

### WHAT ARE YOU LIKE?

Tick one answer to each question to find out what sort of person you think you are and how good your self-esteem is.

**1 You have been invited to a fancy dress party at your friend's house, but that morning you have a bad outbreak of spots. Do you:**

- a. Say you are ill and can't come
- b. Go, but shy away from people and cover your spots with your hand if you really must speak to anyone
- c. Go but try to cover up your spots with concealer
- d. Go to the party and have a good time – everyone gets spots sometimes so why worry about them?

**2 You arrive at the party in fancy dress but find everyone else in normal clothes. Do you:**

- a. Organise a fancy dress competition by raiding your friend's parents' wardrobe
- b. Take off your fancy dress and borrow clothes from your friend
- c. Stay in character and be the life and soul of the party
- d. Go home in a sulk

**3 There is someone at the party that you really fancy, but he/she is dancing with your best friend. Do you:**

- a. Find the next-best-looking person and get yourself noticed by asking them to dance instead
- b. Sulk in a corner and not speak to anyone all night
- c. Try everything you can think of to get rid of your best friend and dance with the person you fancy
- d. Ignore the situation and have a good time with the rest of your friends

**4 Your friend's mum has provided a great spread of delicious food, most of which is greasy and/or fattening. Do you:**

- a. Eat the one piece of lettuce on offer
- b. Try a bit of everything – you can always go easy tomorrow
- c. Stuff as much down as possible the greasy bits are the best bits
- d. You're having such a good time that you miss the food completely

**5 Mr/Miss Perfect arrives. He/she is really popular and good-looking. Do you:**

- a. Carry on partying with your own friends but be friendly to him/her if they chat to you
- b. Ignore them – he/she is so annoying
- c. Immediately elbow everyone else out of the way, get him/her a drink and keep him/her talking only to you
- d. Be glad to see them – they've livened things up

**6 The conversation turns to spots and skincare. You feel that everyone is really talking about you. Do you:**

- a. Talk at great length about your own routine and diet (which is very boring) so the conversation is changed as soon as possible
- b. Burst into tears and run home
- c. Join in the conversation, be honest and maybe learn several new tips
- d. Talk nastily about other people with spots

**7 By the end of party Mr/Miss Perfect has got off with your best friend. Do you:**

- a. Feel very happy for your friend and plan to phone him/her tomorrow for the low-down
- b. Vow never to speak to your friend EVER again
- c. Feel really sad and dejected.
- d. Concentrate on the interesting person you have just met

**8 It's the morning after the party – you're looking good, but your friend phones in a panic as he/she has broken out in spots and has a hot date with Mr/Miss Perfect. Do you:**

- a. Be glad for them both and share your own fool proof skincare tips and products
- b. Quickly phone Mr/Miss Perfect and say your friend is going out with someone else, but you are available
- c. Feel a bit jealous but spread the gossip anyway
- d. Turn up at the hot date and act as gooseberry

Score Grid				
	a	b	c	d
Q1.	0	2	3	4
Q2.	4	2	3	0
Q3.	3	0	4	2
Q4.	4	2	0	3
Q5.	2	0	4	3
Q6.	4	0	3	0
Q7.	3	0	2	4
Q8.	3	0	4	2