



## Image Gap: Problems and Strategies

### Part A

Choose three qualities that represent an "image gap problem" for you. Think of all the ways you could try to solve each "problem", then decide which is the best strategy.

Problem	Possible Strategies	Best Strategy
I wish...		
I wish...		
I wish...		

### Part B

Answer these questions truthfully. The first question requires a little more care and thought, so try to spend more time on it.

1. What do you like best about yourself?

---



---



---



---

2. What did you learn from this exercise?

---



---



---

