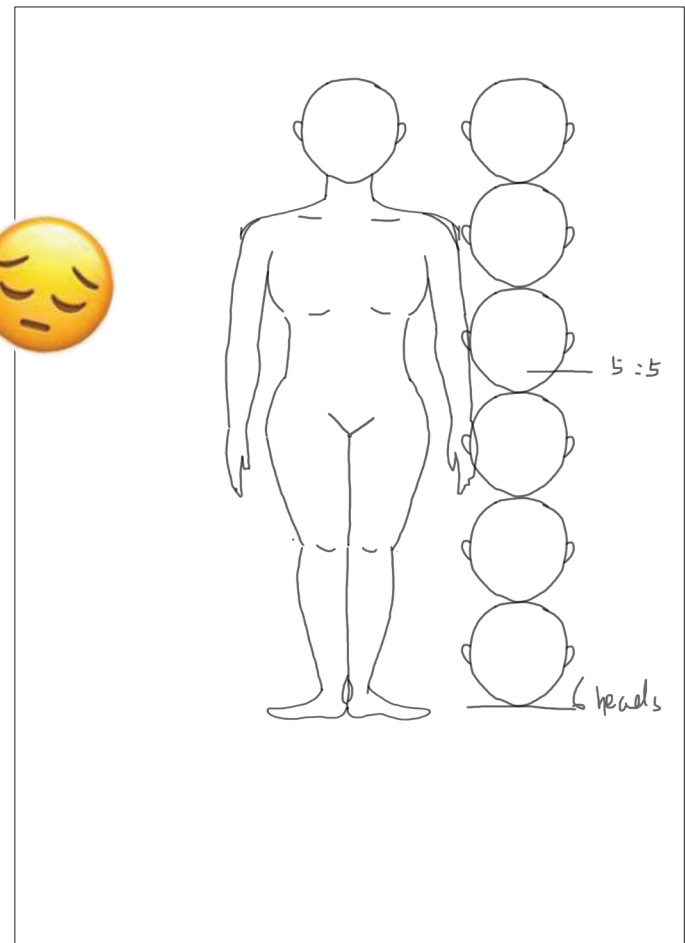
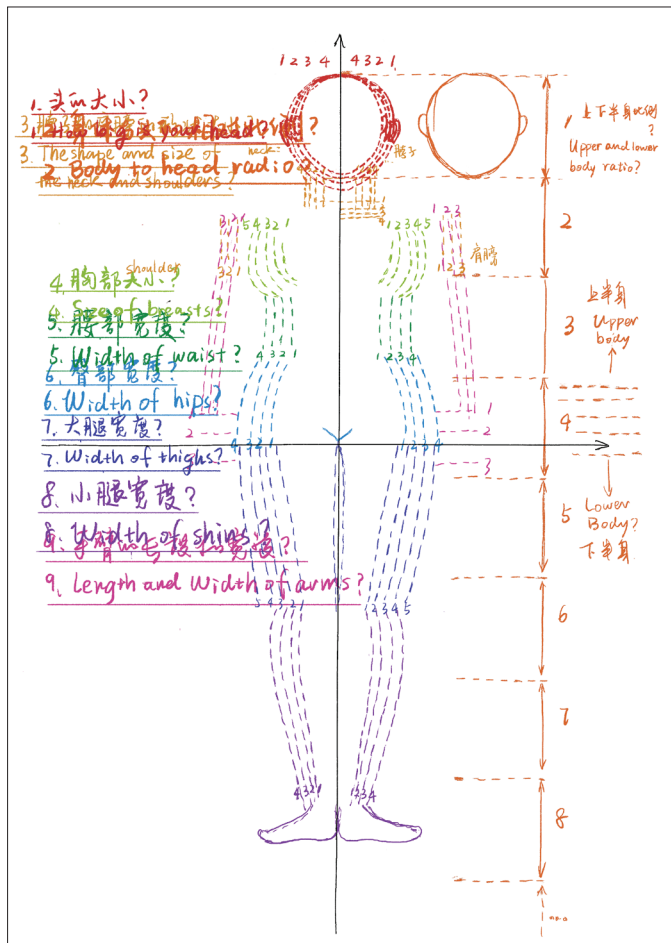


