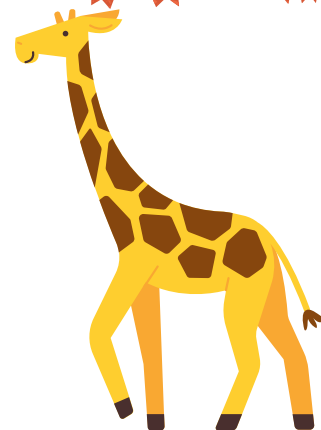
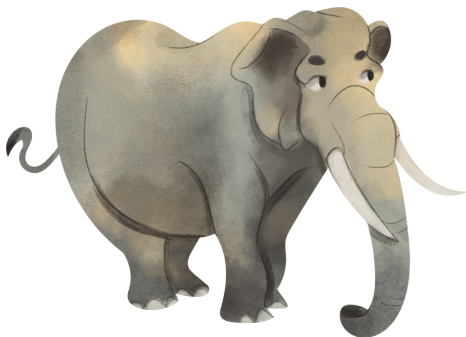
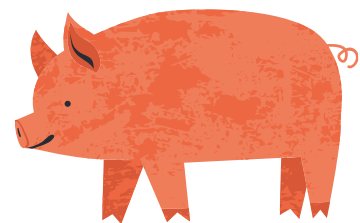
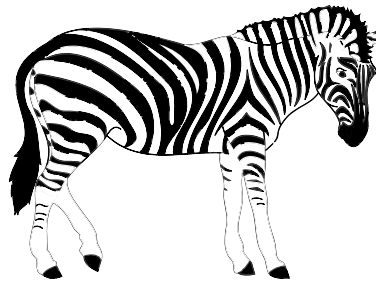
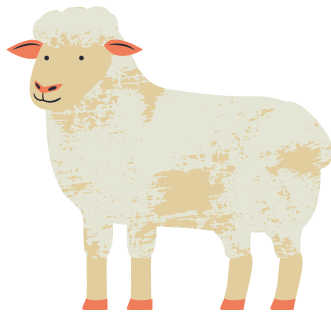


# The Three Animal Activity



# Activity

Write the names of  
three animals that  
come to your mind  
first!

Note: Be quick!



# Activity

Write for each animal  
a few **characteristics**  
which you feel is  
right!  
Avoid writing on  
social standards.



# Moment of revelation



Animal 1:

How you think others  
view you

Animal 2:

How you want others to  
view you as

Animal 3:

Who you actually are



# Meanings

Animal 1:  
Your perception |  
Social Self

Animal 2:  
Ideal Self

Animal 3:  
Real Self



# Explanation

## Note:

Often our perceptions  
or our social self is  
very different from  
our ideal self (who we  
want to be) and real  
self (who we actually  
are)



# Explanation

Note:

Look out for major differences in the characteristics between the 3 animals, specially the 2nd and third animal.



# Explanation



Note:

More they are different from each other, more the conflict within the individual which may lead to a lot of stress and low self-esteem!



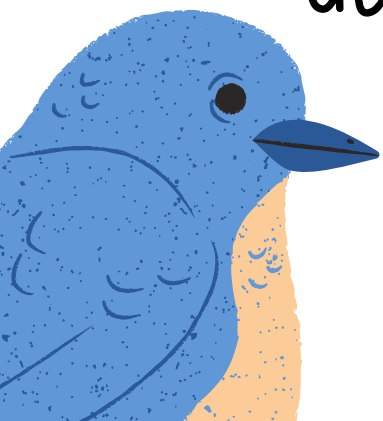
# Application



This activity is a great way to find out about a client instantly!

Not only that it reflects a Client-Centered approach where the client/individual gets to explore oneself within much expression.

It is an eye-opener which aids in self reflection and which gives a substance to introspect rather than just take advice.



# Thank You!



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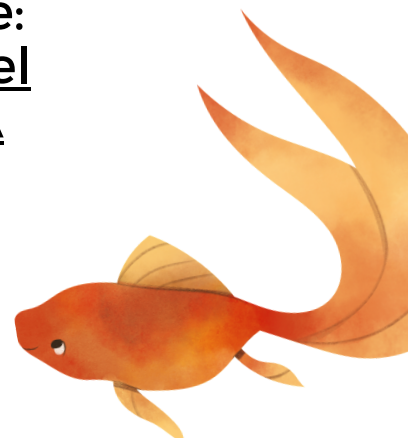
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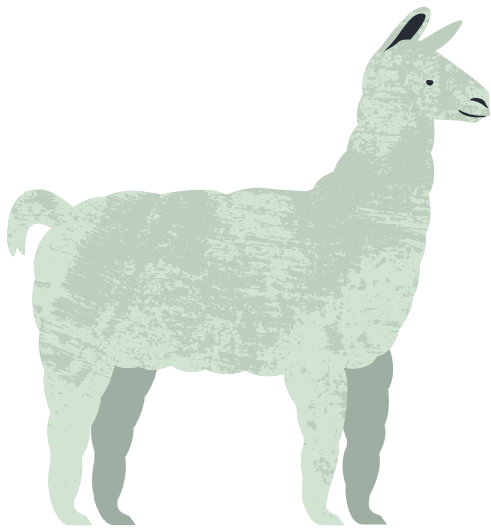


