

# The Graduate's Page

## SELF-IMAGE



In the last edition, we listed all of the components of self-image.

### THE PHYSICAL SELF

We will continue to relate more information about every aspect of self-image.

The physical self represents the way in which we see and accept our own body, the way we look, our physical appearance.

The body can hardly wait to receive love from our mind, but the mind says, "No, I don't like this part of my body. What a horrible nose I have, what floppy ears I have! My body is too fat! My legs are too short! The mind imagines all sorts of ugly things about the body.

Our body is perfect as it is. But we have all sorts of preconceived ideas about what is good and what is bad, about what is beautiful and what is ugly. If we are able to accept our own body, we will be able to accept anyone and any situation. The relationship with self is immediately reflected in relationship with others. And for this we must accept ourselves as we are. Once we have accepted ourselves as we are, we can accept those around us, our loved ones, as they are. In this way we also honor God for the way in which God created us. And, in the end, it's not physical beauty that matters, but the soul. What you have inside of you will also be reflected in the exterior. The beauty of the soul also makes the body more beautiful; it bathes it in a sweet light, delighting those around you.

## 9th Grade Class "A"

How long have you been living in this boarding school?

What is your dream?

Where have you traveled?

Do you think that the boarding school is a good solution for children from socially vulnerable families?

I've been in this boarding school since fourth grade. I have an older brother. My favorite subject is physical education because I like to play basketball. In my free time, I prefer to read. I don't think that it's good for some children to live in the boarding school because each should have a family. My dream is to become an olympic champion in wrestling. Up to now I have not traveled anywhere. P. Ş.

I came here in 6th grade. I have four sisters and a brother. I like history with all of its stories about our ancestors. In my free time I prefer to work. I think that each child needs a family, and this is why the boarding school is not a good idea. I dream of becoming a tae kwon do coach. I've traveled in Ukraine, Russia and Surgut. D. P.

I came here seven years ago. I have one brother. I like to play sports and in the future I would like to become a soccer player. I think that the boarding school is not an appropriate place for children because each child should have a family. My dream is to become a taxi driver. S. C.

I have been in this boarding school since I was five years old. I have two brothers and a sister. I like math because it makes me exercise my mind. In my free time I usually listen to music. I think that it's not good for us to be here, in the boarding school, because all children should live close to their parents. B.A.

I have been here for seven years. I have just one brother. In my free time I like to draw and to listen to music. I think that all children from the boarding school who have parents somewhere should go home to their families, while those who don't have parents should stay here. In the future I would like to become a famous painter. J. M.

I came here when I was eight years old. I am an only child. I like math because it is explained well and I like to do calculations. When I have free time I usually listen to music, watch movies or go for a walk. I think that the boarding school is not a good solution because we all wish for a family and all children need parental warmth. My dream is to become a computer programmer. I have traveled in Romania and Ukraine. G. Ş.