

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?

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Discussion:

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Disagree? Who *does* have the most influence?

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

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Discussion: Your difference in A and B scores? Meaning?

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