

Transformation of Identity MATRIX



Created by
Claire Zammit Ph.D.
& Katherine Woodward Thomas MA, MFT

Table of Contents

I'm Alone	3
I'm Bad	6
I Don't Belong	10
I'm a Burden	14
I'm Crazy	17
I'm Different	20
I'm Not Enough	23
I'm a Failure	27
I Don't Have	30
I'm Not Important	34
I'm Inferior	37
I'm Invisible	40
I'm Not Loved	43
I Don't Matter	46
I'm Powerless	49
I'm Not Safe	53
I'm Too Much	57
I'm Unworthy	60
I'm Not Wanted	64
I'm Worthless	67
I'm Wrong	71

I'm Alone

(a.k.a. I'm on My Own)

I was not born to be alone. I came here to love and be loved and I have the power to create deep and meaningful connections with others.

You may: *(how it shows up in your life)*

- Experience a “low grade” chronic depression and deep sense of sadness, having given up hope of ever being deeply connected to others
- Rarely ask for support, or ask in ways that alienate others (i.e. demand, whine, complain, or ineffectively hint at what you need without coming out and saying it in ways others understand, etc.)
- Be chronically under supported
- Feel unable to actualize the fullness of your gifts & your greatness into the world
- Rarely feel like you are with “your people”

Others often: *(effect on others)*

- Find you unapproachable
- Have a difficult time finding ways to support you
- Assume you do not need anything from them because it looks like you have it all together
- Give up including you, or stop inviting you to events because of the many times you are unavailable and/or don't show up

Beliefs about others:

- “Other people always leave”
- “Other people don't give me what I need from them”

Belief about life:

- “Life is sad and lonely”

You may: *(ways of being that generate evidence that validate identity)*

- Avoid joining collectives and/or communities, preferring to go it alone (i.e., read self help books, engage a solitary spiritual practice, live by yourself, work by yourself at home, etc.)
- Rarely participate in groups as an equal member (i.e., prefer instead to lead the groups you are a part of, or stay on the side lines, etc.)
- Isolate & separate yourself (even when physically with others will often stay disengaged and off by yourself)
- Not even respond to invitations from others or frequently say no, thereby training others to stop inviting you
- Not make requests for support even when you desperately need it
- Engage in addictions that serve to isolate you from others
- Design your whole life inside self-sufficiency
- Leave relationships during times of conflict and challenge rather than stay and work towards a deepened understanding and the possible formation of long term bonds
- Stay too long in relationships that are long over and needing to evolve to a new form because you can't bear the idea of abandoning others
- Be overly loyal to people you have long outgrown because you fear that letting go means you will forever be alone in life

Skills and capacities to cultivate in order to evolve beyond false identity:

- A deep connection with yourself, checking in frequently to notice and name your feelings, needs and desires (so that you are no longer alone but “with” yourself)
- Your capacity to be authentic and transparent in sharing your feelings, needs & desires with others in ways that allow them to really see and feel you
- An ability to ask for support in ways that help others to understand exactly what you are needing from them, and how they might give that to you
- The ability to let go of control and allow others to see the real you, so that they can love and support you
- The capacity to make the time and the space to include other people in your life

- The ability to enjoy and appreciate the many ways that people extend connection and care, even when they feel somewhat foreign and/or superficial to you
- A capacity to be transparent, authentic and vulnerable so others can find a way to contribute to you and demonstrate their care
- The ability to work through challenges and difficulties in ways that foster intimacy and healthy evolution without 1) severing the connection or 2) staying emotionally stunted in order to keep it
- Ability to tolerate periods of loss with a sense of authentic faith in the overall connectivity and goodness of life

Gifts:

- You possess an extraordinary capacity for deep, heart-centered relatedness with others
- You are highly independent
- You are exceptionally competent & deeply resourceful
- You are fiercely loyal and deeply committed to others

Deeper Truth Statements:

- *I am deeply connected to myself, to others and to all of life*
- *I did not come here to be alone in life and I do not accept it as my fate. I have the power to create rich relatedness and deep engagement with others*
- *I am open and available to connect deeply and authentically with others*
- *My need for others is healthy and wholesome. I need to be in relationships with others in order to become myself fully*
- *I am here to be deeply related to all people and to all life*

True Identity:

I was not born to be alone. I came here to love and be loved and I have the power to create deep and meaningful connections with others.

Notes:

I'm Bad

(a.k.a I'm Evil, I'm Going to Get In Trouble,
I'm Selfish, It's My Fault, I'm a Disappointment)

I deeply care about other people. I am here to contribute to the evolution and advancement of humankind, and I create openings for the flow of life to emerge in new and powerful ways for all.

You may: *(how it shows up in your life)*

- Be driven to be good to the extreme, or you may rebelliously act out, often vacillating back & forth between the two
- Be self-blaming & overly responsible, often assuming responsibility for the poor behavior of others, believing it is all your fault
- Be unable to self reflect on your behavior in ways that promote wholesome growth, due to inability to distinguish taking responsibility from blaming and finding fault. Without the ability to take responsibility, however, your capacity for true development becomes limited
- Over-commit yourself, trying to be the hero & then let people down
- Frequently break your word to yourself & to others, disappointing them and yourself, and losing personal power due to inner incongruence
- Suffer from black & white “should” thinking, going right to judgment, cutting off deeper & more subtle levels of inquiry and self-reflection

Others often: *(effect on others)*

- Blame you, too, and are more than willing to let you take all the culpability for what's wrong, rarely admitting their own responsibility
- Complain that they don't trust you and/or don't feel safe with you due to your unpredictable and chronically disappointing behavior
- Are chronically upset and irritated with you
- Threaten to punish you if you don't do what they want you to do
- Remain under-developed due to a lack of accountability for their own poor behavior (with you willingly taking on role of scapegoat)

Beliefs about others:

- “Others are all good (and I am all bad)”
- “Others are always angry with me”

Belief about life:

- “Life will punish me if I’m not good”

You may: *(ways of being that generate evidence that validate identity)*

- Create situations where others have unrealistically high expectations of you and/or are overly dependent upon you for things that are important to them, and then let them down
- Bate others to punish you for disappointing them
- Berate yourself by being highly self-critical and self-judgmental, thereby stunting your own growth and development due to non-generative self reflection
- Take on heroic roles, martyring your own deeper feelings, needs & desires for the real or imagined feelings, needs & desires of others in order to feel good about yourself
- Take responsibility for the poor behavior of others, not holding others accountable for their part and therefore enabling them
- Become preoccupied with getting the approval of others, giving away your power to determine how you feel about yourself
- Have unrealistically high expectations of yourself to be perfect, good and/or altruistic all of the time
- Demonstrate perfectionistic thinking, evaluating and categorizing things as all good or all bad, all right or all wrong, with any little infraction making you all bad and/or all wrong

Skills and capacities to cultivate in order to evolve beyond false identity:

- The ability to accurately self reflect with genuine humility, discernment and curiosity, which allows psychological, emotional and moral development to occur
- The ability to connect with and name your true feelings, needs and desires in order to accurately assess what you do and do not have to give, learning to resist the impulse to overextend yourself beyond your capacity

- The ability to assess and honor your own authentic values over the inherited values of your environment and/or culture
- Realistic expectations of yourself and others based upon self-awareness and acceptance of your strengths & limitations, and learning to set appropriate boundaries accordingly
- The ability to accept all parts of yourself without judgment, even when those parts of yourself don't make sense to you or don't fit current cultural dictates of what is considered proper
- The capacity to discern what belongs to you vs. what belongs to another so that you can give up being overly responsible, and begin holding others accountable for their poor behavior and/or their less than pure motives
- The ability to live with ambivalence, shades of gray, imperfection and uncertainty

