

# Self-reflection exercise

Take some time to answer these questions for yourself - you could sit and think about them or write about them.

This should only take about 20 minutes.

**1.**  
What has the biggest influence on how you feel about yourself?

**2.**  
What influences the way you behave?

**3.**  
What makes you want to wear the clothes you wear?

**4.**  
What makes you want to watch the TV that you watch or the music that you listen to?

**5.**  
What is the influence of social media, music and celebrity on you?

Once you have considered these questions, take a look at and answer these follow up questions.

**1.**  
Do you like the way social media makes you feel?

**2.**  
How can we decide what are the right things to be impacted by?

**3.**  
How can we make sure we are shaping our own identity?

**4.**  
What are some things you like about yourself?

Call the National 24 Hour  
Freephone Helpline at  
**1800 778888**  
for support and information on options.

