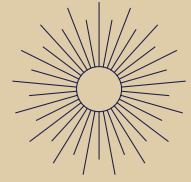


Who Do You Think You Are?



The Four Week Course

with Alex and Becky

Weekly Exploration - Introduction

The purpose of the weekly journaling prompt is to download our stories of identity. Through this “download” of the content, we can uncover larger patterns showing up across areas of our lives. These patterns may be hard to discern from the content itself but as we explore them without judgment, a deeper understanding of the roles we think and believe we should, must, and need to play may begin to arise.

Why explore identities at all? Our roles and identities are an attempt to protect us from the perceived threat of the unknown. Even, or especially our “negative” identities can be in the service of avoiding and minimizing risk. This is a perfectly natural and unconscious process. Yet these same survival patterns can begin to feel limiting and constricting. Exploring the stories of who we are to ourselves and others is the deepest and most direct work into the often invisible patterns behind suffering, unhappiness, isolation, and disconnection.

It is also common and expected to analyze and judge the outward manifestations of identity as seen in behavior and habits (especially the less “acceptable” patterns). The follow up journal prompts aim to create the space where we can allow and see the fear and resistance which may come up during this type of inquiry.

"The word 'person' comes from the latin word 'persona' which referred to the masks worn by actors in which sound would come through. The 'person' is the mask—the role you're playing" -Alan Watts

The Inquiry Process

There is no goal here but only to allow space for stories to bubble up to be seen in the light of curiosity. There is no need to accept, condone, deny, resist. What we are exploring is what arises spontaneously - as is - then we can capture the experience in writing, art, doodling, or simply fully noticing. Feel free to sit with the question, without looking for an answer. Remember that there is no seeking that *needs* to be done, and no answer that needs to be resolved. Sit with the possibility and maybe the deep *knowing* that none of these stories are inherently true and none of them even need to change.

Above all, be gentle with yourself - ALL of your “selves” - the past, the present, and the future.



Week 1: Your Work in the World

Who do you think you are in your work in the world? School, training, career/job, managing a home or family.

Examples: I think I am the level headed one. The pragmatic one. I am the emotional one. I am the one who walks on eggshells. I am the peacekeeper. I am the troublemaker. I am the devil's advocate. I am the one who is always right. I am the one who is always late. I am the quiet one. I am the one making everything work.

- What are you afraid is true about you if you are not ____ (personas/roles explored in first prompt)_____?
- How does your mind say your life would change if you are not ____?
- What if the opposite of this were true?
- Is there any evidence that this might not be true? When you are not acting in accordance with this belief, who do you think you are then?
- What might dropping this belief feel like?

Notes:

Week 2: Your Relationships and Family

Who do you think you are in your relationships? Family of origin, friendships, love life, marriage, children, community.

Examples: I am the kind of person people trust. I am unreliable. I am an introvert. I am a social butterfly. I am the one who shuts down. I am the peacekeeper. I am a rebel. I am devoted. I am fickle. I am lonely. I am the one who puts in all the effort. I am the one breaking the cycles.

- What are you afraid is true about you if you are not ____ (personas/roles explored in first prompt)_____?
- How does your mind say your life would change if you are not ____?
- What if the opposite of this were true?
- Is there any evidence that this might not be true? When you are not acting in accordance with this belief, who do you think you are then?
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Week 3: Your Internal World

Who do you think you are in your internal world? Personality, tendencies, inquiry, seeking, shadow, desires, ambitions, views of the world.

Examples: I have a hard time being vulnerable. I love openly but always get hurt. I am looking for my higher/real self. I am not living up to my potential. I am looking for the understanding and insight that will make me happy. I am lost. I get it intellectually, but it's not sinking in. I want too much. I am not worthy.

- What are you afraid is true about you if you are not ____ (personas/roles explored in first prompt)_____?
- How does your mind say your life would change if you are not ____?
- What if the opposite of this were true?
- Is there any evidence that this might not be true? When you are not acting in accordance with this belief, who do you think you are then?
- What might dropping this belief feel like?

Notes:

Week 4: Having Fun and Enjoyment

Who do you think you are when it comes to enjoying life, humor, fun, and play? Hobbies, creative endeavors, travel and exploration, relaxation and downtime.

Examples: I have to work hard to deserve a break. When I play I waste time. I need more rest than most people. I can't access fun until all my worries are addressed. I am not creative. The only thing that makes me happy is working on my art. I am too serious. I am not serious enough. I am lazy.

- What are you afraid is true about you if you are not ____ (personas/roles explored in first prompt)_____?
- How does your mind say your life would change if you are not ____?
- What if the opposite of this were true?
- Is there any evidence that this might not be true? When you are not acting in accordance with this belief, who do you think you are then?
- What might dropping this belief feel like?

Notes:

"At the center of your being you have the answer; you know who you are and you know what you want."—Lao Tzu

Reach Out

If you have any questions before or in between sessions please reach out!

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