

Pre-designed Modules:

Self-Image

To paraphrase Socrates, the examined life is worth living. This module will focus on assisting you to understand your values; what is important to you and why?

We will look at your self-image:

Self-Knowledge:

- Who are you?
- Who do others think you are?
- What is the difference?
- Are you sending the messages you want?
- How do you portray the real you?

Now, using the list you just created, mark a “+” sign next to the traits you see as positives, and “-” sign next to the traits you see as negatives.

Transfer the three traits that you deem the most effective in assisting your ability to create a positive self-image:

- 1.
- 2.
- 3.

Transfer the three traits that you deem the most harmful, even today, to your ability to maintain a positive self-image:

- 1.
- 2.
- 3.

Thank you. If you completed this honestly, it may have brought up some issues for you. If these issues are pressing, please stop here.



Please feel free to discuss the nature of your issues at our next meeting.

If you feel comfortable, please complete the next exercise.

Exercise 1.2: Writing Process

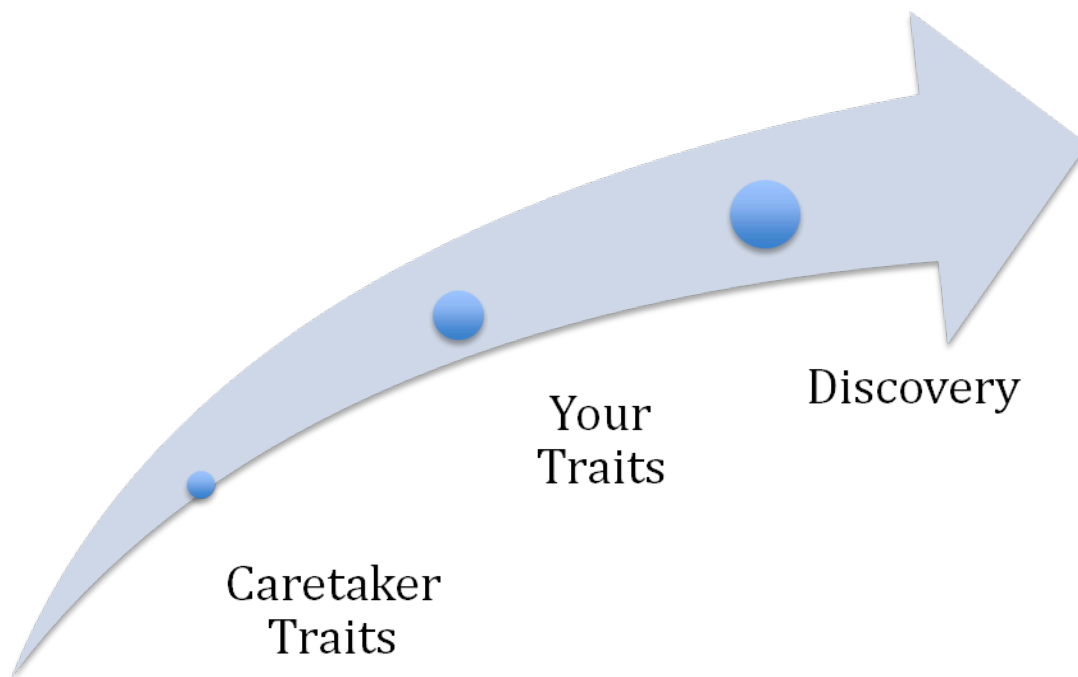
(If you need more space please feel free to add extra pages as required.)

The purpose of this writing process is to gather information and reorganize it.

Think about your own self-image. Make a list of how you see yourself when you are the best that you can be. Describe the traits that honor you and assist you in building the life you imagined.

If necessary consult the list of traits in appendix 1.a.

Again, think about your own self-image. Make a list of how you see yourself when you are the best that you can be. Describe the traits that dishonor you and hinder you in building the life you imagined. If necessary, consult the list of traits in appendix 1.a



Now you may have discovered that some of the same traits are on each list. These traits may have a direct correlation with each other. Recognize that we learn not only behaviors that serve us, but also ones that detract from us becoming who we want to be.

