

Appearance

Social Anxiety West Topic Session

Questions

- **Which bits of your appearance are you most conscious of?**
- **What do you think of your appearance, both looks and clothes?**
- **In what ways does other people's appearance matter to you?**
- **In what ways does this differ from what you feel matters about your own appearance?**
- **How would you like to appear different?**
- **In what ways do, or do not, your choice of clothes and look reflect the kind of person you are inside?**
- **In what way does how you describe yourself (appearance wise) differ from how others describe you?**
- **If there is a difference, why do you think this is and what could it mean?**
- **Do you focus more on what you do like about yourself or what you do not like?**
- **How does this help or hinder you?**