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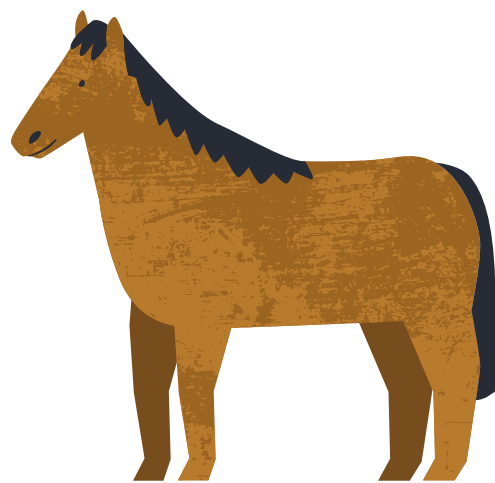
Llama



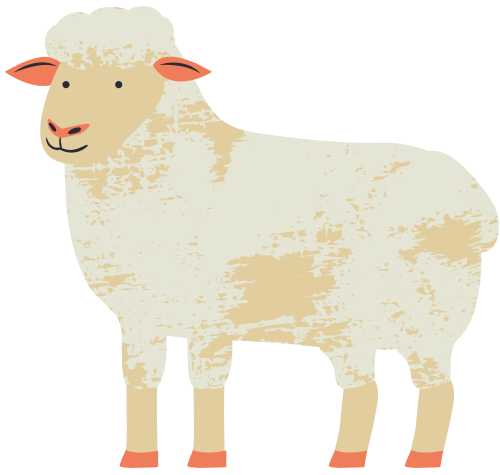
Turkey



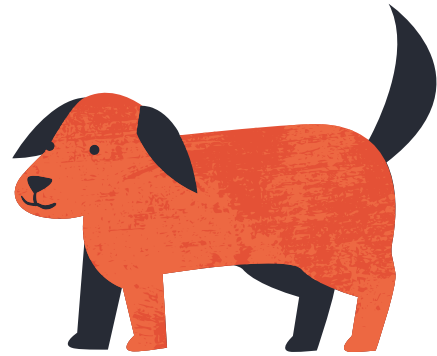
Bee



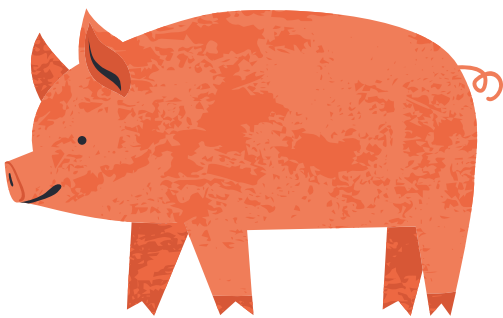
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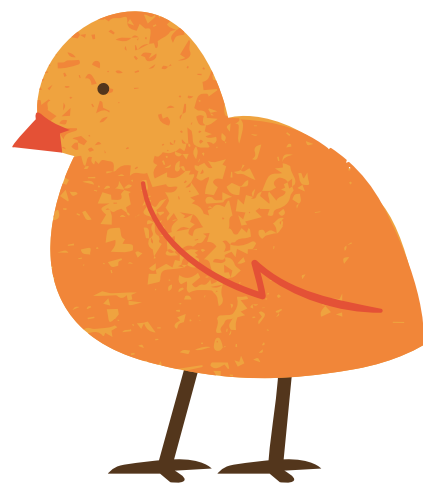
Sheep



