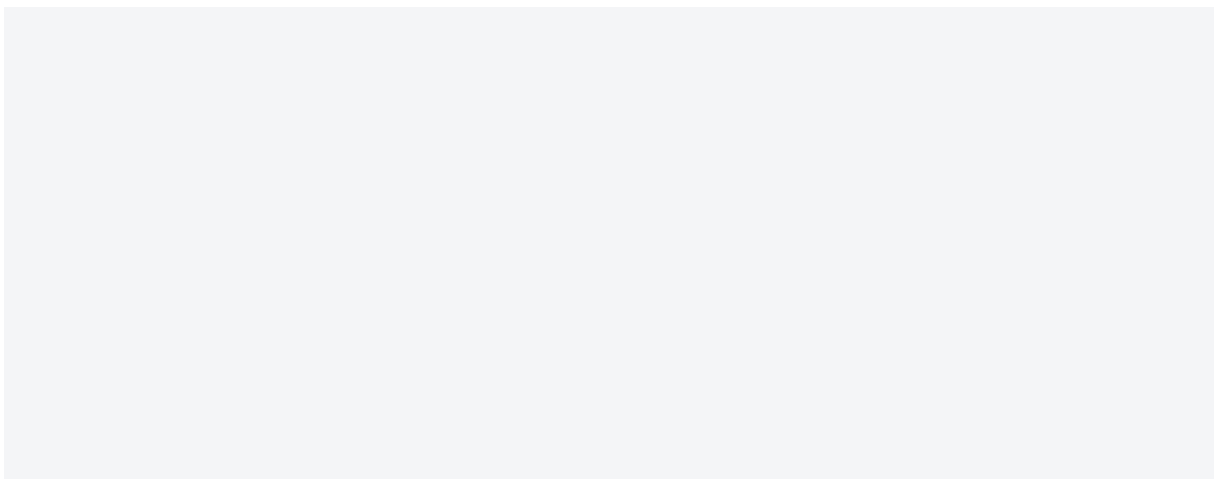
What would you prefer people to think and say about you?



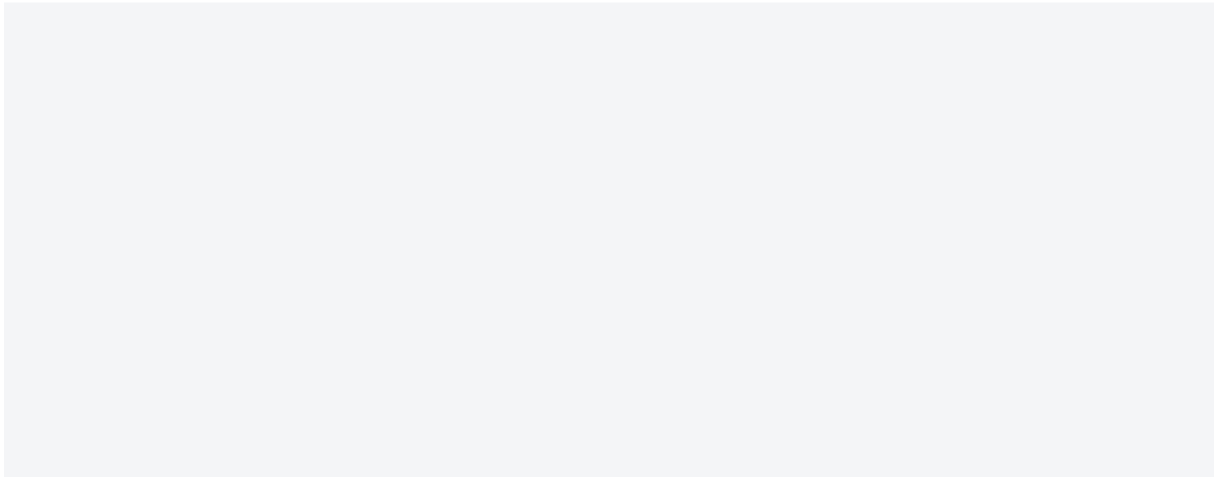
What would you least like people to think and say about you?



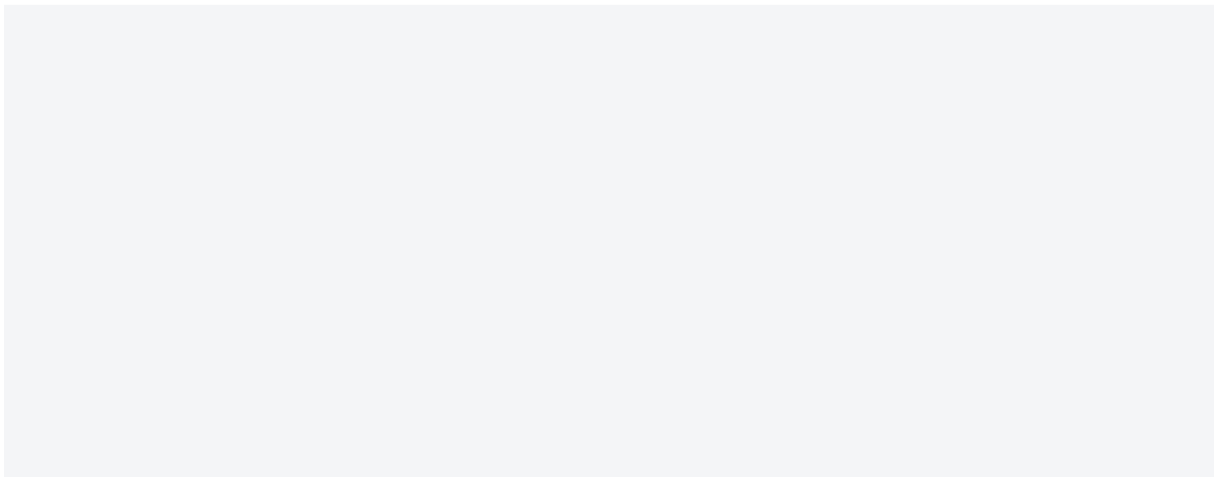
When and with whom do you feel most authentic?



What would people think if you were more authentic more of the time?



What would you like to change? And how?



Dr. Jeremy Sutton