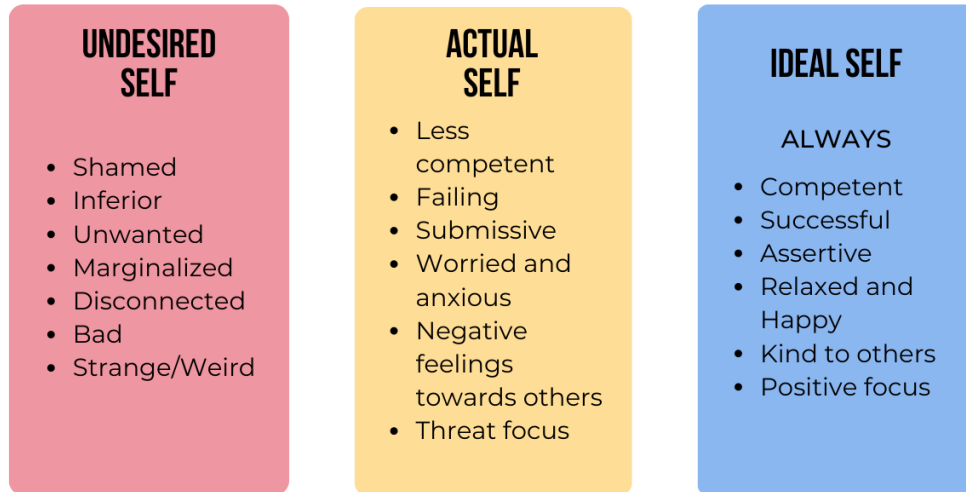


HANDOUT 8.4: UNDESIRED, ACTUAL AND IDEAL SELF

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



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