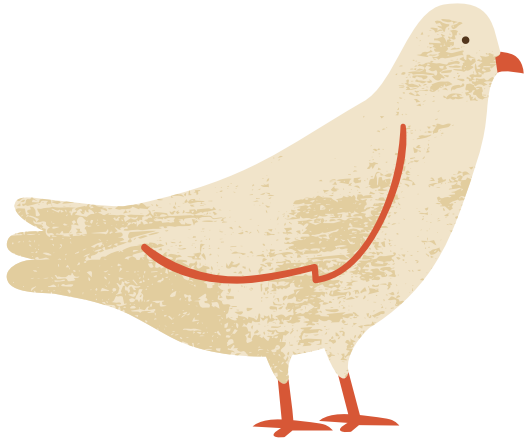
Dog



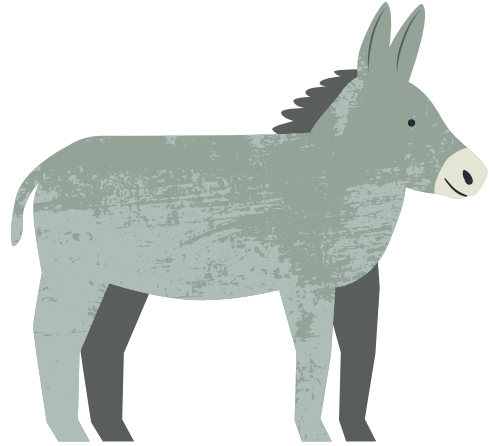
Pig



Chick



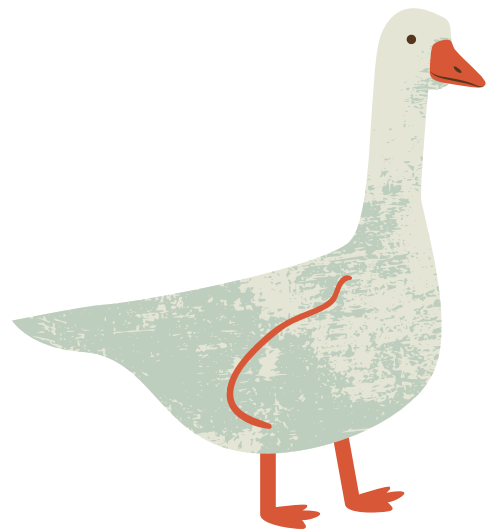
Dove



Donkey



