

Below are the DIFFERENT ASPECTS OF THE SELF. Looking at yourself, write at least 5 sentences/phrases to describe yourself. You may refer to the guide questions.

Write it on the template given below:

1. **Physical Self:** Describe yourself. Try not to censor any thoughts which come to your mind. Include descriptions of your height, weight, facial appearance, and quality of skin, hair and descriptions of body areas such as your neck, chest, waist, legs.
 2. **Intellectual Self:** Include here an assessment of how well you reason and solve problems, your capacity to learn and create, your general amount of knowledge, your specific areas of knowledge, wisdom you have acquired, and insights you have.
 3. **Emotional Self:** Write as many words or phrase about typical feelings you have, feelings you seldom have, feelings you try to avoid, feelings you especially enjoy, feelings from your past and present, and feelings which are associated with each other.
 4. **Sensual Self:** Write how you feel as a sensual person. What sense do you use most – sight, hearing, speaking, smelling, touching? How do you feel about the different ways you take in information - through the eyes, ears, mouth, nose, and skin? In what ways do you let information in and out of your body?
 5. **Interactional Self:** Include descriptions of your strengths and weaknesses in intimate relationships and relationships to friends, family, classmates and strangers in social settings. Describe the strengths and weaknesses which your friends and family have noticed. Describe what kind of son or daughter, brother or sister you are.
 6. **Nutritional Self:** How do you nourish yourself? What foods do you like and dislike? What do you like and dislike about these?
-
7. **Contextual Self:** Descriptors could be in the areas of maintenance of your living environment: reaction to light, temperature, space, weather, colors, sound and seasons and your impact on the environment.
 8. **Spiritual Self or Life Force:** Write words or phrases which tell about how you feel in this area. This could include your feelings about yourself and organized religion, reactions about your spiritual connections to others, feelings about your spiritual development and history, and thought about your metaphysical self. Think about your inner peace and joy. Think about your spiritual regimen or routine.

The Otherneb Of Self

R. S. Perinbanayagam



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