READING

Read the article and tick (✓) A, B, or C.

> Have you ever thought about changing your appearance? Most of us have complained about having a bad hair day or looking hideous in a photo. But experts say that becoming too obsessed about our appearance can be bad for our health. Psychologist Sue Johnston explains:
>
> 'Of course it's natural for people to want to change the way they look – have a new haircut, buy something nice to wear to a party or make a good first impression at an interview, and many women don't like to be seen without their make-up.

But the real problems start when people feel that there's something they can't change that makes them feel unattractive. It may be sticking-out ears, an unusually-shaped nose, or perhaps they are overweight. In serious cases this small thing can often take over their lives completely, making them feel anxious about going out in public and making them depressed. In 2006 we did a Body Image Survey to learn more about how people gain confidence in themselves. Below are a few suggestions on how to feel good about yourself.

LIVEWORKSHEETS

1 Think about your skills and talents. For example, focus on success at work, participating in sports, and friendships. Once you realize that you can achieve your goals and have a happy, full life, appearance will seem less important. If you do have negative feelings about your appearance, try to do something positive like buying some new clothes or taking up a new hobby.

2 Learn to accept that you are unique. There's no one else in the world like you and that makes you very special. Love the unusual things about yourself. If you hate your red hair because it's so different, then teach yourself to think about it as beautiful and exotic!

3 Forget about what you can't control. There's one simple rule: be realistic, work on improving what you can change, and don't spend time worrying about anything else.

4 Stop buying fashion magazines and comparing yourself to the models. This has a very negative effect. Remember – they don't look that good without a personal hairstylist, make-up artist and computer generated photography!

5 Finally, if you still feel depressed about the way you look, consider getting professional advice.'

LIVEWORKSHEETS

1 Almost everyone is sometimes unhappy about the way they look.

A True ☐ B False ☐ C Doesn't say ☐

2 Sue Johnston used to dislike the way she looked.

A True ☐ B False ☐ C Doesn't say ☐

3 Wanting to change the way you look is normal.

A True ☐ B False ☐ C Doesn't say ☐

4 People can become depressed about going out in public.

A True ☐ B False ☐ C Doesn't say ☐

5 The survey was to find out how people want to change the way they look.

A True ☐ B False ☐ C Doesn't say ☐

6 Concentrating on the things you're good at can help you feel positive.

A True ☐ B False ☐ C Doesn't say ☐

7 If you concentrate on your aims in life, the way you look will seem less important.

A True ☐ B False ☐ C Doesn't say ☐

8 It's important to appreciate how you may look different to other people.

A True ☐ B False ☐ C Doesn't say ☐

9 Some people spend a lot of money changing the way they look.

A True ☐ B False ☐ C Doesn't say ☐

10 Models aren't really as good-looking in real life as they appear in magazines.

A True ☐ B False ☐ C Doesn't say ☐

LIVEWORKSHEETS