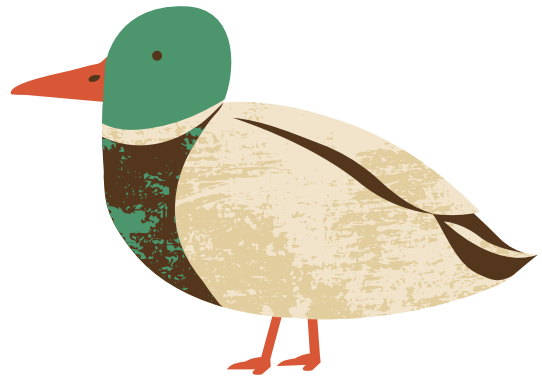
Cow



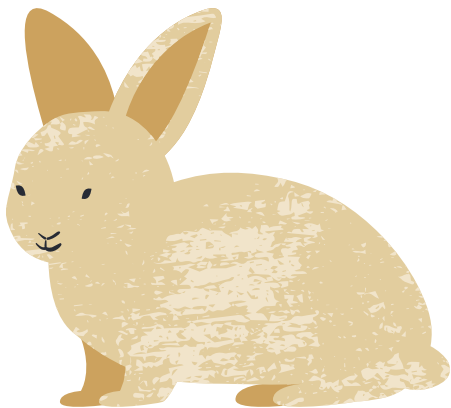
Goose



Rooster



Duck



Rabbit



Earthworm



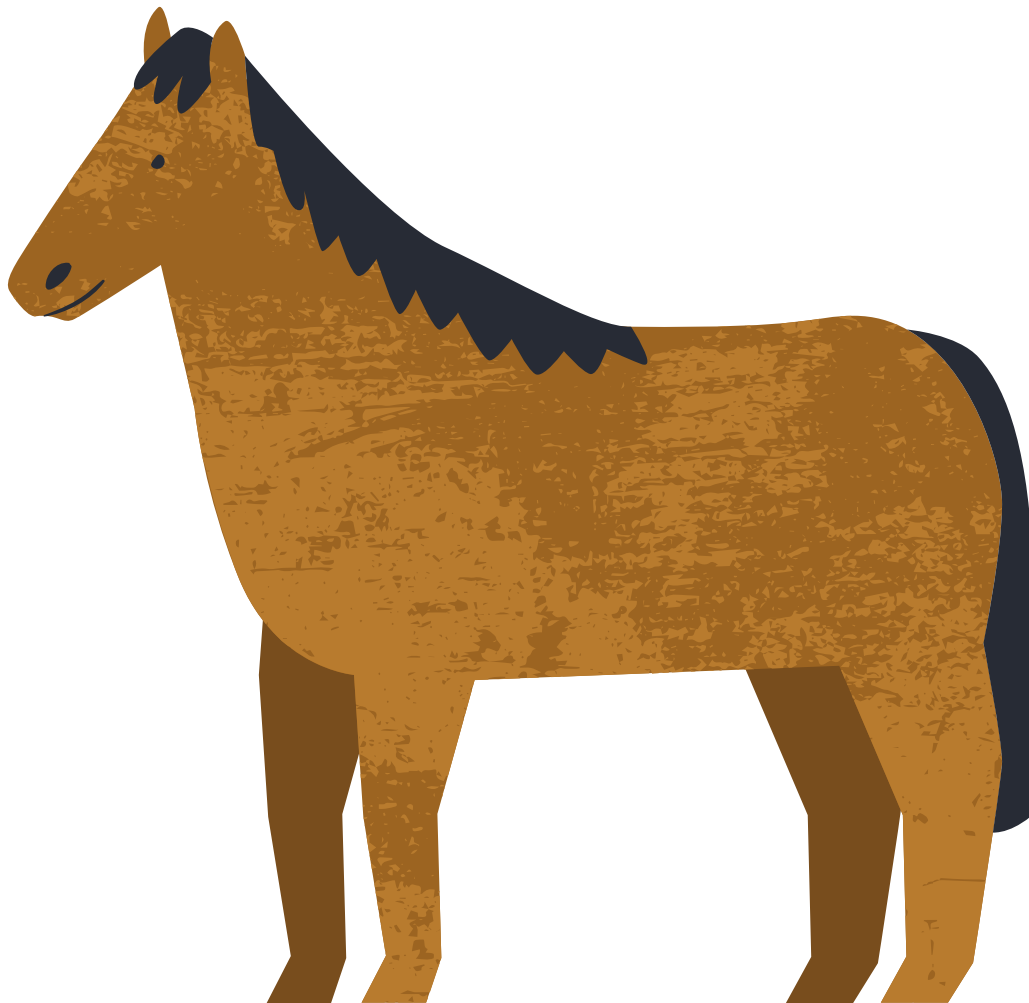
