

Self-perception and external perception from peers

This tool can serve as a comparison of self perception and external perception of adolescents and their family and peers:

20-25 min

Counselling

Material: Questions, pen

Why should I, as a coach, master this method?

The image that we have about ourselves, we have arranged due to perceptions and assessments of these perceptions. It is called self-perception. We have experienced a situation or reaction and have deduced something about ourselves from that: For example: "I am not good at speaking in front of strangers" or "I can hardly understand technical guidance".

Also external perception for peers, that means images and perceptions other people have about us, are based on observations and assessments and not on facts.

Nevertheless it makes sense to deal with one's own self-perception and external perception of peers, because:

„We get hints, if we possibly perceive ourselves in the right way.

We learn how we come across to others and can check, if we want to come across that way.

We can deduce changes or have a more precise exchange with others about our impact.

We can understand reactions of others better.“ (Doris Wolf)

Reff: <https://www.palverlag.de/selbstbild-fremdbild.html>

Description:

The following exercise can serve as a comparison of self-perception and external perception of peers:

Step 1

The adolescent takes notes of the answers to the following questions:

- Dream job / desired occupation(s)
- Favourite subjects
- Hobbies
- Favourite meal
- Favourite film
- What makes me happy
- What annoys me
- What makes me sad
- What am I really good at
- What am I not so good at
- If I win at the lotto, I would ...
- Which famous person I would love to be
- ...

If the client doesn't like certain questions you can skip them. The answering of the questions about oneself can take place during the Youthcoaching or external (outside of coaching).

Step 2

Subsequently the adolescents ask these questions to people who are close and who they trust (parents, brothers and sisters, friends, relatives,...). The more personal the questions are the better the relationship to the person should be.

Step 3

Were there any surprises? Did you learn anything new about you?

In the next Youthcoaching session you can talk about conformities and non-conformities.