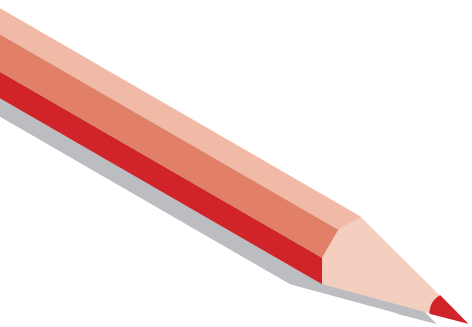




Friendship Note

Your challenge is to write your friend a note to say...

- Why you think trying to look like the Image Myth has lots of downsides.
- Why you think looking like the Image Myth is impossible (remember, no-one can look like this!).
- What your friend could say or do to fight the pressure to look like the Image Myth.



Dear ...

From ...

Don't forget to bring your note to the next session to share with your group!