

Be completely honest with your answers to the two questions on this page.

Your current core identity:

Write down a one-line statement of how you see yourself in your mind's eye. If the description is different from that which you gave your therapist, that's absolutely fine. As time goes by before your next session, this description might change but *do not erase or blank the previous one(s)*. Be sure to write the first one the day after your session. If nothing changes, write 'same as yesterday.'

Day	Description
S	1 self conscious about my looks (hair), unsure about what I truly do, and not fulfilled/satisfied about living up to my potential
S	2 self conscious about hair/looks, determined to become successful, living up to true potential
M	3 Same as yesterday
T	4 Self conscious about looks (esp. those who haven't seen me recently); confident about my abilities/skills; disappointed with achievements; unsure/certain
W	5 little more comfortable with my looks; confident about my skills; need to focus on achieving more
T	6 Same as yesterday
F	7 Same as yesterday

Your Ideal Self

Now write one line about how you really would like to be, making sure that it's totally possible, plausible, and designed to please *you* and not for anybody else. If it changes, that's okay, but don't blank or erase previous statements. Don't hold back because it seems unlikely - write exactly what you want as long as it's **possible, plausible** and designed to please **you** rather than somebody else. If nothing changes, write 'same as yesterday.'

Day	Description
S	1 Absolutely confident about my looks (hair, weight, posture, face); proud/certain of what I do; fulfilled about my past achieving my potential.
S	2 Wish there was a solution for my hair; have the power to be truly successful - just need to execute
M	3 Confident about my looks; feeling successful about my achievements
T	4 Absolute confidence about looks; highly successful; absolute certainty about what I'm doing
W	5 Same as before
T	6 Same as yesterday
F	7 Same as yesterday