Gifts:

- You are highly creative & resourceful in your ability to think outside of accepted social norms
- You possess a revolutionary spirit, creating new possibilities for society inside of your capacity to rebel against the status quo
- You have the capacity to contribute extreme goodness into the world
- You may achieve a lot inside of taking a lot on

Deeper Truth Statements:

- *I see and accept my imperfections and shortcomings with clarity and deep humility, and I hold myself accountable to grow beyond them*
- *Mistakes are a normal and natural part of life. My power lies in my ability to learn from my mistakes and to grow from them, and not in being perfect*
- *I embrace and accept all parts of myself, recognizing with deep humility my own humanity and my need to evolve*
- *I trust other people's ability to take care of themselves and to be responsible for their own choices and behavior*
- *I am the ultimate authority of my own life and I take full responsibility for the choices I make and the actions I take*
- *Other people's upsets are often just the expression of their inability to meet their own needs*
- *At the center of my being, I am deeply well meaning, good and trustworthy.*

True Identity:

I deeply care about other people. I am here to contribute to the evolution and advancement of humankind, and I create openings for the flow of life to emerge in new and powerful ways for all.

Notes:

I Don't Belong

(a.k.a. I'm Lost)

I am a part of all that is, deeply related to all beings, and profoundly necessary to the well being of the whole. Everyone, everywhere belongs to me and I to them.

You may: *(how it shows up in your life)*

- Leave communities frequently and often without proper closure, creating a chronic sense of loss, alienation and disconnection for yourself and others
- Throw away connections easily, failing to invest yourself in relationships you've spent time & energy creating, as though they were not that important
- Long for a place to belong, and be waiting for others to invite you to participate, deeply confused why they don't see you and bring you in
- Not navigate conflict well, often leaving relationships when conflict is present, or disengaging so that the relationship does not bond and deepen
- Stay on the periphery of groups and communities (i.e., come late and leave early, rarely volunteer to participate or give service, etc.)
- Only create community on your own terms—usually as a leader and not as a member
- Feel chronically under expressed and unactualized
- Feel chronically dislocated, left out and disconnected from groups and communities of people, unable to find your place in the world
- Feel chronically confused as to the context and/or the rules of your environment, baffled at how others seem to know what is going on when you don't seem to
- Feel covertly unwelcomed in almost every environment you enter, assuming that your presence is not really wanted and/or valued

Others often: *(effect on others)*

- Forget to include you or assume you are not interested in participating
- Find you unapproachable and difficult to get to know, experiencing you as having your energy pulled inwards

- Feel put off by you
- Don't seek you out, sometimes even treating you as though you were invisible
- Would be surprised to learn how deeply you long to be included in what they are up to
- Assume you know the basic rules of engagement for that particular culture/community and are surprised, confused and perhaps even turned off when you don't

Beliefs about others:

- "Others don't like me"
- "Others don't see my gifts, my talents or my potentials"
- "Others don't care about me"
- "Others know more than I do"

Beliefs about life:

- "I have no place in the world"
- "Life is chronically unactualized"
- "Life is frustrating and deeply confusing"

You may: *(ways of being that generate evidence that validate identity)*

- Rarely become a member of anything or, if you do, you don't participate much in community/group activities
- Not share your true gifts and talents with the communities that you find yourself in, keeping your brilliance inside of you as though it were inconsequential or unneeded by the group
- Not bother to learn the names of those in your communities, somehow dismissing the importance of getting to know people since, in your mind, it will only be temporary anyway
- Arrive late and leave early, thereby avoiding further relatedness and invitations to participate
- Not create appropriate structures that would support you to get your gifts and talents out into the world in ways that would allow them to be received and valued by others

- Fail to relate contextually to what is happening in the environment, not noticing the basic frames of reference, and thereby always being slightly out of synch with those you are with (i.e. don't understand the point of the meeting, are missing key information that you would need to be able to navigate the conversation well, are confused as to the basic logistics of the class, etc.)

Skills and capacities to cultivate in order to evolve beyond false identity:

- The ability to understand the context for engagement (i.e., the purpose of the meeting, the overall goal of the group, the cultural norms of the community, etc.) and engage inside of these norms
- The ability to understand the basic frames of reference for each environment you are in (i.e., studying the syllabus and the basic textbook of a class before it begins, looking at a map of the town you are visiting, reading the mission statement of the church you attend, reading the manual for the computer you just purchased, etc.)
- Social skills that include getting to know the needs and concerns of those around you, cultivating authentic interest and curiosity in others
- The capacity to engage differences in ways that foster connection and belonging, and assist in the gathering of collective wisdom
- The capacity to experience strong relational bonds that last through time, through challenges and difficult conflicts, as well as through changes in the form of relationships
- Your ability to participate and/or join in a group by volunteering your skills and talents for the benefit of the group
- Relationships with particular physical environments and “sacred spots” that serve to ground you to the earth

Gifts:

- You are highly creative and unique in your perspectives in a way that is evolutionary and inspires growth and development
- You are a pioneer and a trailblazer – powerfully able to venture into uncharted and unexplored territories
- You possess strong leadership abilities and are able to powerfully lead others towards their greater good
- You are excellent at creating a profound sense of belonging for others

- You care deeply about others and about making a contribution that is of benefit to the whole

Deeper Truth Statements:

- *I am fully capable of understanding this environment, and of garnishing all of the information I need to thrive and participate fully*
- *I am deeply related to everyone and to everything. Wherever I go, the more relatedness, connection and care is present*
- *I am a true pioneer, venturing into uncharted territory as a leader and a trailblazer*
- *I allow our differences to lead us into even deeper, more profound and satisfying relatedness with one another*
- *I am a unique and essential citizen of the world. My contribution and authentic self expression is essential to the well being of all*

True Identity:

I am a part of all that is, deeply related to all, and profoundly necessary to the well being of the whole. Everyone, everywhere belongs to me and I to them.

Notes:

I'm a Burden

(a.k.a. I Don't Need Anyone, I'm Responsible)

My feelings, needs & desires are valid and essential to my own well-being as well as the well-being of others.

You may: *(how it shows up in your life)*

- Be burdened by the magnitude of your own feelings, needs and desires and are therefore dismissive and disconnected from them
- Rarely allow yourself to express your most vulnerable feelings, needs & desires by asking for what you need
- Have intimate relationships with people who are less powerful than you and/or become overly dependent upon you, thereby frequently becoming a burden to you
- (If a woman) Stay in mother position as opposed to woman position, thereby never fully blossoming into the fullness of your womanliness
- Have relationships that are profoundly imbalanced, with you giving far more often than you receiving
- Are profoundly self-reliant, rarely creating support structures that allow others to give to you
- May have a large body that is cumbersome and “burdensome” to you

Others often: *(effect on others)*

- Experience you as profoundly self-reliant
- Find you to be non-demanding and “low maintenance”
- Feel burdened if and when you do express a need or desire since you will often ask at inopportune times or in ways that occur for others as arduous and demanding
- (If you are a woman) The men in your life will not feel needed by you and therefore will not feel compelled to commit to you
- (If you are a woman) The men in your life may behave like little boys, rarely rising to a more mature expression of the masculine, such as the role of protector/provider

- Find you hard to contribute to, feeling rebuffed and shut down by you when they try to give to you

Belief about others:

- “Others are burdened by the weight of my needs”

Belief about life:

