

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## **Activity: Self-Exploration Exercise**

**Objective:** To understand the different aspects of the self through self-reflection and peer interaction.

### **Instructions:**

**1. Introduction (10 minutes):**

- Briefly explain the concepts of the "I-self" and "me-self" as introduced by William James, and Carl Rogers' three sides of the self (Perceived Self, Real Self, Ideal Self).

**2. Self-Reflection (20 minutes):**

- Distribute paper and pen to each participant.
- Ask participants to sit comfortably and place a mirror in front of them.
- Instruct participants to look into the mirror and write down their thoughts about the following:
  1. Describe your "I-self" (the self as knower).
  2. Describe your "me-self" (the self as known).
  3. Write about your Perceived Self (how you think others see you).
  4. Write about your Real Self (how you see yourself).
  5. Write about your Ideal Self (how you would like to be).

**3. Group Discussion (30 minutes):**

- Divide participants into small groups of 4-5.
- Each participant shares their reflections with their group.
- Group members provide feedback and discuss any similarities or differences in their perceptions.

**4. Role-Playing (30 minutes):**

- Ask each group to create a short skit demonstrating interactions between the different aspects of the self (e.g., a dialogue between the I-self and the me-self, or between the Real Self and the Ideal Self).
- Groups perform their skits in front of the class.

**5. Debriefing (15 minutes):**

- Facilitate a class discussion about the insights gained from the activity.
- Discuss how understanding these different aspects of the self can impact personal growth and relationships.

Upload the Results to this Link:

[https://drive.google.com/drive/folders/1Q\\_Mwg-yIrQ\\_qDHbPc2H9zH4SirYACyIL?usp=sharing](https://drive.google.com/drive/folders/1Q_Mwg-yIrQ_qDHbPc2H9zH4SirYACyIL?usp=sharing)