

Tapescript

How do others see you ? (Level B1-B2 American English)

I came in not knowing what I was really coming in for

I was brought into a room that had a big mirror in front of me and they asked us questions about first impressions

I just started talking away about my imperfections

I haven't told this to anyone

Just really going over how I viewed myself and how I think other view me

I've definitely struggled with weight issues

I definitely look at people and I'm like « Do I look fat today » ?

Does my hair look all right ?

You always want to have better skin, have a better body

I'm kind of self-conscious of my round face, especially like my cheekbones here

He's in shape

He has nice cheeks

He has really nice cheekbones

I feel like he's the life of the party and I'd gravitate towards him

I think I have donkey legs

That's a great body type

I don't know if she realizes how lucky she is

I never really felt like I was manly

I definitely think that he's like masculine

He seems like a cool guy

I've always been self-conscious of my dimples

I really like her smile

She has really cute dimples

She's probably a really fun person

When I look in the mirror I'm like « Do I need to lose weight ? »

I think she's in shape

If she's mean to herself then that's just kind of one of those wierd things where eveybody's harsher on themselves

Oh, boy, okay

I think she's pretty

He's got a great beard

She has a great smile

He's like really fit

I like her hair

Doesn't say a lot, but when he does say something it means something

That was so crazy !

What is your response ?

Wow !

I wasn't really expecting that

So no-one heard what was going on ? – No

Cool

I feel a lot better now

It is cool to see somebody else's perspective

The mirror lies man !

I guess yeah, don't trust the mirror

Like people think completely different than like what you might think of yourself

We all see what's bad about our own body

We don't actually see what's great

I'm stuck in my body until I die, so what good is it going to do if I'm mean to myself ?

You're better than who you think you are and that you're enough just the way you are so be kinder to yourself !