- “If something is wrong, then I am the one responsible for fixing it”

You may: *(ways of being that generate the truth of the identity)*

- Be deeply disconnected from your own feelings, needs & desires, treating them as though they were burdensome to you
- Draw rigid boundaries in ways that are alienating and create distance between you and other people
- Not ask for what you need, and then become resentful towards others for not reading your mind and providing it for you
- Over-give and then get resentful that others are not giving to you in the same way you give to them
- Make requests for what you need & desire in ways, or at times, that make it burdensome for others to fulfill (should you make requests at all)
- Assume you know what others need and be quick to provide it, without checking in with them first. You are often unrelated, however, to their deeper needs and so, when you are giving to them, they may feel burdened by your care, at times feeling compelled to take care of you while you are taking care of them

Skills and capacities to cultivate in order to evolve beyond false identity:

- The ability to be deeply connected to your own feelings, needs & desires, learning to name, welcome and witness them with profound love, reassuring yourself that your feelings and needs are not burdensome to you
- The capacity to open and receive from others without automatically needing to reciprocate
- The capacity to ask for what you want in ways that are sensitive to others, and inspire them to give to you

- The capacity to be powerfully vulnerable and transparent with others about your feelings, needs and desires
- A deeper and wider center that can contain eros, and allow you to move into your full womanliness

Gifts:

- You are able to take on huge projects with great success
- You accomplish a lot due to your advanced capacity to hold large levels of responsibility
- You are extremely independent, self-reliant & resourceful
- Others feel a tremendous sense of freedom in their relationship with you
- Others feel nurtured & well cared for by you

Deeper Truth Statements:

- *Many people would be receptive of my feelings, needs and desires and would extend themselves to support their fulfillment, if I would only share what they are in conscious and inclusive ways*
- *My needs are the fuel for the expansion of my greatness*
- *I am deeply related to my needs & to the needs of others. Inside of mutual giving and receiving, we all become more of who we are*
- *Meeting my needs is a source of empowerment for myself and others*
- *My needs are appropriate, reasonable, valid and essential to my well-being*
- *The fulfillment of my needs and desires empowers me and others in the realization of our mission in life*
- *I live in a generous universe. My needs and desires are not too great for God*

True Identity:

My feelings, needs & desires are valid and essential to my own well-being as well as the well-being of others.

Notes:

I'm Crazy

I can trust my knowing. I value my capacity for seeing things differently, recognizing how necessary my perspectives are to the well being of all.

You may: *(how it shows up in your life)*

- Not trust your own knowing, and therefore have a difficult time navigating your life with a sense of confidence, and in making wise choices
- Be chronically indecisive in ways that are debilitating to you
- Frequently make bad decisions, undermining your ability to trust yourself further
- Become overly dependent upon outside professional advice, such as astrologers, therapists, spiritual mentors, and/or psychics
- Be a loner
- Have difficulty assessing what is real from what is not
- Be deeply sensitive to non-verbal cues yet uncertain as to how to read them accurately

Others often: *(effect on others)*

- Become frustrated with you because you can't make up your own mind
- Feel burdened by the responsibility of helping you run your life (particularly your intimate partners)
- Don't support and/or invest in your endeavors
- Dismiss your knowing and/or literally tell you that what you are perceiving/experiencing is not real
- Have difficulty following your logic as you tend to think from a highly creative, non-linear place

Beliefs about others:

- "Others know better than me"
- "Others don't value my knowing"

Belief about life:

- “Life is overwhelming and confusing”

You may: *(ways of being that generate evidence that validate identity)*

- Dismiss your own deeper knowing, often taking action that is directly opposed to the intuitive guidance you are receiving
- Undermine and dismiss the value of your own talents & skills
- Suffer from severe and debilitating anxiety
- Present your ideas and feelings to others in histrionic and overly dramatic ways
- Be chronically overwhelmed by the myriad of choices you see before you, unable to distinguish wise action
- Be disconnected from your own deeper feelings, needs and desires
- Chronically and unknowingly push others away with your suspicion of their motives

Skills and capacities to cultivate in order to evolve beyond false identity:

- Your intuitive knowing and the ability to discern right action based upon the guidance you are receiving
- Good decision making strategies
- The ability to empower the decisions you make by mentally letting go of paths not taken and roads not traveled
- Extreme appreciation for your uniqueness and creativity, learning to value your exceptional ways of seeing the world
- The ability to deeply connect with and contain your own feelings, needs and desires, learning to welcome, witness and hold with love your own inner experience, whatever that may be
- The ability to express your feelings, needs and desires in ways that are inspiring to others, learning to engage their support and sponsorship of your uniqueness into the world

Gifts:

- You possess a high level of artistic talent

- You are an original thinker—unconstrained by the limits of the known world
- You can see possibilities that others can't, and see solutions to problems that are outside the box and which are, therefore, undetectable to others
- You are highly visionary and intuitive

Deeper Truth Statements:

- *I am highly intuitive. I can trust my deeper knowing and the intuitive guidance I receive*
- *My feelings, needs and desires are valid and lead me to make good decisions about my life. I can trust myself to be able to discern what the right thing to do is*
- *I am extremely talented and creative in ways that are unique to me*
- *The whole Universe is supporting and sponsoring me to actualize my unique gifts into the world and to make my greatest contributions. I am one of a kind and that is a good thing*

True Identity:

I can trust my knowing. I value my capacity for seeing things differently, recognizing how necessary my perspectives are to the well being of all.

Notes:

I'm Different

(a.k.a. I'm a Freak, I'm Weird)

*I am gifted in unique and exceptional ways,
and the world really needs what I have to offer.*

You may: *(how it shows up in your life)*

- Be a member of sub-cultures
- Feel like you rarely fit in
- Be the black sheep in your family
- Have a reputation for being slightly quirky and weird
- Dress or decorate yourself in ways that make you appear different (i.e., have a lot of tattoos, excessive piercings, bright blue hair, etc.)
- Behave socially in unpredictable, unique and unusual ways
- Suffer from severe self-doubt and even self-hatred due to the absence of positive mirroring to validate and appreciate the uniqueness and value of who you are

Others often: *(effect on others)*

- Are intimidated by you and feel nervous speaking with you
- Ostracize and exclude you
- Criticize you for not going along with the status quo
- Dismiss and devalue your opinions and contributions as irrelevant and/or not worthy of consideration
- Feel rejected by you
- Don't know how to connect with you
- Don't know how to contribute to you

Beliefs about others:

- "Others don't like me"

- “Others don’t get me”
- “I am separate from others”

Beliefs about life:

- “Life doesn’t support me”
- “Life is lonely”
- “Life doesn’t mirror my sensibilities”

You may: (*ways of being that generate evidence that validate identity*)

- Join sub-cultures and avoid mainstream society
- Live your life defiantly rebelling against the status quo
- Not be very friendly or accommodating of others who are more “straight” than you, acting cool & indifferent instead
- Define yourself by what you are *against*, as opposed to what you are *for*, and by what you are *not*, rather than by what you *are*
- Be a bit of a loner and shun the company of others

Skills and capacities to cultivate to evolve beyond the false identity:

- Deep appreciation for your own uniqueness and for how your differences are a blessing for all people, mainstream folks included
- The capacity to connect with and extend yourself to others in ways that put them at ease, while still maintaining your unique creative self expression
- Social skills that engage and enroll people into who you are and the ways that you see the world
- Your leadership abilities

Gifts:

- You are an innovator, a pioneer and a powerful trendsetter
- You are highly creative and generate that which is new and unprecedented in the world

- You challenge people to think about things differently and open up the field to greater levels of creativity and possibility
- You have highly developed specialty skills

Deeper Truth Statements:

- *My differences bless the world. Everything new in the world comes from someone like me who thinks and behaves slightly differently than others*
- *My unique perspectives, gifts and talents are a profound contribution and essential to the evolution of the whole*
- *I am an evolutionary warrior here to inspire great innovation, transformation and change*
- *I extend myself to others and create points of connection with those who are different than me*

True Identity:

I am profoundly gifted in unique and exceptional ways, and the world really needs what I have to offer.

