

DISCOVERING YOUR HIDDEN IDENTITY

What situations trigger your feelings? Look at the list below and fill in situations that elicit unpleasant emotions in you.

- I feel lonely when....
- I feel afraid when....
- I feel ashamed when....
- I feel angry when....
- I feel frustrated when....
- I feel nervous when....

Your feelings and beliefs are probably tied to memories of how others have responded to you. We are all surrounded by expectations, evaluations, and judgments. Some are spoken, but many are silent or hidden. They are modeled by parents, siblings, peers and authority figures and influence how we respond to life and how we see ourselves.

Think about how the important people in your life have influenced you. Most of the messages you internalized about your worth and value probably come from others either directly or indirectly. When you feel condemned, defeated, rejected, ashamed or worthless, who do you hear speaking?

For some it may be the voice of:

- an angry parent
- an unkind teacher
- a critical coach
- a school bully
- a perfectionistic boss