Quiz: Overcoming Stigma

HHRP

Name (first name only): _____ **Date:** _____

1. **If you behave as predicted by a label placed on you, your behavior is an example of a self-fulfilling prophecy.**

   a. True   b. False

2. **Being stigmatized can influence:**

   a. how you think
   b. how you feel
   c. how you behave
   d. all of the above

3. **Fulfilling your potential (identifying with your "core" self) can result in:**

   a. low self-esteem, depression, anxiety
   b. stress and stress-related illnesses
   c. substance abuse
   d. none of the above

4. **Positive, health-promoting forms of "brainwashing" are called "self-affirmations."**

   a. True   b. False

5. **Getting in touch with your "core" self beneath all the labels *begins* with which of the following?**

   a. identifying "ideal" characteristics and creating a mental image of your "ideal" self
   b. peeling an onion
   c. acting "as if" you are your "addict" self-image
   d. all of the above

Score _____

Joe and Ed Character Profile

HHRP

Instructions: For each characteristic, circle "yes" **either** in the Joe column **or** in the Ed column to indicate how you predict the interviewers would characterize the two job candidates.

	JOE (the HIV-positive drug addict)	**ED** (the paralyzed thrill-seeker)
Courageous	yes / no	yes / no
Mean	yes / no	yes / no
Strong	yes / no	yes / no
Dishonest	yes / no	yes / no
Attractive	yes / no	yes / no
Manipulative	yes / no	yes / no
Ambitious	yes / no	yes / no
Irresponsible	yes / no	yes / no
Trustworthy	yes / no	yes / no
Selfish	yes / no	yes / no
Popular	yes / no	yes / no
Lazy	yes / no	yes / no
Dependable	yes / no	yes / no
Deserves to be sick	yes / no	yes / no

A Mirror into Your "Ideal" Self

(Part I)

HHRP

Thoughts

_____

_____

_____

_____

_____

_____

_____

_____

_____

Behaviors

_____

_____

_____

_____

_____

_____

_____

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_____

_____

_____

_____
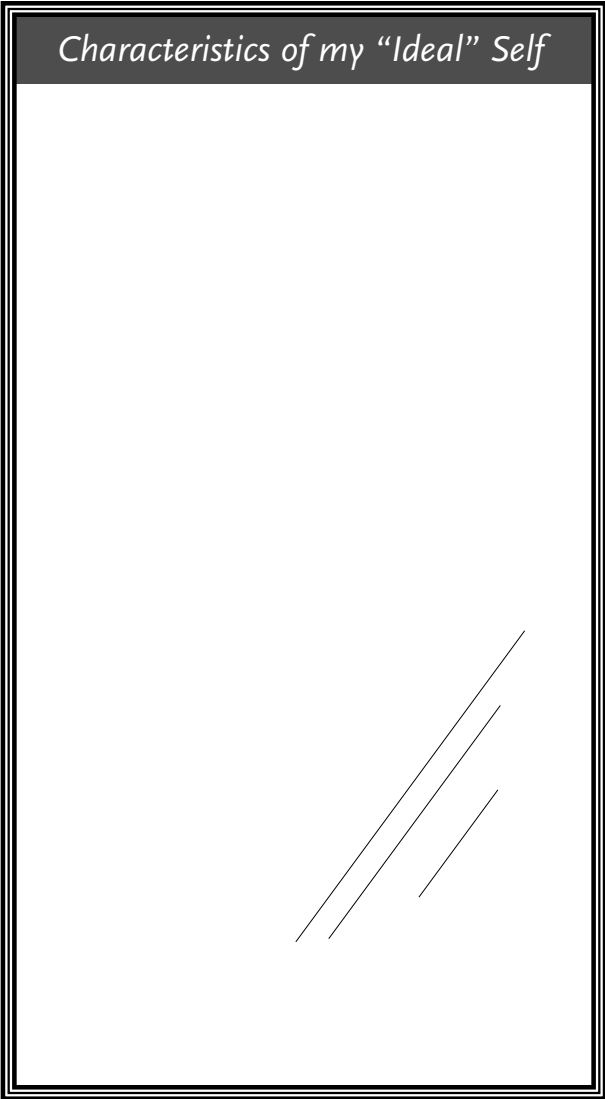
Characteristics of my "Ideal" Self

Feelings

_____

_____

_____

_____

_____

_____

_____

(over)

(Part II)

My Self-affirmation Statement

I am: _____

Locations to place self-affirmation cards:

    1. _____

    2. _____

    3. _____

I will visualize my "ideal" self daily at ___ am/pm. My visualization will include (copy from handout):

Thought   _____

Behavior   _____

Feeling   _____

Memory aid for visualization. I will remember to do my visualization by: _____

I plan to act "as if" I have this attribute by doing the following:

    1. _____

    2. _____

One week from today I will rate my progress by rating the strength of my "addict" and "ideal" selves:

How much did I experience my "addict" self in the past week?

0	1	2	3	4
Not at all		moderately		extremely

How much did I experience my "ideal" self in the past week?

0	1	2	3	4
Not at all		moderately		extremely