

Do you have a healthy relationship with

# TREND?

Take the TRUE or FALSE quiz.  
Circle the answer that best fits you then follow along and  
think about your relationship with trend.

1. I feel inadequate when I look at other people who are participating in the latest trend when I am not?

True OR False

2. I visit the store or browse the internet on a daily basis to see new craft projects or to get new ideas on fashion.

True OR False

3. I read magazines as soon as they come out to look for the latest trends.

True OR False

4. I have put people on hold in order to catch up on social media websites.

True OR False

5. I consider myself to be an on trend person when compared to others.

True OR False

6. In the past year I have commented on, or talked about, another person because they don't stay up to date.

True OR False

7. I am not as trendy as other people. I find myself wishing I had another person's fashion sense and I put myself down.

True OR False

8. I frequently use my credit card to purchase items on trend.

True OR False

9. I like to buy my child (or a loved one) multiple on trend items, cute outfits, decoration, or the latest tool.

True OR False

10. I feel more courage when I am in style.

True OR False

11. My emotions often go from happiness to gloominess. My feelings of approval change often.

True OR False

12. I have used an on trend item like sunglasses, red lipstick, or a great outfit to have more confidence in an uncomfortable situation.

True OR False

# Think about your relationship

## with **TREND**

Trend is a word we use for the direction in which something moves, what we follow, the latest style, or a popular new concept. Trend can be good in that it brings positive change and trend can be unhealthy if we don't stop to think about it.

Let's face it. Trend impacts us no matter if it's chevron patterns or chambray shirts, colored denim or the sock bun. From home décor to the latest viral video we often don't want to feel excluded, and we don't want people to talk about us negatively. We want to be seen as a unique, knowledgeable, competent individual. This assessment quiz is designed to help you think about your relationship trend, helping you find ways to feel a stronger sense of confidence.

**Question 1:** Answering true is an honest reaction many people have when feeling on the outside. If you answered false you usually don't stress if you are "up-to-date" or not and are likely to have the right motives for participating in trend. If you answered true you can work on finding acceptance from within instead of looking for acceptance from others to feel more confident about trend.

**Question 2, 3, and 4:** If you answered true you may be spending too much time on trend.

Having access to so much information on trend can cause us to feel overwhelmed and mentally tired. No matter if you are a stay-at-home mom or an interior designer who follows trend as part of a career, access to so much constantly changing information can lead us to feel unsettled. When you find yourself feeling inundated by constant new ideas try focusing on things that matter on a long term basis, like family. Trend can often change and it can become easy to spend too much time following too many new ideas.

**Question 5, 6, and 7** It can be part of human nature to rank and compare. Most of the time we are not consciously trying to put people down (including ourselves) based on what we wear, what we know, or what we have but it happens. It turns into an unhealthy

situation when you put yourself above or below another person. Designating status can make you vain or bitter. If you answered true on 5, 6, or 7 you can focus on being inspired by trend versus being in a competition.

**Question 8 and 9:** If you answered true you may want to think about how you spend money on trend. As trends frequently change it can be easy to spend too much trying to keep up. Shopping can be an escape for more pressing issues we are ignoring. There are times we look to money and style to determine our importance. It can be fun to share fashion and new ideas with the people we love. However, we need to be careful we are not communicating that our worth is based in appearance or possessions. We can even project our insecurities or fears of being excluded to our children in the gifts that we give.

**Question 10, 11, and 12:** If you are basing your happiness/success/worth on trend, your happiness/success/worth will be limited to the success or failure of trend. People often experience extreme high and low emotions when they are rooted in trend. If you answered true you can work on not getting your bravery from trend. Instead let your courage and confidence be self-generated, then as you find new styles and concepts they won't be a life preserver you have to cling to in order to survive. Instead, trend can become a great supplement that can make life good.

For more information on self-worth education go to [www.kareneddington.com](http://www.kareneddington.com) and watch for the book "Understanding Self-Worth" to be released in 2013.