

Defined by Others

Think about some ways that you allow others to define who you are. Write them down now. Then, as you go through this week, see what you notice about yourself. Do you find other ways that you are doing this? Continue to add to the list as you notice what's happening.

Comparison

"Shoulds"

Body Image

Relationships



Defined by Others

Gendered Expectations

Seeking Validation

What else?

What other ways do you notice yourself being defined by sources outside yourself?
Race, religion, politics, culture, Other roles you have or labels you carry?
See what else you notice this week and write those down too.
