

Labels



- In what ways are labels important in today's society?
- Are there times when we label other people, by making instant judgements about them? Are there particular things we are quick to judge?
- What are the labels have people given us over the years?
- Are they labels we accept happily, or would we like to change any of them?
- How do you see yourself?
- How would you like to be seen by others?

'Labels are for filing, labels are for clothing. Labels are not for people. Martina Navratilova.