Llama



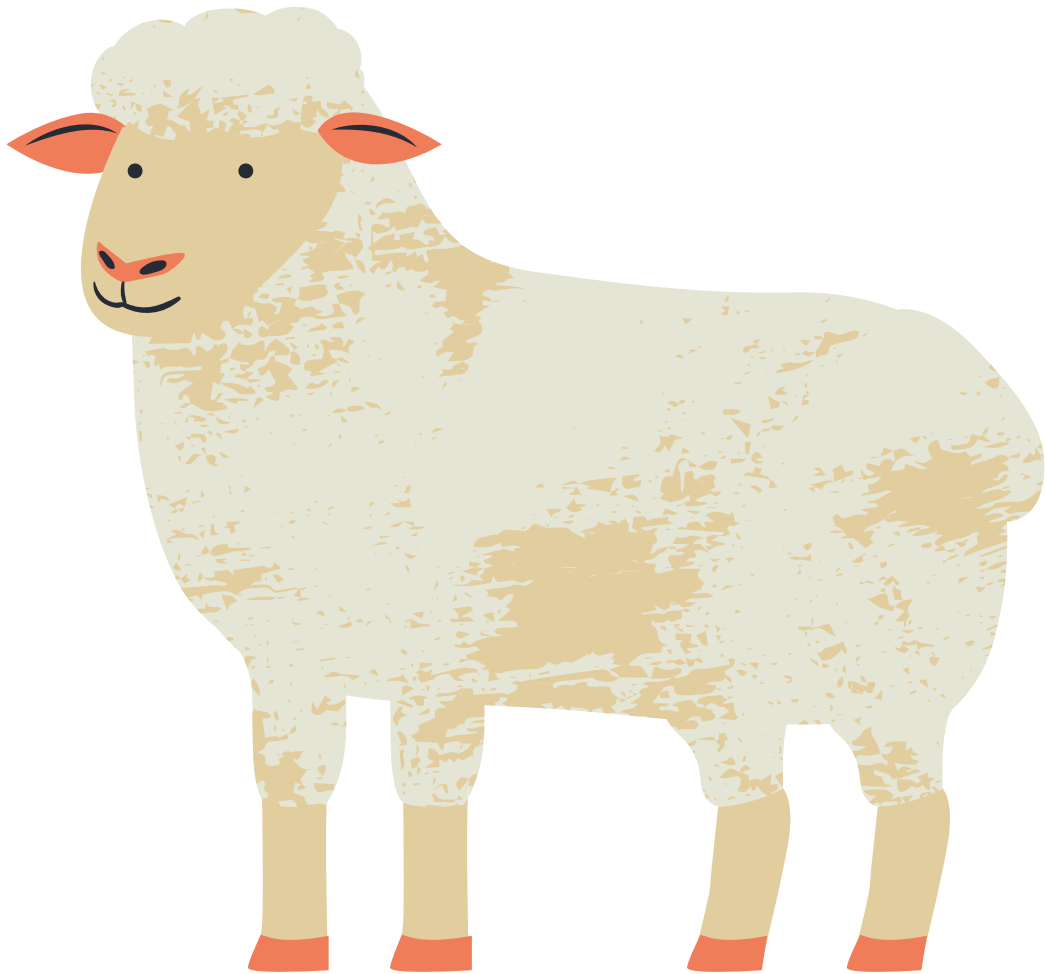
Turkey



Bee



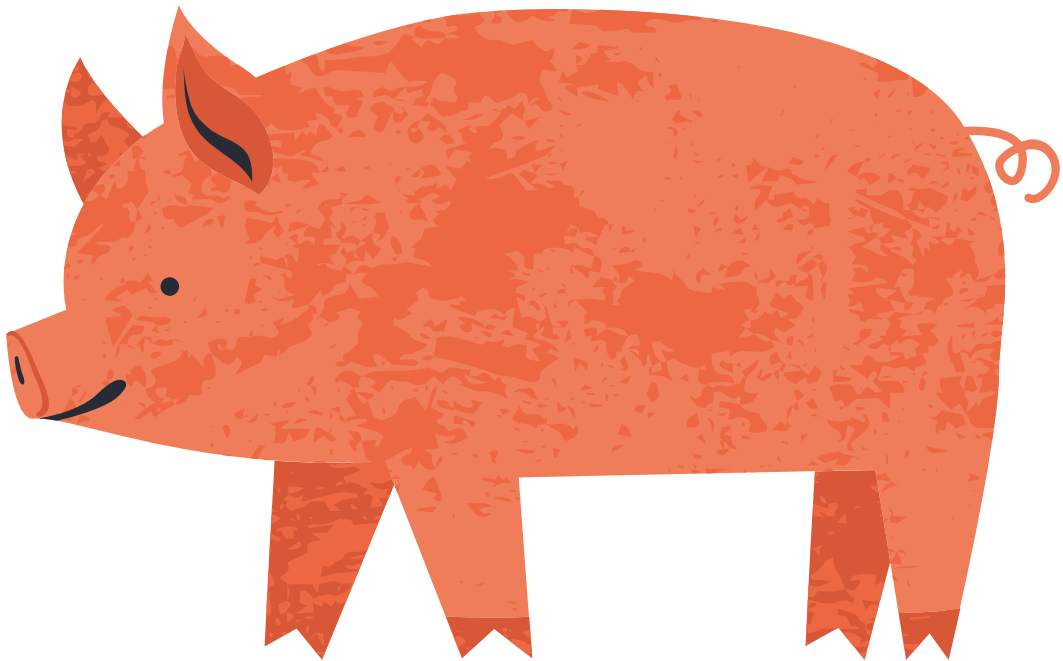
Horse



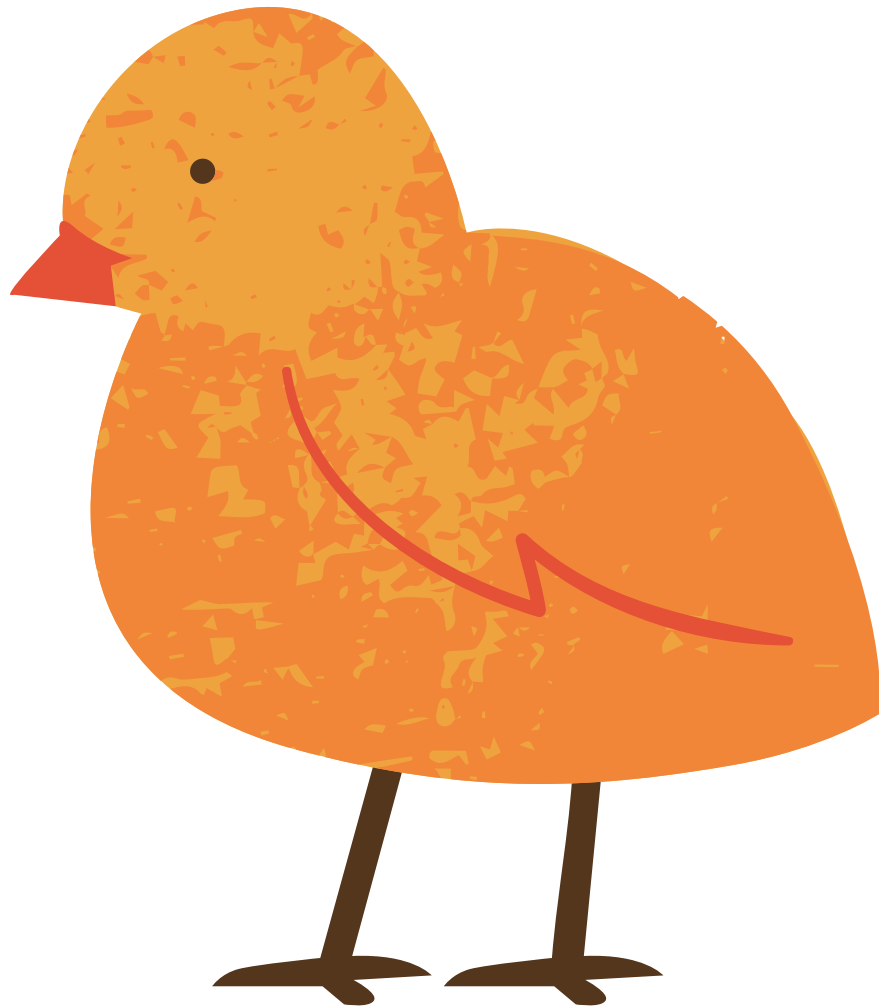
