

# The Child Within

## Self-Esteem Issues

### Persona's

What is the child within? It is the part of us that is ultimately alive, energetic, creative, and fulfilled. This is our real self, who we truly are.

Most of us learn to stifle or deny our Child Within.

The following terms are used by a number of famous Psychologists and are terms that can be used interchangeably.

Real self, true self, child within, inner child, divine child, higher self, deepest self, and inner core.

This has been described as many things. It can be best explained as:

Our real self is spontaneous, expansive, loving, giving and communicating. Our true self accepts ourselves and others. It feels, whether the feeling may be joyful or painful. And it expresses those feelings, Our real self accepts our feelings without judgement and fear, and allows them to exist as a valid way of assessing and appreciating our life.

Our child within is expressive, assertive, and creative. It can be childlike in the highest, most mature, and evolved sense of the word. It needs to play and have fun. And yet is vulnerable, perhaps because it is so open and trusting. It surrenders to itself, to others, and ultimately to the universe. And yet is powerful in the true sense of power. *The Ghandi example.*

Yet for most of us, our real self is also our private self. Why don't we choose to share? Perhaps it is the fear of being hurt or being rejected.

WE only show our true selves on an average of 15 minutes a day. For whatever your reasoning is, you keep that part of yourself private.

*Our false persona, or our co-dependent self:*

Most of the time, in the role of our false persona's, or co-dependent selves, we feel uncomfortable, numb, empty or in a contrived state. We do not feel real, complete, whole, or sane. At one level or another, we sense that something is wrong, something is missing. *Contrived: artificial or unrealistic*

Paradoxically, we often feel like this false persona is our natural state, the way we think we should be. We become so accustomed to being our false selves that our real self feels guilty, like something is wrong, that we shouldn't feel real or alive. To consider changing the problem is frightening.

This false or co-dependent self appears to be universal among humans. It has been described or referred to countless times in print and in our daily lives. It has been called such diverse names as a survival tool, psychopathology, the egocentric ego and the impaired or defensive self. It can be destructive to self, others, and intimate relationships. However, it has some important uses. But just how useful is it? And under what circumstances?

The Poem describes many of our struggles with our false self. It also helps us to see what barriers that keep us from getting to our true selves.