



CREATING YOUR KICK-ASS IDENTITY

Lesson 1

**“You will know the truth,
and the truth will set you free.”**





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Identity and self esteem are closely related and very important to good mental health.

Your sense of identity has to do with who you think you are and how you perceive yourself. **It's about how you define yourself.**

Self esteem is how you value yourself. **It has to do with your sense of self-worth.** Both affect your mental health, your behavior and how you relate to other people.





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Our self-identity determines our behavior.

Study: Teachers were told some of the students were gifted, when in fact, they were not special at all.

What happened: The students *behaved* in accordance to the teachers' expectations of them.



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Consequences of a poor self-image... how many do you suffer from?

- more dependent on others in determining our value
- more easily influenced by others
- react more strongly and are hurt more deeply if someone rejects them in some way or criticizes them
- take things more personally
- are indecisive
- suffer from self-doubt



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Consequences of a poor self-image:

- easily susceptible to guilt and shame
- depicts people-pleasing behavior
- prone to be in unhealthy/asymmetric relationships
- prone to fall into depression, anxiety and eating disorders
- more likely to become addicted to alcohol, drugs, sex, affection



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What self-image did you take on as a child?

- what are the first things that you remember people *saying* about you?
- what are the first things that you remember *feeling* about yourself?
- what are the first conclusions that you remember making about yourself?
- which role/identity do you realize you took on as a child? Why?





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Our emotions reveal a lot to us about our identities.

Which is your go-to emotion when you don't feel good?

What does the voice say to you?

How has that self-image shaped your life?

Can you think of specific examples?



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If you could change your self-image, which one would you take on?

- Can you think of someone who exemplifies that image for you?
- What do they believe about themselves that helps them behave the way they do?
- What would you need to believe about yourself that make you behave differently?





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EXERCISE

Think of a typical situation where your old identity shows itself in all its negativity.

Now, picture yourself as the new identity.

How would you behave in your new identity? What decisions, actions, would you take that would be in line with your new identity?



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A NEGATIVE SELF-IMAGE THAT I'VE BEEN HOLDING ON TO IS:

THE NEW SELF-IMAGE I DECIDE TO ADOPT NOW IS:

THE NEW ACTIONS THAT WILL REFLECT THE NEW SELF-IMAGE ARE:



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