

Fake It 'Till You Make It

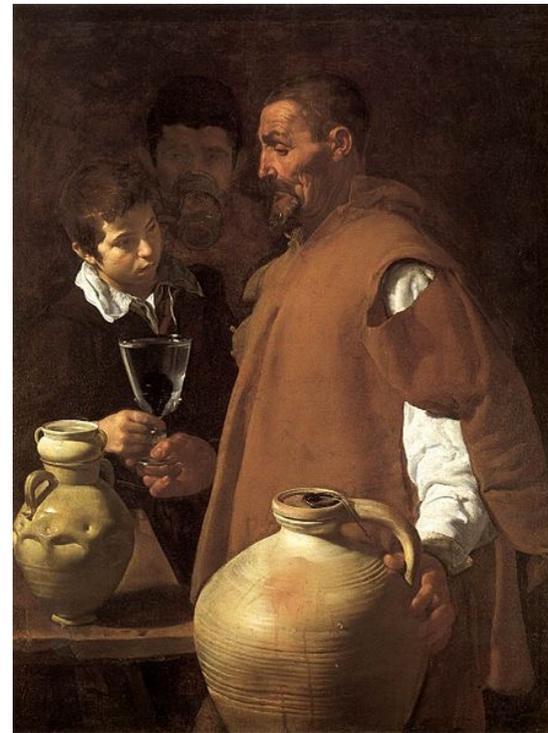
1. How people stand or present themselves physically may demonstrate their frame of mind. What would an assertive or dominant posture look like? What would a submissive or inferior posture look like?
2. When is an assertive or submissive posture appropriate? Give an example of each.
3. Amy Cuddy, a social psychologist, suggests that, "Our bodies change our mind, our minds change our behavior, and our behavior changes our outcome." Discuss a scenario when a change of posture might bring about a better frame of mind and hence a better outcome?
4. In the painting, *The Water Carrier of Seville*, which figure appears assertive and which submissive? Which appears wealthy and which appears to be of a lower class? Does it seem strange that the older man is serving the boy? Does Velazquez have a message here or is it simply a scene from everyday life? Demonstrate an assertive and submissive posture.



Diego Velazquez. *The Water Carrier of Seville*, c. 1623. Oil on canvas, 106.7 x 81 cm. Wellington Museum, Apsley House, London

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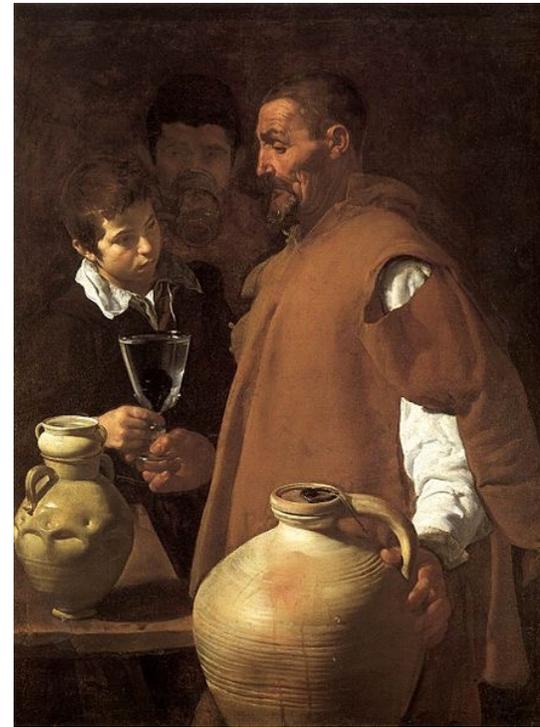
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