

Let'S PRETeND, PaRT I

Distribute **paper** and **pencils**. Say to the group:

■ You feel bad about yourself. You believe:

- you're physically unattractive
- you have nothing much to offer
- you can't do anything worthwhile
- people generally don't like you.

■ Okay, then, what difference does that make...

- in your family?
- in your church?
- in your relationships to friends?
- in your physical health?
- in your future?

Invite group members to share and discuss their answers.

Let'S PRETeND, PaRT II

First complete the activity called Let's Pretend, Part I '

Then distribute **paper** and **pens or pencils**. Say to the group:

■ You feel great about yourself. You feel:

- satisfied with your looks
- capable, with much to offer
- worthwhile and loved
- confident that people will enjoy getting to know you

■ Okay, then, what difference does that make...

- in your family?
- in your church?
- in your relationships to friends?
- in your physical health?
- in your future?

Invite group members to share and discuss their answers.