Our goal here is to look at these traits and see how they show up in our daily lives as behaviors. Sometimes these behaviors are so transparent that we can immediately discern where they were learned; sometimes they are hidden. Regardless of where we learned the traits, we need to be aware of them and see *how* they serve us, because they serve us in one-way or another.

Even the traits or behaviors we have deemed as negative are contributing something we need from them. If they did not, we would dismiss them. To demonstrate this point, look at your caretakers list. Both positive and negative traits are on the list that you personally do not use. All of these were learned if you were exposed to them, it is how the mind works. Learned, but dismissed.

Exercise 1.3: Visualization

I want you to imagine for a moment that you are one of several writers for a new play. You have been given an assignment to write a character. The character is based on all the traits that you would like to have in your own life, that you imagine would make you the best you can be.

Visualize this character having only the life goals that you would have, traits that would make them unstoppable. This character would create exactly what they want, when they want it. Now tell me about this character. (If you need more space, please feel free to add extra pages as needed.)

Exercise 1.4: Self-Image Compilation:

Is there anything you discovered about yourself through these exercises that you did not know before?

Is there anything that you discovered about yourself that you would like to change?

What is the most important thing you learned about yourself through this process?

When you are “out in the world”, do you portray yourself differently than you do when you are visualizing who you are? If yes, what are the differences?

What effect does knowing this information have on you?

Are you sending the messages you want to send with your mannerisms, behavior, speech, self-care, personal hygiene, dress, etc.?

Behavior is based on a goal to be achieved. Often people are not consciously aware of the goal they hope to achieve. Sometimes we have mistaken ideas of how to behave to achieve what we want and behave in ways that achieve just the opposite of our goals. If there is no UAC spurring on our behavior, then maybe we just simply do not know the most effective way to achieve our goal. All behaviors are learned; our values and traits are adopted through experience and choice. We are social beings, but we are brilliant thinkers as well; we can always unlearn what we don't want and replace it instead with traits and behaviors that serve us well.

What does it mean to be a social being?

Why is self-image so important?

How might we behave differently if we discover the hidden agenda we are working with?

Are there any behaviors or traits you would like to work on as we move out of these exercises and into our coaching experience?

Feedback:

Please assist me in helping you and others; if there is anything in particular you would like to comment on, feel free to do so below. I would appreciate concise and clear feedback about what works for you and what does not, including the length of these exercises, and information you might have excluded or included.

Thank you for your time and assistance.

Karen Monteverdi.

Appendix 1.a.

Trait List:

Accessible
Honest
Cautious
Afraid
Attentive
Loving
Supportive
Closed
Safe
Fair
Arrogant
Inflexible
Enthusiastic
Righteous
Crafty
Objective
Loyal
Tolerant
Uninterested
Sensitive
Amiable
Boring
Beneficent
Harsh
Fragile

Jealous
Brash
Courageous
Creative
Wounding
Insensitive
Attacking
Spiritual
Dependable
Stingy
Frank
Inviting
Connected
Open
Exact
Intrusive
Cold
Impatient
Wise
Mature
Agreeable
Blatant
Caring
Sneaky
Sincere

Humble
Available
Confident
Annoyed
Arrogant
Warm
Stable
Dangerous
Tactful
Gentle
Reliable
Inappropriate
Depressed
Spontaneous
Persuasive
Grateful
Altruistic
Trusting
Polite
Soothing
Brave
Bright
Fragile
Precise
Giving

Shallow
Alert
Rough
Flexible
Playful
Critical
Thrifty
Firm
Dishonest
Shy
Tense
Immature
Dishonest
Kind
Creative
Virtuous
Bold
Responsible
Respectful
Assured
Brutal
Silly
Tender
Open-minded
Unforgiving