HANDOUT 8.4: UNDESIRED, ACTUAL AND IDEAL SELF

Here are some commonly reported characteristics of the Undesired, Actual and Ideal Self.

UNDESIRED SELF

- Shamed
- Inferior
- Unwanted
- Marginalized
- Disconnected
- Bad
- Strange/Weird

ACTUAL SELF

- Less competent
- Failing
- Submissive
- Worried and anxious
- Negative feelings towards others
- Threat focus

IDEAL SELF

ALWAYS

- Competent
- Successful
- Assertive
- Relaxed and Happy
- Kind to others
- Positive focus

Reflect on the characteristics that you would attribute to your own Undesired, Actual and Ideal Self and write them down below:

MY UNDESIRED SELF	
MY ACTUAL SELF	

MY IDEAL SELF		