访谈： 第一部分： 身体意象

THE INTERVIEW: PART1: THE BODY IMAGE

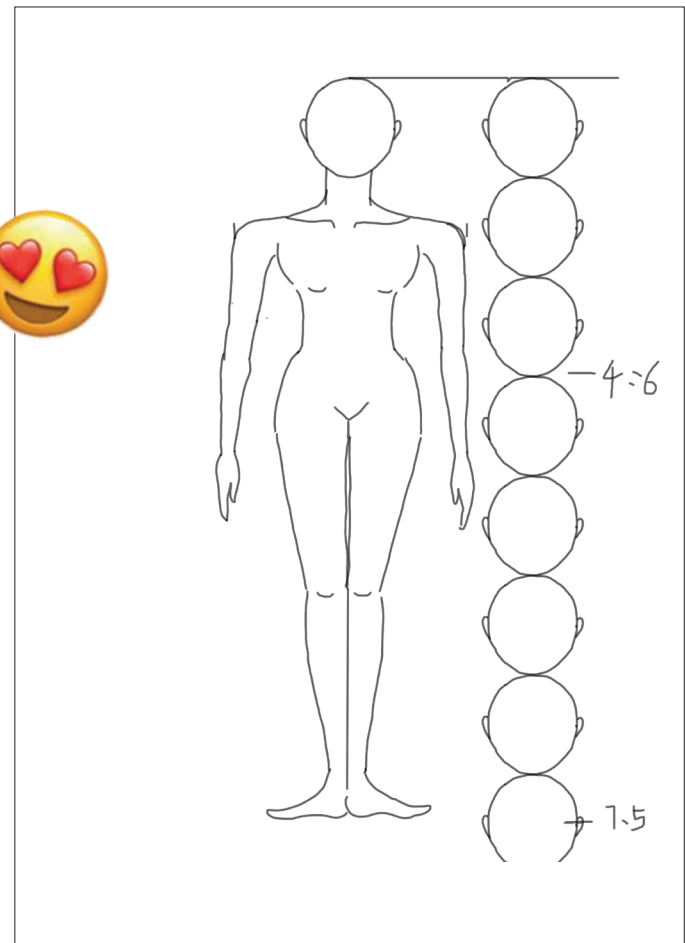
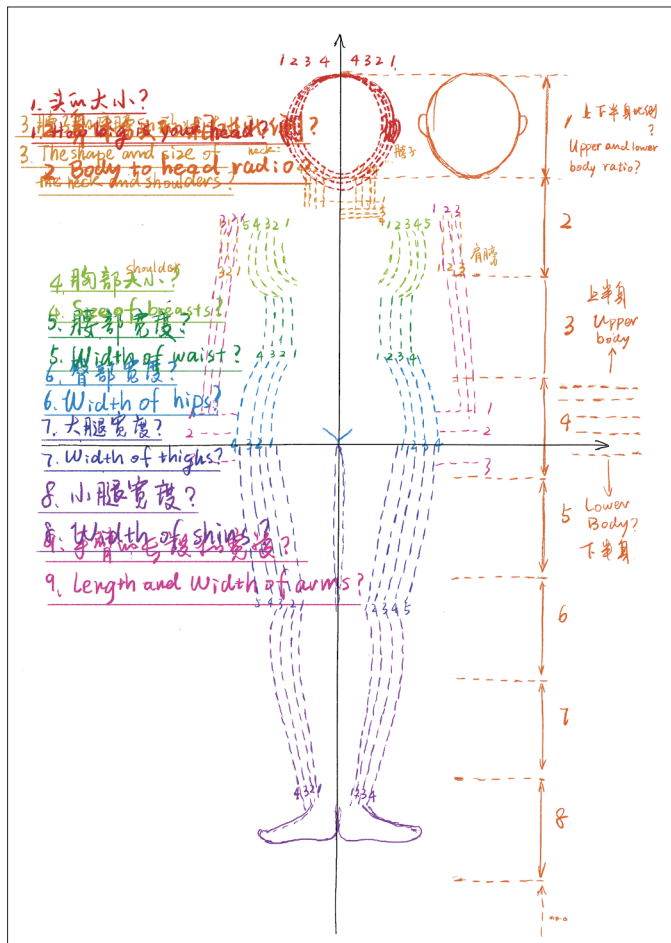
1. 使用提供的辅助工具，勾勒出你心中的自己的身体形象。

1. Use the tools provided to outline your subjective body image.



2. 使用提供的辅助工具，勾勒出你”理想的”身体形象

2. Use the tools provided to outline your “ideal” body image.



3. 你最喜欢你外貌的什么部分（可以多项）？为什么？（你的某个身体部位，你的眼睛，鼻子，头发，皮肤，甚至可以是痣，疤痕，胎记等），你最不喜欢哪个部分？为什么？

3. What do you like the most of your physical appearance (can be multiple)? Why? (Some part of your body, your eyes, nose, hair, even moles, scars, birthmarks, etc.) and what do you dislike the most?

4. 你最喜欢你自己的脸作出什么表情？或者你不喜欢自己的什么表情？

4. What expression do you like best on your own face? Or what expression you don't like to appear on yourself?

5. 你是否在做特定的活动，或者在特定姿势的时候，对自己的外貌感到比平常更加自信，或者更加意识不到“我看起来怎么样”的问题（比如跳舞，跑步，独处等）？

相反，当你做什么，或者在什么环境下，你会觉得（可能）对你的外表更敏感，更容易对自己的形象产生担心？

5. Are there any activities or in any positions that can make you feel more confident about your appearance, or less aware of “how do I look?” (Like when dancing, running, being alone, etc.)

On the contrary, when you do what, or in what circumstances, do you feel (possibly) more aware of your appearance and more likely to worry about it?

