

the roles i play

mumshine



active exercise



individual

We are more than our thoughts and feelings. This exercise is used to create conscious awareness of the part of you that remains consistent as we adopt different roles and identities as we move through life (e.g. mother, daughter, partner, girlfriend, boss, co-worker, student).

This exercise helps you to identify these roles and see which are permanent and consistent (i.e. from cradle to grave) and part of your core identity, versus which roles we adopt as transitory throughout our lifetime, sometimes repeatedly

list the roles you play
(one per line)

role consistent (cradle to grave)
or transitory?

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when was i, or will i be
in this role?

Once you have completed this exercise, reflect on the results. How many roles are permanent or consistent? What does this tell you? What attributes or parts of you (your values and beliefs) have been consistent through these roles?

my permanent roles are...

my attributes of self (values) which are consistent are...