Notes:

I'm Not Enough

*My very existence in and of itself provides extraordinary value,
and is a profound blessing to all.*

You may: *(how it shows up in your life)*

- Be “other directed” and chronically self-sacrificing
- Rarely be satisfied because you are focused on other people’s needs and/or on external standards of perfection or success
- Take responsibility for other people’s happiness, satisfaction and fulfillment
- Feel that you have to do more than everyone else to get the same amount of success and recognition
- Believe you exist to please others
- Commit to things that will not satisfy you
- Be overly diligent to care for the needs and upsets of others, often forgoing your own in the process
- Over and/or under eat
- Feel as though you never have enough (time, money, resources, love, etc.)
- Be a jack-of-all-trades
- Be overly considerate of other’s needs and upsets
- Give up on things before attaining a level of mastery
- Frequently find yourself burdened by too many obligations pulling you in all different directions

Others often: *(effect on others)*

- Feel that no matter how much they do to show their love and support, it’s never quite enough for you
- Become overly dependent upon you

- Learn to feel entitled to have you do more for less
- Feel frustrated and irritated with you when you take on more than you can realistically deliver on and then let them down
- Don't trust you to keep your word on what you say you are going to do
- Feel as though you are settling for them

Beliefs about others:

- “Others don't value me”
- “Others expect more from me than they do from others”
- “Others always want more from me than I can realistically give”

Belief about life:

- “There is never enough to go around, (i.e., time, money, attention, resources or love)

You may: *(ways of being that generate evidence that validate identity)*

- Covertly say self-depreciating and self-diminishing comments about yourself, particularly when others try to praise and acknowledge you
- Over-commit and take on way more than you could possibly do, validating again and again that you are not up to task
- Generate debt
- Generate clutter in your space
- Continually change careers before you achieve any real success
- Do things from a sense of obligation rather than because they bring you joy
- Represent that you'll do more, training others to hold you to a higher standard
- Over give, over buy, and over do everything
- Lose yourself in the needs of other people
- Not follow through on opportunities because things are never enough to satisfy you

- Set nearly impossible standards of success for yourself and others
- Chronically self-abandon
- Sell yourself short and settle for less
- Get yourself obligated to people and situations that are not satisfying for you because you are not connected to what would generate your own happiness and fulfillment in life
- Take on jobs that are really not yours to do
- Undervalue and under-present yourself

Skills and capacities to cultivate to evolve beyond false identity:

- The ability to be deeply present with yourself, connected to your own needs and desires
- The ability to accurately assess the true value of what you provide
- The ability to give to yourself first before giving to others
- Your ability to receive appreciation, love and support from others
- The ability to set appropriate limits and to say “no” to those things that do not inspire you
- The capacity to mirror and validate your own existence as something precious and valuable

Gifts:

- You are profoundly generous, you always have more than enough to share and you give it to others freely
- You provide a sense of abundance for others
- You are good at many things, having cultivated many different skills and talents

Deeper Truth Statements:

- *As I do and give less, I become more open to receiving love, acknowledgement, support and appreciation from others*
- *I am deeply grateful for all that I have and I profoundly appreciate all that I am*

- *I always have enough time, enough money, enough support and enough love to live the life that I was born to live*
- *I am more than enough for myself and others*
- *I exist to please myself, and I choose to please others if and when it pleases me to do so*
- *I care deeply about my own happiness and satisfaction and prioritize my own well being in life*

True Identity:

My very existence in and of itself provides extraordinary value, and is a profound blessing to all.

Notes:

I'm a Failure

(a.k.a. I'm a Mess, I'm a Screw-up)

I am a powerful force of nature, here to have a great impact upon the world for the benefit and blessing of all beings.

You may: *(how it shows up in your life)*

- Rarely keep your word to yourself and/or to others
- Not complete tasks you've committed to completing or if you do, you do so late
- Frequently induce late fees and/or have a poor credit rating
- Make messes of things, literally, with piles of paperwork and things to get to all around your home and office
- Be chronically disorganized to the extreme
- Suffer from chronic feelings of guilt, shame and inferiority
- Rarely take the time to celebrate your accomplishments
- Create minimal structures for the fulfillment of your own deeper needs and desires

Others often: *(effect on others)*

- Feel chronically irritated and disappointed with you because they are frequently at the effect of things you've messed up
- Find themselves compelled to try to organize you and keep you on track (particularly your intimate partners)
- Complain that they can't trust you to keep your word and eventually learn to dismiss your promises
- Don't believe in you, and lose confidence in your ability to realize your dreams

Beliefs about others:

- "Others don't understand me"
- "Others are always mad at me"

- “Others will judge me if I open up to them”

Belief about life:

- “No matter what I do, or how hard I try, I can never win”

You may: (*ways of being that generate evidence that validate identity*)

- Be late most of the time
- Chronically procrastinate
- Under-prepare for work that you are contracted to deliver in spite of your capacity to do a better job
- Lack structures to help you manage all the details of your life
- Lack structures to receive money for the gifts and talents that you have
- Create disorder and disorganization in your environment due to poor follow through, such as not paying bills on time, not opening your mail, etc.
- Take on more than you can realistically manage, resulting in poor performance
- Undersell your products or services, obligating you to do work for much less than you are worth and throwing your life into disarray because you can't manage your time and/or money
- Disappear and get out of communication when you are beginning to see that you will be unable to fulfill on your promises, waiting until it is too late to communicate your needs for support

Skills and capacities to cultivate to evolve beyond false identity:

- Create systems and structures that provide for more order, and then make an effort to stick with them
- The capacity to manage timeframes and deadlines
- The capacity to graciously decline opportunities that sound exciting in light of all the things that you are already committed to
- The ability to do less work but make it of a higher quality
- Create structures to contribute your gifts to the world at a higher level

- Ability to harness the support that is available to you
- Better communication strategies that allow you to communicate what is happening with more cohesion and clarity

Gifts:

- You are powerfully generative and highly creative, visionary in your ability to see great advancement for all of humanity
- You possess a profound willingness to take on huge commitments and subsequently possess a great capacity for success
- You are willing to take big risks in life, increasing your chance of having a profound impact on the world

Deeper Truth Statements:

- *I am capable of generating my success*
- *My work has profound value to others. I can afford to slow down and do things right so that I am set up to win*
- *I can create all the support I need to be successful*
- *I came to the world to make a big contribution and I trust myself to fulfill on this mission*
- *I possess extraordinary gifts and talents that are unique to me and that the world has never seen before*
- *I can do this and I can do it successfully*
- *My entire family is blessed by my ability to advance my success and level of influence in the world. At the center of their being, they are deeply supportive of and grateful for my success and fulfillment*
- *In order to win in life, I need to let others know what is happening and how they can best support me*

True Identity:

I am a powerful force of nature, here to have a great impact upon the world for the benefit and blessing of all beings.

Notes:

I Don't Have

(a.k.a. I'm Poor, I'm Deprived, I'm Impoverished)

I am deeply loved by all of Life, and it is right and good for me to have the best life has to offer. Life grants me the power to generate profound levels of abundance and well being everywhere I go.

You may: *(how it shows up in your life)*

- Lack structures that would create ongoing abundance in your life
- Deprive yourself of the things you love that make you happy
- Chronically borrow against your own well-being by overworking and underplaying
- Be deeply disconnected from your needs and desires, thereby fostering a lack of hope of ever having them fulfilled
- Experience serious and chronic money shortages
- Be frequently in “survival mode,” which never allows you to truly thrive in life
- Fear that having money would somehow separate you from others, and may even represent a betrayal of your “tribe”
- Feel like you are looking through a glass window at the goodness of life which is always just out of reach and beyond your ability to create for yourself
- Feel that it is somehow more Godly to be poor than rich, following in the footsteps of the Saints
- Frequently feel depleted, deprived and exhausted trying to just keep up
- Display chronic patterns of self-neglect

Others often: *(effect on others)*

- Are not moved to pay you your worth and actually may resent you for asking that they do
- Don't even perceive that you have needs and desires, let alone strive to meet them
- Are not moved to give gifts of value to you, even if they give them to others
- Don't recognize or reward you for your acts of generosity and kindness

- Expect you to give them money when you do have it
- Are negligent in tending to you and your needs

Beliefs about others:

- “Others get to have what they want but I don’t”
- “Others need my money more than I do”
- “Others don’t value me or what I have to offer”
- “Others don’t give me what I want and need”

Beliefs about life:

- “I can never have what I want”
- “Life is hard and then you die”
- “Life is deprived with scarcity everywhere”

You may: *(ways of being that generate evidence that validate identity)*

- Give your time and talents away for free, or for much less than they are worth
- Under-earn and overwork
- Chronically create debt, rarely getting out from under
- Rarely take vacations, or do much for pleasure and enjoyment
- Feel compelled to take care of other impoverished people at your own expense
- Shop for your clothes in thrift stores and/or yard sales
- Deprive yourself of the things you yearn for in life by giving away any extra money you have, or by choosing to pay down your debt instead of giving anything to yourself

Skills and capacities to cultivate to evolve beyond false identity:

- Generate structures that would allow you to receive money on an on-going basis, making sure that you price your services & what you have to offer according to the true value you provide

- Ability to create a sense of abundance by giving yourself (and keeping) more than you need; holding onto overflow for no reason other than to simply “have” it
- An awareness of your needs and desires, and learning to give yourself those things
- Expand your capacity to receive pleasure
- Expand your capacity to nurture and replenish yourself
- Expand your capacity to receive the goodness of life
- Begin to play and have more fun in your life
- The ability to ask others for what you need and desire in ways that inspire them to fulfill your requests, and show up in powerfully supportive ways
- Expand your ability to value and celebrate your accomplishments
- Increase your leverage in the world (i.e., get licensed, legitimize your company, get more training in ways that increase your value in the marketplace, etc.)
- An unshakable inner sense that you are loved by all of life no matter what challenges you are facing

Gifts:

- You are extremely generous, always sharing what you have with others. You would give the shirt off your back, and you are loved by many others for your kindness and generosity
- You have a deep capacity for solidarity with the underdog, demonstrating profound loyalty, faithfulness and an ability to have an impact as an advocate of others
- You are a great server

Deeper Truth Statements:

- *At the deepest level of my being, I open myself fully to receive and absorb all manner of love, support, money, recognition and reward in order to truly thrive and flourish in life*
- *I honor my needs and desires, and consider and care about my own well-being before giving anything away*
- *I set aside enough time and money to give myself the things I love and that bring me pleasure in life. My well-being is my number one priority*

- *I own my value and the value of what I provide. I assume that others would be happy to pay me what I'm worth*
- *I love to have the finer things in life and I welcome abundance into my life.*
- *I am deeply trustworthy with wealth and I open myself to generating wealth, in all of its many forms, into my life now. I spend my wealth wisely and in ways that enhance and bless my own well-being as well as the well-being of all. The more I have, the more I have to give*
- *I am fully capable of creating powerful structures for money and abundance in all of its forms to come to me and I do so now*

True Identity:

I am deeply loved by all of Life, and it is right and good for me to have the best life has to offer. Life grants me the power to generate profound levels of abundance and well being everywhere I go.

Notes:

I'm Not Important
(a.k.a. I'm Not Heard)

My participation and presence matter, and are important to the well being and thriving of the entire community.

You may: *(how it out shows up in your life)*

- Often feel like others are not really getting what you are trying to say, and feel compelled to assert and insist they listen to you
- Become easily worked up and make a big deal out of every little thing
- Feel the need to be a designated important person in the room, if not the *most* important person in the room
- Feel completely lost without a clearly defined role to play
- Take ten minutes to say something that could have actually been said in one
- Experience chronic frustration at not being able to impact others in the way that you feel you should be able to impact them

Others often: *(effect on others)*

- Feel like they are walking on eggshells around you, fearing “setting you off”
- Forget to include you in things
- Don’t remember your name or even that they’ve met you before
- Zone out when you speak
- Feel worn out by what occurs to them as your continual over-reactions to the petty details of life

Beliefs about others:

- “Others don’t think that what I have to say is important”
- “Others can’t hear what I’m saying”
- “Other people are more important than I am”

Belief about life:

- “I’m impotent to impact my environments”

You may: *(ways of being that generate evidence that validate identity)*

- Make mountains out of molehills
- Disappear yourself if and when you are not a designated “important” person in the room (i.e., without an important role to play)
- Speak your truth in ways that disempower others such as nagging, criticizing, whining and/or complaining, thereby inviting dismissal, disregard and the cessation of listening to you
- Over-talk your perspective to the point of exhaustion, unable to hear when others are actually receiving what you are saying
- Wait for others to assign you an important role to play as though you were waiting for permission from others to become yourself, rather than initiate and generate your own leadership

Skills and Capacities to Cultivate to evolve beyond false identity:

- The ability to generate your own leadership by being deeply related to the inner calling you are experiencing, and then skilled at asserting yourself in creative, enrolling and appealing ways
- The ability to speak your truth in ways that are engaging and inspiring to others
- A relationship with yourself where you continually affirm and validate the value of your inner experience, acknowledging and embracing all of your feelings, needs and desires unconditionally (i.e., you hear yourself)
- The ability to understand and “hear” the non-verbal cues of others that affirm when they have received what you are saying
- The ability to be “one among many”, staying deeply present to yourself and others, knowing your value to the community even when you are not the leader or given a clearly defined role to play
- The ability to initiate and generate yourself into the community without waiting for others to specifically invite or recruit you in

Gifts:

- You are the protector and guardian of the community, creating profound opportunities for others to thrive in life
- You are a master of procedures, able to provide organizational structures that cause profound well being
- You make important and exceptional contributions to the whole
- Others feel significant and important when they are with you
- You are exceptionally devoted and hardworking for the benefit of all

Deeper Truth Statements:

- *I listen to and hear myself always. My feelings, needs and desires are important to me*
- *I am an important and valuable member of the community. I contribute to others in profound and powerful ways whether or not my role is clearly defined in this moment*
- *I possess skills and talents that are a blessing to others. I am truly valued, richly rewarded and deeply appreciated for my extraordinary and important contributions to others*
- *I generate my own leadership, trusting that I am led to take my perfect place in the world through my intuitive knowing. I deeply listen to and trust the guidance I receive knowing that it reveals my important role in the greater scheme of things*

True Identity:

My participation and presence matter, and are important to the well being and thriving of the entire community.

Notes:

I'm Inferior

(a.k.a. I'm Not as Beautiful as . . . , I'm Not as Smart as...etc.)

All people come into the fullness of their power and their brilliance in my presence.

(For women: All women come into the fullness of their power, their radiance, their beauty and their brilliance in my presence. All women everywhere are my sisters in shine)

You may: *(how it shows up in your life)*

- Covertly compete with others
- Be perfectionistic and hold unrealistic standards of beauty and/or performance that you cannot live up to
- Create relationships where one person is always better, and one person is always worse than the other
- Fear being discovered as a fake and a fraud
- Experience a chronic and covert sense of shame
- Experience a chronic deep sense of insecurity, a profound lack of confidence, and the absence of faith in yourself

Others often: *(effect on others)*

- Either feel puffed-up or diminished by you, feeling inferior or superior to you
- Pass you over for promotions, recognitions and/or awards in favor of others who are far less competent and accomplished than you may be
- Undervalue, underestimate and/or under-recognize you constantly
- Sabotage your success because they feel jealous and envious of you

Beliefs about others:

- “If I shine my brilliance, others will feel diminished”
- “Others will only love me if I am the best at everything I do, outshining everyone else”

- “The greatness of others diminishes me, and makes me look bad”

Belief about life:

- “Relationships are disempowering and painful”

You may: *(ways of being that generate evidence that validate identity)*

- Avoid and procrastinate doing your work because you assume it must be perfect in order to be acceptable and you fear it will not be up to par
- Become terrified and freeze at key moments where you must perform (i.e., speaking engagements, auditions, job interviews, etc.)
- Scan the room, comparing yourself to the most dynamic and attractive people in the room
- Covertly talk down to and/or diminish others
- Disappear and withdraw into yourself if you are not the obvious smartest, prettiest, or most accomplished person in the room

Skills and capacities to cultivate to evolve beyond false identity:

- The ability to accurately mirror your own unique strengths and talents back to yourself, fully seeing and owning your own uniqueness and brilliance each and every day
- The capacity to hold your power in the presence of others who are also holding theirs, realizing that power is not exclusive
- Your ability to name & reveal your imperfections and flaws with humor and deep self-love
- The ability to see the various unique expressions of beauty and brilliance in each person you meet, learning to appreciate the many shapes, sizes, colors and forms that gifts and talents come in

Gifts:

- You are exceptional and extraordinary at almost everything you do. You strive to achieve excellence at almost everything you apply yourself to
- You deeply care about all beings blossoming into the fullness of the power and their unique brilliance

Deeper Truth Statements:

• *(for women) I keep council with Queens, each of us enhancing and blessing one another with our beauty, our radiance and our brilliance as we share our unique gifts and talents with the world*

• *My brilliance and my power is a mirror of the greatness of all beings*

• *It is the natural order of life for all beings to shine and share our gifts with the world*

• *My shining from the center of my power awakens the brilliance and power in all beings*

• *I care deeply that all beings feel good about themselves, including me*

True Identity:

All people come into the fullness of their power and their brilliance in my presence.

(For women: All women come into the fullness of their power, their radiance, their beauty and their brilliance in my presence. All women everywhere are my sisters in shine.)

Notes:

I'm Invisible

(a.k.a. I'm Not Seen, I Don't Exist)

I came here to be seen and to have a profound impact on the world, and it is my responsibility to presence my visibility wherever I go.

You may: *(how it shows up in your life)*

- Be disconnected from your own feelings, needs & desires (they are invisible to you), and this becomes a vague sense of dissatisfaction in all your relationships
- Not assert your feelings, needs & desires even when you are aware of them
- Place your first attention on others, disappearing yourself almost entirely
- Find yourself doing chronic selfless service
- Rarely create structures for the fulfillment of your needs
- Frequently disappear and/or bail on relationships entirely with little or no explanation, assuming others won't really miss you or will barely notice you are gone

Others often: *(effect on others)*

- Are completely unaware of your feelings, needs & desires, too
- Disregard & skip over you, forgetting to ask how you are and/or what you want and need
- Place their attention primarily on themselves, too and do not necessarily like it when you suddenly decide to presence your own feelings and needs (because you're breaking the unspoken contract)
- Are confused and/or hurt when you leave or end the relationship without explanation
- Feel abandoned when you inevitably disappear and/or pull your attention away from them, having gotten seduced by the intensity of your attentiveness
- Can become very self-absorbed and self-centered in your presence
- Enjoy how puffed-up, important and "seen" they feel when they are with you

Beliefs about others:

- "Others don't care about me"

- “Others are selfish”
- “Others would not care if I just disappeared”

Belief about life:

- “It is dangerous to be seen”
- “The world does not need what I have to offer”

You may: *(ways of being that generate evidence that validate identity)*

- Ask for what you want & need in ways that are attacking, assuming that other people don't care about you before you've even given them a chance to demonstrate that they do
- Disappear when you don't get your needs met rather than ask directly for what you want, **hang in there and work it out**
- Not represent yourself in ways that help others to know who you are, and/or the value of what you have to offer
- Redirect the conversation to keep the focus on others rather than reveal yourself
- Engage in selfless service to the point of exhaustion & depletion, rarely presenting your own needs and desires
- Wait passively for someone to “discover” you
- Create relationships where only one person gets to be fully seen, requiring the other to disappear their needs and desires almost entirely
- Become hurt & resentful when others don't automatically see your unexpressed needs and desires in the way that you can see theirs

Skills and capacities to cultivate to evolve beyond the false identity:

- The ability to recognize and name your own feelings, needs and desires
- The ability to welcome and witness with love your own inner experience
- The ability to ask for what you need & desire in ways that inspire others to meet those needs

- The ability to speak who you are and what you have to offer in ways that truly represent your greatness and therefore get you invited to participate in ways that would generate more visibility in the world
- The ability to anticipate your own needs & create structures that would allow for their fulfillment
- The ability to create relationships where your needs & desires, & the needs & desires of others, can all be present, even when they appear contrary & are seemingly incompatible

Gifts:

- You possess a deep capacity to see what is in the invisible; the ability to hear what is not being spoken, and the capacity to discern that which has never been made known before
- You have an exceptional ability to help others due to highly developed capacity for insight, empathy, perception & discernment
- You occur as deeply trustworthy and safe to others
- You are highly creative and able to see possibilities that remain invisible to others

Deeper Truth Statements:

- *I see myself. I am deeply present to my own feelings, needs and desires. I intuitively know how to ask for my needs and desires in ways that inspire others to meet them*
- *I came here to be seen. It is my destiny to be visible and I now take my rightful place in the world by being willing to presence myself fully*
- *The more I presence my needs and desires, the more I empower myself and others*
- *I deeply see and anticipate my own needs and I create structures for their fulfillment in advance*
- *I am a powerful, visible presence in the world. I am here to make visible that which has, until now, been invisible. My gifts of insight and perception are a profound blessing to the entire tribe, to the entire world*
- *The best way to see how much other people do or don't care about my feelings, needs and desires is to tell them clearly what they are and then see how they show up.*

True Identity:

I came here to be seen and to have a profound impact on the world, and it is my responsibility to presence my visibility wherever I go.

Notes:

I'm Not Loved

I am deeply loved by all of life. My very existence pleases the Universe and I now take my rightful place in the community as a beloved, embraced member of the tribe.

