

Worksheet: Exploring Self-Objectification

This worksheet can be used to examine how your digital behavior may shift your focus from self-worth to self-surveillance and appearance-based validation.

Step 1: Awareness Check

Check any that apply to your experience:

- I often review my posts or photos to see how others might judge me
- I feel anxious if a post doesn't get enough likes, comments, or engagement
- I've changed or edited my appearance in photos to match an ideal
- I sometimes measure my worth based on how I look in images online
- I feel more focused on how I appear than how I feel

Step 2: Reframing Questions

- When do I feel most confident or valuable, online or offline? Why? _____

- What qualities do I admire in others that go beyond appearance? _____

- How can I shift from self-surveillance to self-appreciation? _____

Reflection:

- What parts of your identity feel overlooked in your digital life but are deeply important to who you are?

