

Exercise sheet for chapter 6: Align your different personality parts

Draw your inner team: Create a picture of the different personality parts (e.g. Ava Anxious, Paul Performance, Chris Critical, Vivian Vision). Describe where these parts come from, which people in your environment have shaped them and what typical thoughts and behaviors they exhibit. Pay attention to who talks a lot or a little in the team, which coalitions and oppositions exist, who listens well and who blocks.

Inner team conference: Write down what each part has to say about a current conflict, your desire for success or your goals. Listen to each voice and weigh up the statements: What will help you? Who might be right? Which voice should you strengthen?

Understand the critical part: Choose a critical inner part and try to recognize its positive intention. Think about how you can use this intention so that the part can have a constructive effect on your behavior.

Dealing with shame: Reflect on a situation in which you felt shame and analyze what triggered it. Think about what would happen if you accepted yourself despite this shame and gave space to your "inner antihero". Think about how the direction of your life would change if you dealt with shame confidently. What is shame trying to tell you? Is it true?

If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:

[MasterYourLifeScript.com/call](https://www.masteryourlivescript.com/call)