

Sketching the Idealized Self

1. I'm pleased when people perceive me as

2. I embarrass myself when I

3. People tell me that I come across as

4. They'd be surprised to learn that, inside, I'm actually

5. I work hard to maintain an image of

6. I hate myself when

7. Three compliments that make my head spin are

8. My usual self-accusations are

Completing those statements may help you begin to discern the outlines – the highlights and shadows – of your idealized self. The even-numbered statements point to limitations, deficiencies, and flaws that are part of your self-image, while the odd-numbered statements suggested the idealized image you work on projecting to protect yourself from exposure.

List six roles or activities in which your idealized self is best displayed:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

List six roles or activities in which your embarrassing flaws and weaknesses are exposed:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Draw a picture of dwarf (limited, flawed, deficient self) and puppet (idealized self):