Sheep



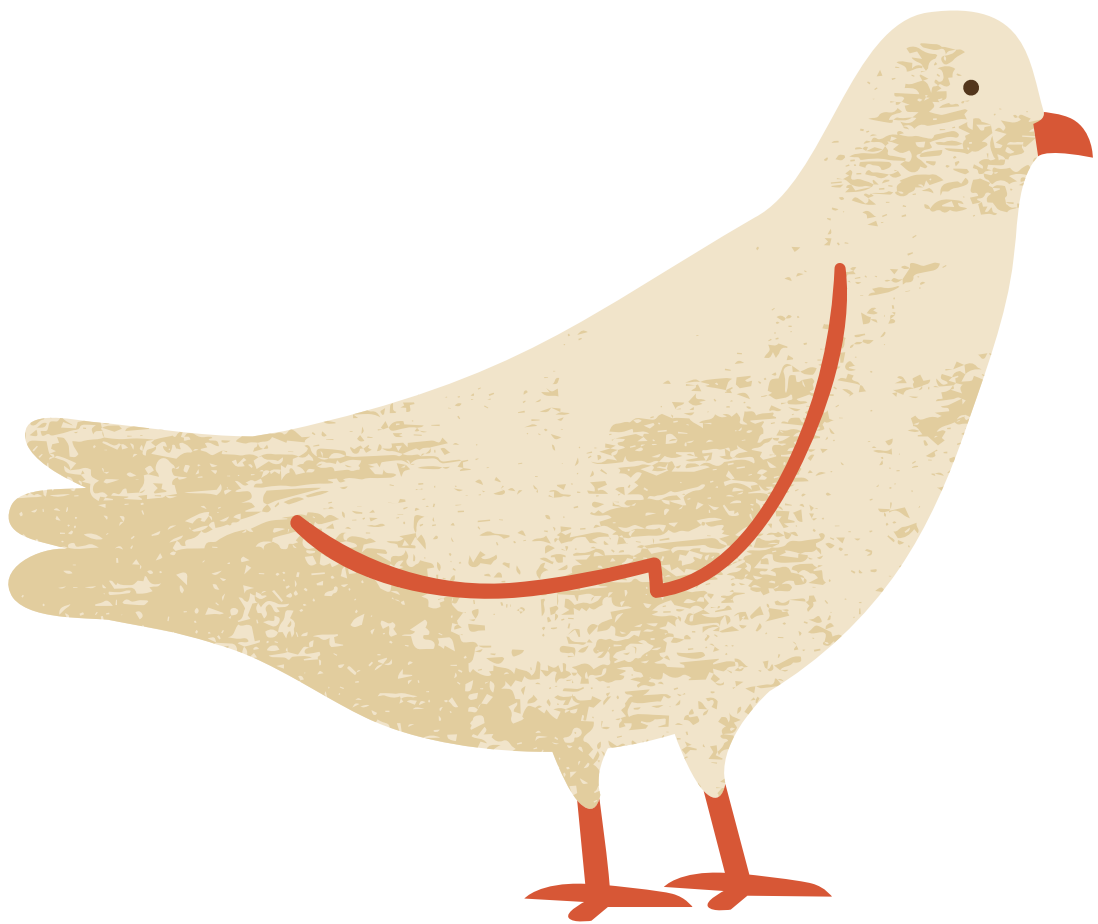
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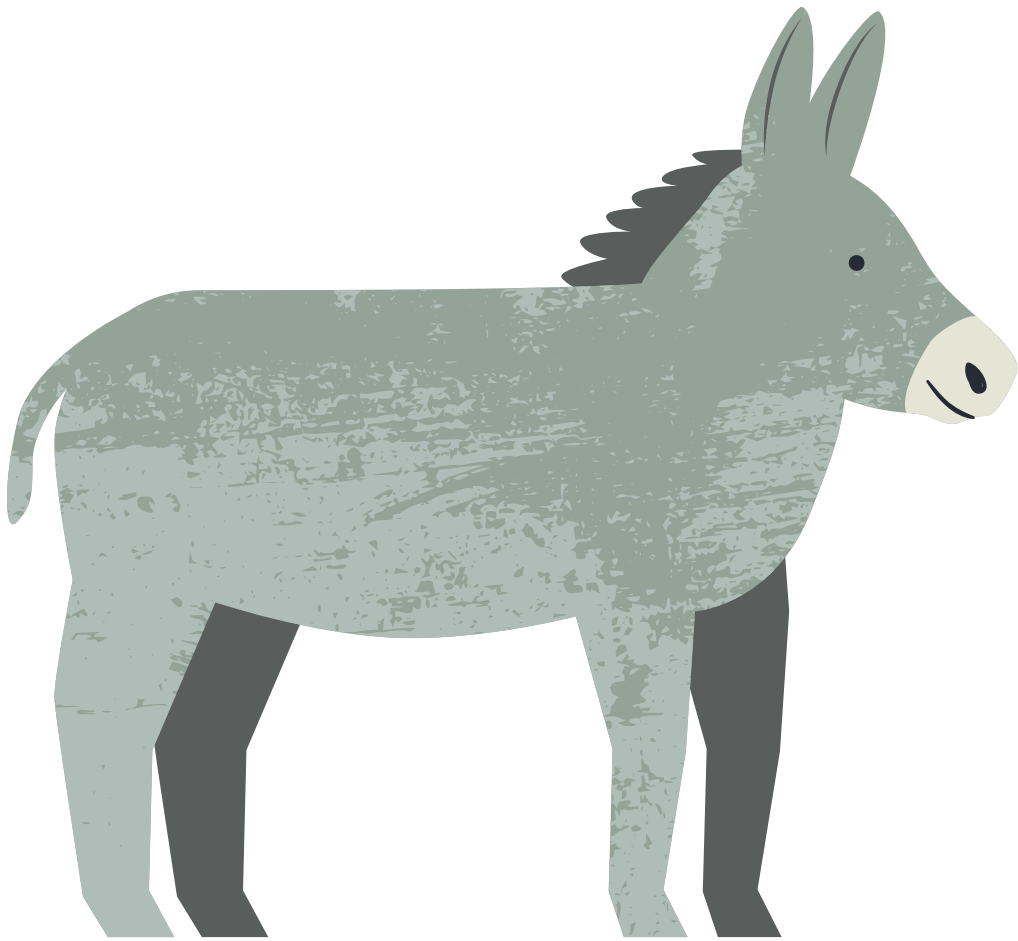
Pig



