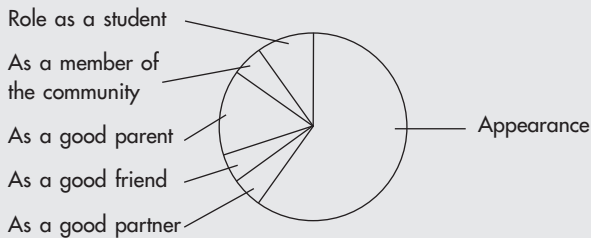


## What keeps a body image problem going? 65

### EXERCISE 4.3: SELF-DEFINITION PIE CHART

The amount of importance someone attaches to their appearance in defining their 'self' identity can be represented by a pie chart. In the following example, Amy has filled in a pie chart to show how she defines herself. The divisions in the chart show the relative importance she gives to her appearance and to her roles as partner, friend, parent, member of the community and student. Below the sample, there is an empty pie chart for you to complete.

#### 1. Amy's completed pie chart



2. Empty pie chart for completion. Indicate how much of the pie is focused on your appearance and how much on all your other roles.

