



Homework for Session 1

Work progressively on the Self Assessment directives.

Please write a few paragraphs revealing the names (birth name, nicknames etc.) and the titles you've lived with (Ms. Dr. Sister etc.) and how they made you feel. What did these names mean to you? What did the titles require of you? How do you feel about the experience.

Also submit a few paragraphs in writing, drawing, photography etc. that reveals how you feel about your body. What experiences have led to this feeling? How do you want to feel? And imagine what measures you can take to achieve a love and appreciation for your body.