

LIKING YOURSELF WORKSHOP OUTLINE

SESSION 1

- I. Introductions
 - A. Participants
 - B. Format
 - C. “Quiz”
- II. Lecture on Blocks to Female Positive Self Concepts
- III. Undoing the Damage
 - A. “Defense Attorney” vs. “Prosecuting Attorney”
 - B. Attribution Theory Undone
 - C. “Top Dog,” “under dog” and “Best Friend”
- IV. “Stop-Think” Technique
- V. Relaxation and Imagery
- VI. Handouts and Practice “Homework”

Session 2

- I. Reports
- II. Strength’s Via Experience
- III. Faults Exercise
- IV. Self Description and Strong/Weak Strengths Exercise
- V. Fun with Affirmations
- VI. Conclusions