6.当你担心“我看起来怎么样”的时候，你一般最经常对哪个身体部位产生担心？相反的，你对你外表的哪个部分觉得最自信，很少担心它/它们？

6. When you are worried about “how do I look”, which body part do you usually worry about most? On the contrary, which part of your appearance do you feel most confident about and rarely worry about it / them?

7.在日常生活中，对于自己的身体，你更经常想的是“我看起来怎么样”？还是“我感觉怎样”？当看着自己的身体的时候，你经常感受到什么情绪（可多种）？

7. In daily life, Which one do you feel more concerned about your body: “how do I look” or “how do I feel”? What emotions do you often feel when looking at your body?

8. 用1到5的层级表示你在日常生活中，对自己的外貌形象的担心程度，具体表现在，你一天中会有多么频繁的担心“我看起来怎么样？”1表示：“从来不担心”，5表示，“几乎时时刻刻都在担心”。（从整体来说，不要考虑你在家睡了一天，或者要去出席一个非常重要的晚宴这些极端情况）

8. Use a scale of 1 to 5 to indicate how worried you are about your appearance image in your daily life. Specifically, how often do you worry about “how do I look?” “I never worry,” 5 says, “I worry almost all the time.”. (in general, don't think about the extreme situation like sleeping at home for the whole day or going to a very important dinner party.)

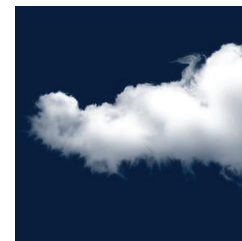


访谈： 第二部分： 想象力

THE INTERVIEW: PART2: IMAGINATION

1. 想象你不是一个“人类”，你希望自己是什么？某种动物？某种植物？一朵花？一片云？一块泥土？（鼓励你尽可能地扩展想象力，寻找一些不常见的，具体的元素，只要你觉得跟你自己有关联。你也可以使用“某个物体的特定部分”，以及多种物体来回答这个问题。画下来，或者找一些图片展示，如果你愿意）

1. Imagine that you are not a “human being”, what would you like to be? Some kind of animal? Some kind of plant? A flower? A cloud? A piece of soil? (you are encouraged to expand your imagination as much as possible, looking for unusual, specific elements, as long as you feel connected to yourself. You can also use “a specific part of an object” and a variety of objects to answer this question. Draw them, or find pictures to show, if you feel like)



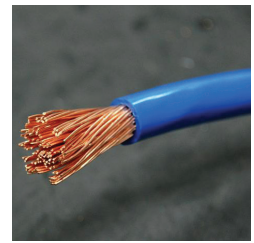
(这些图片是为了启发你考虑更多的可能，不是选项)
(These pictures are meant to inspire you, not options.)

2.如果你的身体可以延伸出更多的功能，你希望是什么？（发挥想象力，考虑基因变种，身体机械化，和其他物种如动物/植物/微生物 产生融合/嫁接，等等）

2. If your body can extend more functions, what would you like? (use imagination, consider genetic mutation, body mechanization, fusion / grafting with other species such as animals / plants / microorganisms, etc.)

3.几个最能代表你的身体特征/物品（可能是你的一个身体局部，或者是你生活中重要的东西。你可能会觉得它与你有着很强的联系，或者经常启发你产生一些不寻常的想法，比如你的宠物、一个陪伴你很久的枕头、或者只是你经常路过的一棵树，一个卡通形象等等。）

3. Several features / items that best represent yourself (maybe a part of your body, or something important in your life. You may feel that it has a strong connection with you, or it often inspires you to have some unusual ideas, such as your pet, a pillow that accompanies you for a long time, a cartoon character, or just a tree you often pass by, etc.)



(这些图片是为了启发你考虑更多的可能，不是选项)
(These pictures are meant to inspire you, not options.)

4. 用4个或以上的形容词描述你想成为什么样的人？或者说，你希望你的外形形象给别人的感受是什么？

示例 **(非选项)**：

可爱的，年轻的，无害的，友好的，温柔的，甜美的，独立的，坚强的，有主见的，有女人味的，性感的，中性的，酷的，性冷淡的，清新的，阳光的，外向的，好相处的，有侵略性的，领导的，包容的，整洁的，井井有条的，单纯的，简单的，敏感的，纤细的，精致的，优雅的，古典的，时尚的，独特的，柔弱的，复杂的，难以捉摸的，神秘的，暗黑的，纯洁的，华丽的，美艳的...

4. Describe what kind of person you want to be with 4 or more adjectives? Or, what do you want your appearance to make others feel?

Examples **(NOT OPTIONS)**:

Cute, young, harmless, friendly, gentle, sweet, independent, strong, assertive, feminine, sexy, unisex, cool, asexual, fresh, outgoing, easy to get along with, aggressive, leading, inclusive, neat, neat, simple, sensitive, delicate, elegant, classical, fashionable, unique, weak, complex, elusive, mysterious, dark, pure, gorgeous, beautiful...

5. 用1-3个颜色表达你自己，你可以从下面的示例中选择，也可以提供别的选项，或描述。

5. Use 1-3 colors to express yourself. You can choose from the following examples or not. You can provide more options or describe your color.

