

Chapter 03 · Exercise

Identity

Have a go at filling in the following table. Don't take too long to think about it.

I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____
I am	_____

Now have a go at filling in this table.

I'm not	_____
I'm not	_____
I'm not	_____
I'm not	_____
I'm not	_____
I'm not	_____

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Reflect on your answers. Where do these answers come from?
Which of these answers do you perceive to be positive, neutral or negative?

How many nouns and how many adjectives do you have in your list?
What is the difference in feeling when you use adjectives compared with nouns?

To what extent might the adjectives in your "I'm not" list be suppressed,
unintegrated aspects, or shadow elements, of your personality?

To what extent does your list already include polarities, e.g. "I am hardworking" and "I am lazy"?

Can you imagine drawing up a new list of identify characteristics that reflects both your values and
your understanding of polarities?

*Someone I loved once gave me a box full of darkness.
It took me years to understand that this too, was a gift.* Mary Oliver