Chick



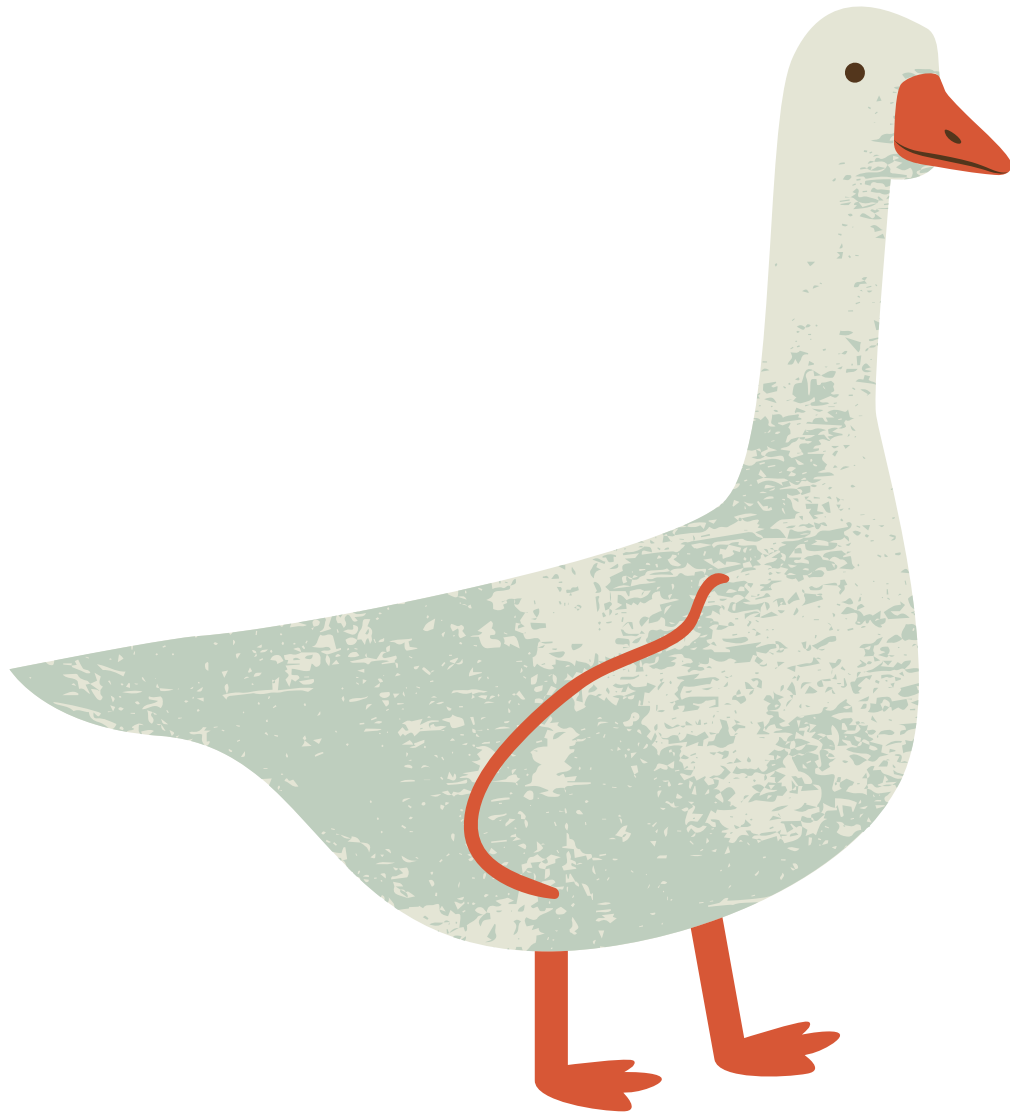
Dove



Donkey



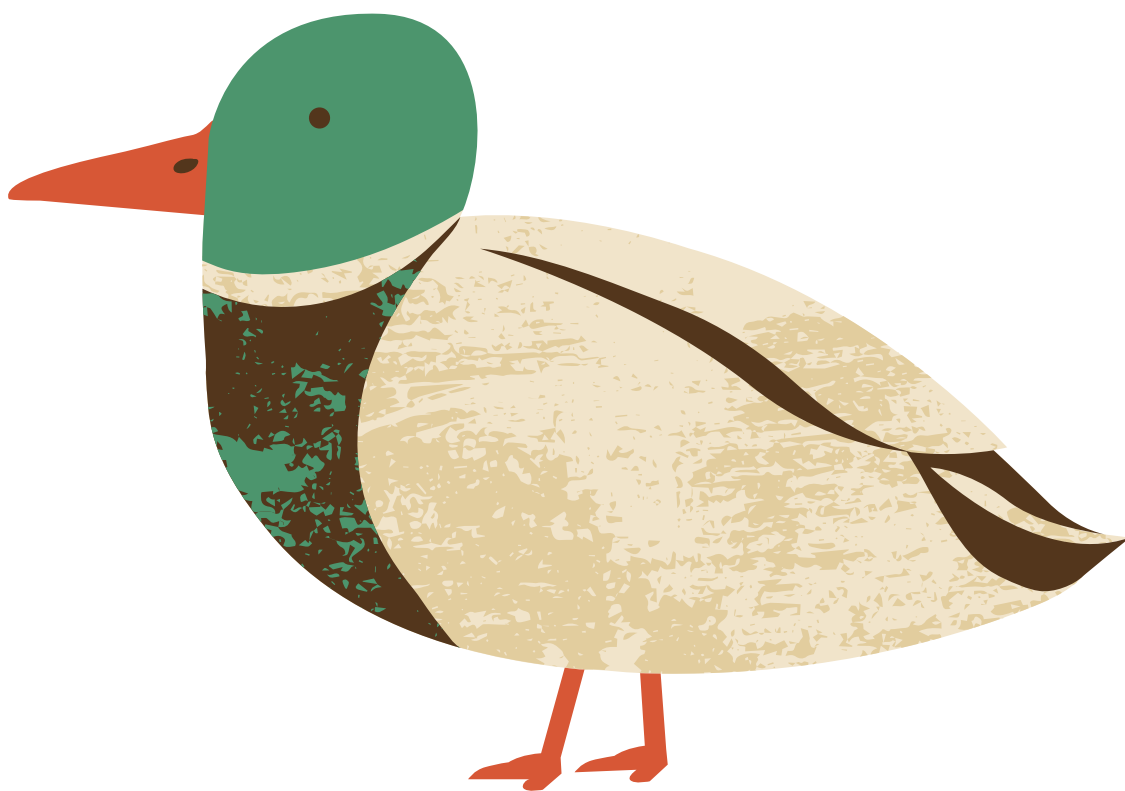
