

## Body Language Discussion Questions

Please **watch** the following TED talk.

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are?language=en#t-1232265](https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en#t-1232265)

If you prefer reading the transcript, that's fine, but at least make sure you have seen some of the video so you can see what a "power pose" looks like.

Transcript:

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are/transcript?language=en](https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are/transcript?language=en)

Please **reflect** on these questions in your journal:

1. What do you think about the concept "fake it till you become it" in the context of self- confidence/ self-esteem? Come up with examples from your own life if applicable.
2. Think of a situation where you noticed your own or someone else's body language in response to a 'good' or 'bad' event.