

Your Conditioned/True Self Exercise

You have two sides to yourself, your conditioned self that has experienced set-backs, disappointment, failures, criticism and all manner of experiences that have potentially undermined your confidence and belief in yourself. You may have been told or decided that you are bad, wrong, flawed or inadequate. This part of you can feel doubt, insecurity, shame, guilt, harsh self-judgment and may have adopted limiting beliefs about who you are and what's possible for you...

Your True Self is sometimes referred to as your higher self, divine self or full potential self. This "Self" has not been affected by what people have said to you or what you have experienced. It remains immune or above all the inevitable human miss-takes and mishaps that we call life.

In the left-hand column, make a list of all the ways you describe yourself now with your conditioning, upsets, failures traumas and let-downs. Words like confused, not good enough, uncertain, might be on your list, along with positive attributes. Note whatever comes up without censoring.

In the right-hand column, list all the qualities and attributes that you really are – accomplished, smart, capable, inspiring, determined, compassionate, loving, caring, etc.

You might consider naming your two selves – your conditioned self and your true essence self.

One individual chose "Reluctant Leader" and "Inspiring Leader". Another described her two selves as her "Dark Side" and "Light Side". It is up to you.

After you have completed your lists, sit back and look at the words you have used to describe yourself in both columns. Notice the energy of the words and feelings in your body as you scan your "Conditioned Self" list vs your "True Essence Self" list.

If you were to rate how much time you spend "on each side" what might that be?

Conditioned Self _____% True Self _____%

Conditioned Self

Name _____

True Essence Self

Name _____