

Image and Stigma

Topic : #102

Category: Relationships



You, then, why do you judge your brother? Or why do you look down on your brother? Romans 14:10a

stig-ma ['stigmə] Noun. 1. [singular/uncountable]. a feeling that something is wrong or embarrassing in some way

(Facilitator Note: Have group members complete the Image/Stigma Analysis. Print copies for each member or read the questions aloud and have them record their answers. When finished, proceed to Discussion Questions for each section).

Section A: Self-image.

Totals 40 + = very good self-image, 30-39 = good self image, 20-29 = negative self image, below 20 = poor self-image.

Discussion #1: Do you agree or disagree with the following statement:

“A social stigma can best be changed by individuals upon whom the stigma is directed.”

If you disagree: Who *does* have the most influence to change a stigma?

If you agree: What does your score tell you about your potential to change the stigma of mental illness?

How does your self-image compare with God’s image of you? (If needed, use Appendix: Your Identity in Christ).

Section B: Views of others.

Discussion #2: How different are the scores between section A and B? What does that tell you?

If the scores from A and B are significantly different (20 + points) there is probably tension and difficulty in communication.

What can you do to bridge this gap?

Section C: Social Stigma.

Separate into small groups (by diagnosis) to compare answers, or discuss each diagnosis separately in the large group.

Discussion #3: What does your individual score say about *your perception* of the social stigma toward your diagnosis?

How does your score compare with others who have the same diagnosis?

Based on your groups answers, what areas need to see change? What can you do?

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Section A: Self-image.

Totals: 40 + = very good self-image, 30-39 = good self image, 20-29 = negative self image, below 20 = poor self image.

Discussion:

Agree/Disagree? *“A social stigma can best be changed by individuals upon whom the stigma is based.”*

Disagree? Who *does* have the most influence?

Agree? How can *you* change the stigma of mental illness?

Section B: Views of significant others.

Discussion: Your difference in A and B scores? Meaning?
20 + points difference ☐ tension and difficulty in communication.
What can you do to bridge this gap?

Section C: Social Stigma.

Separate into small groups (by diagnosis) to compare answers, or discuss each diagnosis in the large group.

Discussion #3:

What does your individual score say about *your perception* of the social stigma toward your diagnosis?

Your score vs. others with same diagnosis? Meaning?

Based on groups answers, what needs changing? What can you do?

Section A: Self-image.

Totals: 40 + = very good self-image, 30-39 = good self image, 20-29 = negative self image, below 20 = poor self image.

Discussion:

Agree/Disagree? *“A social stigma can best be changed by individuals upon whom the stigma is based.”*

Disagree? Who *does* have the most influence?

Agree? How can *you* change the stigma of mental illness?

Section B: Views of significant others.

Discussion: Your difference in A and B scores? Meaning?
20 + points difference ☐ tension and difficulty in communication.
What can you do to bridge this gap?

Section C: Social Stigma.

Separate into small groups (by diagnosis) to compare answers, or discuss each diagnosis in the large group.

Discussion #3:

What does your individual score say about *your perception* of the social stigma toward your diagnosis?

Your score vs. others with same diagnosis? Meaning?

Based on groups answers, what needs changing? What can you do?



IMAGE STIGMA TEST

Rate each statement on a scale of 1-5 with 1 meaning you strongly disagree and 5 meaning you strongly agree. When you are done, add up the numbers in each section and record the totals at the bottom.

Section A: Self Perception:

- _____ 1. My thoughts and feelings are important
- _____ 2. My opinions have value
- _____ 3. I feel connected to at least 2-3 other people
- _____ 4. I feel like a part of at least 1 group of people
- _____ 5. There is at least one other person I trust
- _____ 6. I have the ability to make decisions about my life
- _____ 7. I have a meaningful life
- _____ 8. I matter to someone else
- _____ 9. I have a purpose
- _____ 10. I can enjoy life despite my illness

Section B: Perception of Others:

- _____ 1. Someone else values my thoughts and feelings
- _____ 2. Someone else takes my opinion into consideration
- _____ 3. Someone else feels a connection to me
- _____ 4. Someone else looks forward to my company/presence
- _____ 5. There are people who trust me
- _____ 6. Someone else respects my ability to make decisions about my life
- _____ 7. I have contributed to someone else's life
- _____ 8. Someone else appreciates me
- _____ 9. Someone else depends on me
- _____ 10. Someone else has made future plans involving me

Section C: Social Perception:

- _____ 1. I have heard someone discuss my diagnosis/illness in a positive light
- _____ 2. I have means of expressing myself
- _____ 3. There are others with my diagnosis looked upon favorably in society
- _____ 4. Local support groups are available for those with my diagnosis/illness
- _____ 5. I am viewed as a trustworthy citizen
- _____ 6. My legal rights are not affected strictly due to my diagnosis/illness
- _____ 7. I do not feel excluded from my community due to my diagnosis/illness
- _____ 8. I would have support if I were discriminated against because of my diagnosis
- _____ 9. An organization exists to influence public policy regarding my diagnosis/illness
- _____ 10. I have the opportunity to help others with my diagnosis/illness

Total of Section A: _____ Total of Section B: _____ Total of Section C: _____