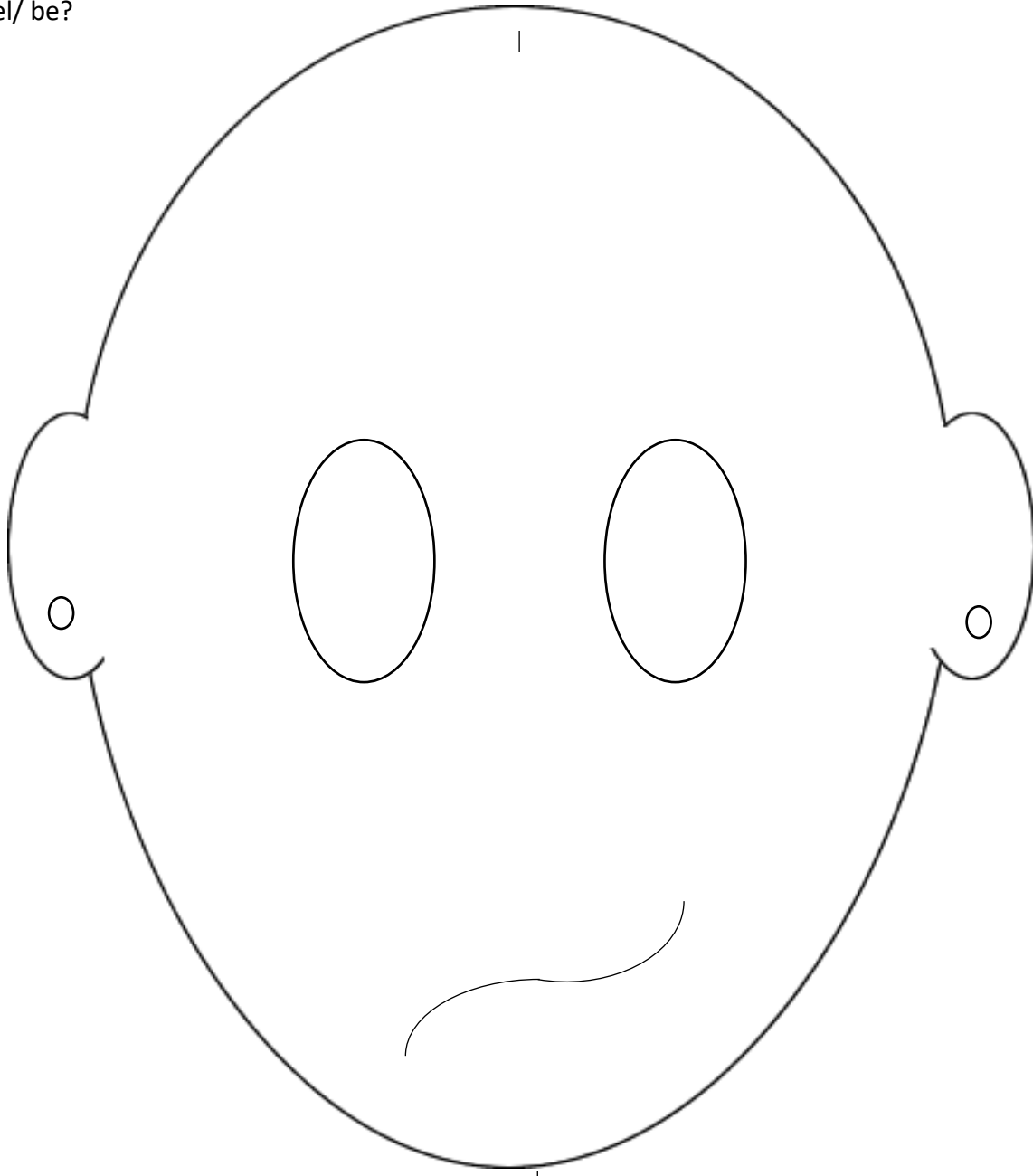


Two-Faced.

Now let us think about how you would like to feel instead of 'putting up masks'. Again, on the left hand side of the face can you list how you usually feel, & on the right hand side of the face can you list how you would like to feel/ be?



[View the video 'You Look Disgusting' & 'Un-Pretty' on YouTube](#)

Some people will always resort to negative views & comments to you. Do these have an impact on how your feeling? How could you challenge this? To get the feelings you would like to have. Are there short steps or targets you could set yourself daily, & challenge your view of yourself? E.g. Move away from a situation, ask for support, change your reaction, and rise above it.

Pick yourself at least one feeling that you think you could start to make a change towards & list below with your targets to how you will achieve this.

Self-Target Time

Feeling to change (s):

Feeling(s) to gain:

Options/Targets: