Take Away Reflection Paper

1. Close your eyes and get a mental picture of yourself. Besides thinking about your physical appearance, you should also include in your image your less observable features such as your hopes, dreams, and anxieties. Create a list of words, which describe you.

2. Look over the list of words that you used to describe yourself. Pick the top ten that describe the most fundamental aspects of who you are. Rank order the list with the most important on the top and the least essential on the bottom.

3. Keep these pictures in mind, but now imagine what would happen if the tenth item on your list were eliminated. How would you be different? Does the idea of giving that up leave you feeling better or worse about yourself? How hard was it to let that item go?

4. Now, without taking back the tenth item on your list, give up the ninth item and see what difference that makes to you. After pausing to experience your thoughts and feelings, give up each item on your list one by one.

5. Now that you have abandoned the number one feature of who you are, take a few minutes to gather the parts of yourself that you abandoned and write about your experience.

The paper should be no less than 2 pages typed. Include in your paper (or attached) your rank ordered list. Some questions to consider as you are writing the paper:

1. What did you learn about yourself because of this assignment? Be specific
2. What descriptors do you see as the most vulnerable to change?
3. What challenges might you face if you did decide to change something about yourself?
4. Do you think others would describe you as you have yourself? Why or why not?
5. Do you think you would still create the same list in ten years time, why or why not?
6. How do you think your self concept has affected the ways in which you interact in your interpersonal relationships?