Cow



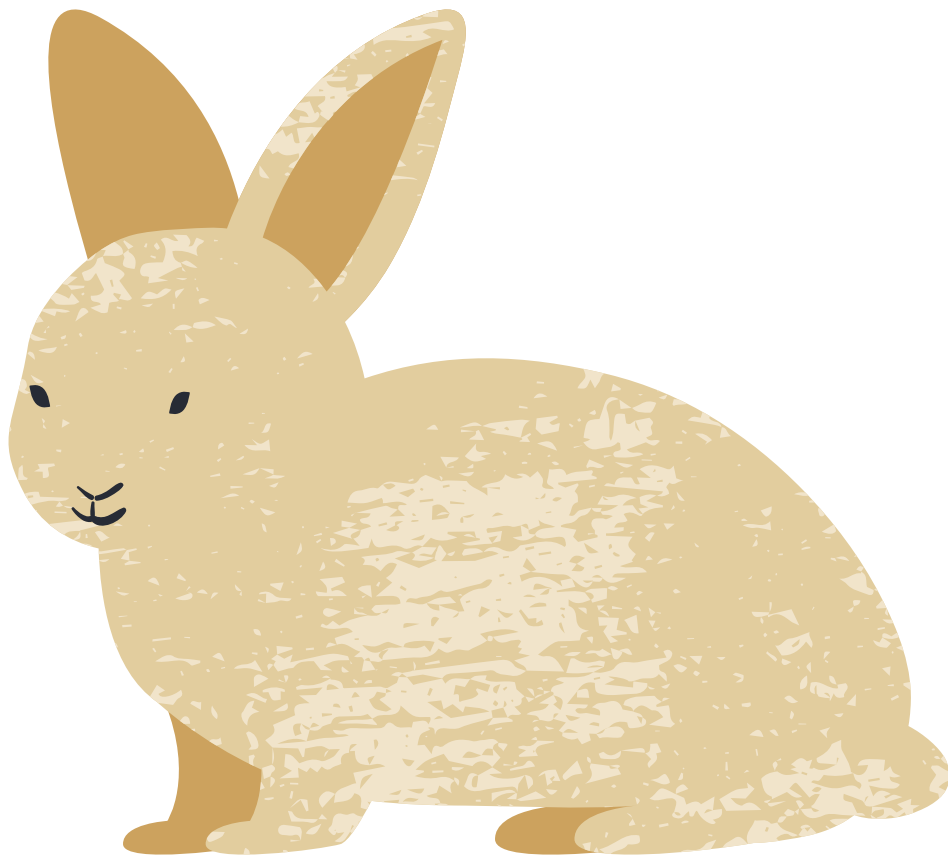
Goose



Rooster



Duck



Rabbit



Earthworm