# Skill-Building Challenge Worksheet: Analyzing Influences

Name: Blank Class: Blank Date: Blank

Think about your own expectations, or those on social media, of what is normal during adolescence as to how you should feel or look. Answer the questions below:

* Who or what has influenced you to feel or look a certain way concerning your appearance or body?
* Do you think the influence has been positive or negative? Explain why.
* If the influence has been negative, what changes can you make to be more positive concerning your appearance or body?