You may: *(how it shows up in your life)*

- Experience a chronic sense of being lost, off track, & off purpose
- Fail to thrive in life
- Lack structures to share your gifts with the world
- Chronically look for love from people, situations and in ways that assure you will not get it, frequently finding yourself in a state of painful longing in your romantic life
- Be profoundly sad in a way that feels unreachable and unfixable
- Feel deeply confused as to why others don't love you, given how loving and sweet you are and how much you give to them
- Feel small and insignificant
- Live in a home that is empty and barren of those things that would create a loving and comforting environment
- Suffer from pervasive patterns of self neglect, not even knowing how to care for yourself beyond your basic survival needs
- Be incredibly loving and giving to others in ways that are often not reciprocated

Others often: *(effect on others)*

- Neglect and forget about you
- Do not make time for you
- Feel overwhelmed and drained by the deep neediness they sense in you
- Mirror back to you your own lack of self-love

Belief about others:

- “Others don’t care about me”
- “Other people get the love they want and need, but not me”

Beliefs about life:

- “Life is hard and sad”
- “The world would not really miss me if I were gone”
- “I never have the love I want and need”

You may: *(ways of being that generate evidence that validates identity)*

- Wait for others to invite you in rather than generate your own participation
- Not ask for what you need and desire, not even really knowing what that is, and hoping instead that others will just figure it out
- Not cultivate your own talents and gifts by failing to create structures that would help you develop yourself and excel in these areas
- Stay with people who are failing to meet your needs and in situations that do not nurture and support you
- Create a rather empty, barren life, failing to participate in those things that make life joyful and colorful
- Organize your life around mere survival rather than flourishing and thriving

Skills and capacities to cultivate to evolve beyond the false identity:

- The ability to mirror back to yourself all the things that are lovable about you, learning to love even those parts you don’t feel good about
- Cultivate your talents and skills by creating structures that support their development
- The strength you need to leave relationships that are no longer fulfilling you or serving the deeper needs of your soul
- The ability to self-nurture in healthy and wholesome ways
- Structures that allow you to share all the love in your heart with others
- The ability to receive love from others

- Your ability to communicate your needs and desires in ways that inspire others to fulfill them

Gifts:

- You possess a deep and profound capacity to love
- You are deeply sweet, kind and tender hearted
- You are deeply trustworthy and loyal
- You possess the ability to be very helpful and supportive of others

Deeper Truth Statements:

- *I came here to love and be loved, and I have the power to create loving and caring relationships in my life*
- *I am deeply lovable just as I am, and I love and accept all parts of myself*
- *I am great at getting my needs met*
- *I deeply appreciate my profound capacity to love and I begin by loving myself deeply and unconditionally*
- *I allow myself to thrive in life by creating structures that nurture my gifts and talents and support me to share them with the world*
- *Life always supports me to fully actualize my gifts into the world*
- *I am the beloved treasure of God. I am deeply loved and deeply valued*
- *I am a loving and powerful presence on the planet. The gifts that I have to offer are profoundly necessary to the well-being of all*
- *I celebrate my life and I fully support myself to thrive and to flourish*

True Identity:

I am deeply loved by all of life. My very existence pleases the Universe and I now take my rightful place in the community as a beloved, embraced member of the tribe.

Notes:

I Don't Matter

*I am a loving, powerful presence on the planet
and I have significant and meaningful contributions to make.
My life matters, and is an important contribution to
the well being of the whole*

You may: *(how it shows up in your life)*

- May be shy and introverted
- Rarely assert yourself, almost never asking for what you truly need and/or desire
- Feel that unless you reach out to others, the relationship will probably end
- Minimize and/or rarely celebrate your accomplishments
- Feel compelled to give to others when you sense a need, unable to not give, even when it's at your own expense
- Be amazingly giving and generous with others, making sure you honor their every feeling and need

Others often: *(effect on others)*

- Skip over you and/or forget to include you
- Do not even consider your feelings, needs or desires
- Punish and/or reject you if and when you do express your needs and desires
- Don't invest in their relationship with you (i.e., don't marry you, hire you as a full time employee, train you properly, etc.)

Beliefs about others:

- "Others don't think that what I want or need matters"
- "The feelings and needs of others matter more than my own"

Belief about life:

- "Who I am and what I have to offer is inconsequential to the world"

You may: *(ways of being that generate evidence that validate identity)*

- Speak about yourself in dismissive and diminishing ways, minimizing your accomplishments to others
- Reject and dismiss your own feelings, needs and desires treating yourself as if what you feel and what you need don't really matter
- Withhold your true feelings, needs and desires from others
- Consistently and brilliantly tend to the needs and desires of others before attending to your own needs and desires, often skipping over yourself entirely
- Overwork, ignoring your own well-being in the process
- Reject the attempts that others make to give to you because it is not exactly what you are wanting, assuming that if others really cared about you, they would be able to be as thoughtful and intuitive about your needs as you are of theirs

Skills and capacities to cultivate to evolve beyond false identity:

- Learn to connect with what you are feeling, needing and desiring, continually mirroring and affirming the validity of your own inner experience
- Cultivate the ability to ask for what you need and desire in ways that engage and inspire others to fulfill them
- Ability to presence yourself in the room by speaking up and being visible in engaging and authentic ways
- Capacity to openly receive love in the many different ways it is being offered

Gifts:

- You possess a highly developed spirit of generosity and thoughtfulness
- Others feel deeply seen and cared for by you
- You make deeply meaningful contributions to the lives of others
- You bring profound sweetness to the world through your extraordinary capacity to see and meet the needs of those around you
- You are an exceptional gift giver, knowing exactly what to give and when to give it, in order to create a strong sense of well-being for others

- You create a sense of sweetness in the lives of others, profoundly blessing the world with a sense of true care

Deeper Truth Statements:

- *My feelings, needs and desires matter. They matter to me. I care about my needs and desires as much as I care about the needs and desires of others*
- *My well-being is my number one priority and matters deeply to me*
- *Other people may very well demonstrate that my feelings, needs and desires matter to them if I would just tell them clearly what they are.*
- *I open myself to receive love from others in the many different ways that they are able to express it*
- *Intuiting the needs and desires of others is a gift that I possess and does not obligate me in any way to fulfill their needs and desires*
- *I possess a profound ability to give and bless others in ways that are exceptional and extraordinary. I use my gifts wisely, always including my own well being and happiness in my choice to give or not give, as is appropriate for me*

True Identity:

I am a loving, powerful presence on the planet and I have significant and meaningful contributions to make. My life matters, and is an important contribution to the well being of the whole.

Notes:

I'm Powerless

(a.k.a. I'm Small and Weak, I'm Helpless, I'm Not Big Enough)

I am a powerful leader, here to serve the empowerment of all.

