



## R-Group Process

# WATC - SELF-PERCEPTION PROCESS

**Round 1:** Give each woman a copy of the ‘Self-Describing Questions’ and then instruct them to pair up with another woman. In each pair, one of the women asks the other woman the Self-Describing Questions and records the answers. Then they swap roles.

**Round 2:** Give each woman three copies of the ‘What I See in You’ worksheet and have the women write their name at the top of each of the three copies. Have each woman pair up with another woman (a different woman than Round 1). Each woman should give their partner one of their ‘What I See in You’ sheets. In silence, each woman should then write down their answers to the questions about the other woman. Have them sit facing each other. Have them take turns, doing this one at a time. Give them 5-7 minutes each.

Encourage the women to go beyond easy one word answers, to really engage the questions, and to answer with descriptions. Then have them fold the sheet in half, so their answers are not visible, and hand the paper back to the other woman. Instruct the women to keep the sheets folded over for now. Then have the women switch partners two more times and go through the same process with each new partner.

**Round 3:** Have the group come back together. Watch the ‘Forensic Artist Captures Women’s Self Perceptions’ video (<https://www.youtube.com/watch?v=sPZ0N4HdYYA>).

**Round 4:** Now instruct the women to open their ‘What I See in You’ sheets and give them several minutes to read them. Go around the circle and have each woman share one or two of the observations other women made about her.

### **Debrief:**

What was it like to answer the questions about yourself in Round 1?

What was it like to see how other women described you? What came up for you?

In describing yourself, or listening to someone else describe themselves, did you notice any of your false selves showing up? Ex: humor, sarcasm, caretaker, minimizer, etc...

What was it like to answer questions about your sisters?

How did it feel to receive what other women said about you?

How does your perception differ from what others see in you?

Anything else?

## Self-Describing Questions

1. Tell me about your hair.
2. Tell me about your chin and nose.
3. Tell me about your eyes.
4. Tell me about your body.
5. What is your most prominent feature?
6. Describe in detail your favorite feature.
7. What is your least favorite feature? Why?
8. What do you hope that people do not see when they first look at your face? At your body?

## **What I See In You**

1. What do you notice initially about the other woman's face?
2. What is the other woman's most striking feature?
3. What do you see in her eyes?
4. Do you see or feel anything else?
5. What descriptive words come to mind when you see this woman?