You may: *(how it shows up in your life)*

- Be uncomfortable if you are not holding a position of power in the room
- Be either physically very strong or very big (i.e., run triathlons, workout to extreme, or are overweight)
- Usually be the leader and rarely the follower
- Have a hard time being vulnerable with others and rarely let people know what you need
- Make yourself indispensable and not train others to take your place
- Frequently play the role of hero and then make sure others know all that you have done for them
- Often fail to cultivate new capacities given that you feel that power is your birthright and not necessarily something that needs to be tended to and grown
- Take credit for the accomplishments of others either marginalizing or not acknowledging their contributions

Others often: *(effect on others)*

- Initially feel empowered by you but after awhile, feel that they can't come into the fullness of their power around you, which either stunts their growth or forces them to leave
- Idolize you and make you their guru, projecting perfection upon you
- Perceive you as not having any problems or needs
- Have a hard time contributing to you because you already seem to know everything
- Experience you as unteachable & uncoachable
- Find you unapproachable
- Feel frustrated trying to get to know you because you are so deeply defended against hearing any feedback other than praise

- Feel talked at as opposed to communed with
- Feel unseen by you in ways that are confusing, given that you are so wise and know so much and seem so caring
- Blame themselves for their deep feelings of inadequacy and inferiority around you
- Feel devalued and unacknowledged by you

Beliefs about others:

- “Others are not as powerful as I am”
- “Other people are incapable and incompetent”

Belief about life:

- “When others hold power, there is less power for me”

You may: *(ways of being that generate evidence that validates identity)*

- Present yourself to others as though you have it all together and don’t need them for anything
- Have subtle ways of invalidating others’ power—by trumping them, challenging their knowing or by being contrary
- Put up an invisible shield against hearing the whole truth, covertly letting others know that you only want to hear “positive” feedback
- Tell others that it is their problem if they try to tell you about their inability to locate their power when in your presence
- Rest on your laurels rather than stay on your learning edge
- Be a know-it-all, constantly correcting others or giving them unsolicited advice
- Fail to have other powerful people in your life who have permission to coach you
- Fail to cultivate good learning skills, assuming you already know everything, thereby limiting your ability to step into the fullness of your greatness and your power

Skills and capacities to cultivate to evolve beyond false identity:

- Your capacity to learn new skills and venture into areas of not knowing as a way to increase your power and effectiveness as a leader
- Your capacity to feed power to others
- Your capacity to hold power alongside equally powerful peers
- The ability to be powerfully vulnerable and transparent about your doubts and what you don't yet know
- The ability to follow the lead of others
- Generosity towards others, learning to acknowledge, appreciate and honor the contributions they make
- The ability to listen deeply to the wisdom of others
- The ability to simply say "I don't know" and stay open to new possibilities, learning to tolerate uncertainty as one of the most powerful places to be standing

Gifts:

- You hold a tremendous amount of power in the field and can lead others to unprecedented levels of their own empowerment
- You possess great charisma which inspires people to follow and learn from you
- You possess a great capacity to do great things in the world for the benefit of all beings
- You hold the power to lead humanity towards a new and unprecedented future

Deeper Truth Statements:

- *I am great at learning new things. Being powerful means being powerfully able to stand in not knowing*
- *By sharing power and feeding power to others I enhance my own power base*
- *I am deeply receptive and open to coaching. Everyone I meet has something valuable to teach me*
- *I am here to serve the full empowerment of others*
- *I love to learn. I am an exceptional beginner*

- *I am open and receptive to the feedback of others*

True Identity:

I am a powerful leader, here to serve the empowerment of all

Notes:

I'm Not Safe

I am deeply intuitive, and I can trust myself to intuitively know how to create safety and well-being for myself and others.

You may: *(how it shows up in your life)*

- Take a lot of uncalculated risks, living close to the edge with few safety nets
- Attract perpetrators and be a target for con artists
- Bring out the worst in people, causing them to behave in uncharacteristically hurtful ways
- Be idealistic, naive and overly trusting, chronically becoming wounded, disillusioned, and disappointed when people fail to live up to your expectations
- Be overly generous before others have earned your generosity
- Be hyper-vigilant and deeply reactive to others, perceiving much of what they say as potentially threatening to your safety
- Be highly reactive to stories you hear about trauma and violence, feeling as though what is happening to others is happening to you (i.e., can't watch the evening news, read a newspaper, etc.)
- Have your primary relationships with animals

Others often: *(effect on others)*

- Feel like they are walking on egg shells around you
- Are turned off and give up on you because they never feel like they can win with you
- Violate you in ways that they would never violate anyone else
- Find you unapproachable and prickly
- Find you defensive and difficult, frequently feeling attacked by your intense reactions to things that seem ordinary and mundane to them

Belief about others:

- “Other people have ill intent”

Belief about life:

- “Life is unpredictable and dangerous”
- “The rug is going to be pulled out from under my feet at any moment”

You may: *(ways of being that generate evidence that validates identity)*

- Fail to take appropriate precautionary, protective measures before entering into agreements and/or relationships with others
- Overly disclose personal information before the relationship has been properly established
- Complain and/or attack others instead of make requests for what you need and desire
- Either go to war, or sever the relationship entirely, rather than work things through amiably in the face of upsets or disagreements
- Avoid taking care of those things that would ensure your well-being and safety in life (i.e., drive an unsafe car, fail to have health insurance, live pay check to pay check, etc.)
- Suffer from severe anxiety and may be prone to addictive and compulsive behaviors
- Avoid scary movies, news on television and/or reading newspapers, unable to distinguish that it is others and not you in danger
- Take huge yet largely uncalculated & reckless risks
- Be highly reactive & hyper-vigilant to the upsets of others, frequently rushing to order rather than wait for the organic emergence of harmonious solutions
- Unknowingly push others away with your suspiciousness of their motives
- Get involved with people too quickly, without taking the time to know them before becoming entangled in their lives or involving them intimately in yours

Skills and capacities to cultivate to evolve beyond false identity:

- The capacity to provide safety for yourself so that you can begin to trust in your ability to keep yourself out of harm's way (i.e., learn to look left and right before you cross the street)
- The capacity to self-soothe, reassuring yourself when your anxiety levels escalate
- The capacity to differentiate yourself from others, experiencing yourself as a separate individual from others who are suffering

- The ability to assert boundaries and make requests in ways that sets clear limits and yet affirm relatedness in the process
- The ability to accurately assess situations before investing yourself deeply
- The capacity to hold faith in the overall goodness of life in the face of things not going your way
- The ability to accurately interpret your intuitive knowing that something is not right, engaging questions that bring clarity and shed light in ways that help you understand the feelings you are having

Gifts:

- You are deeply perceptive and possess an extraordinary capacity for intuitive knowing
- You are an excellent warrior and a tireless fighter for the good of all
- You are a master of the details
- There is an innocence about you. You possess deep goodness and care about matters of ethics and morality
- You take huge risks that create the possibility of enormous success for yourself and others

Deeper Truth Statements:

- *I source safety inside of my relationship with myself. I am learning to keep myself safe by asking questions that provide the clarity I need, by making valid requests of others, by setting limits and by creating safety nets*
- *I source safety inside of my relationship with a benevolent force and field of life greater than myself. All of life is for me and I trust the Universe to have my back. I choose to have faith in the overall goodness of life*
- *I trust others as they demonstrate their trustworthiness, which then earns my trust*
- *I trust myself to take care of myself if and when others disappoint me*
- *Things that are happening to others are not happening to me. While I deeply care about the well being of all, I am not the victim but rather, simply a compassionate witness to the suffering of others*
- *Other people often have my best interests at heart and can, indeed, be trusted to do right by me*

True Identity:

I am deeply intuitive, and I can trust myself to intuitively know how to create safety and well-being for myself and others.

Notes:

I'm Too Much

I am a profound light to the world and the vastness of my being blesses all

You may: *(how it shows up in your life)*

- May be loud, talkative or somehow manage to take up a lot of “space”
- Have a large physical presence (i.e., may be overweight, flamboyant, incredibly charismatic, etc.)
- Be very reluctant to need anything from others and rarely make requests for what you need and desire, fearing that your needs might be burdensome and “too much” for others
- Have difficulty receiving
- Constantly monitor and hold yourself back from fully expressing yourself
- Hang out with others who don't quite meet you where you are, and consistently try to get you to behave yourself by putting you into a smaller box

Others often: *(effect on others)*

- Try to silence you and make you conform to more contained ways of being
- Have a hard time contributing to you, mostly because they don't think you need anything from them
- Feel dominated, intimidated, overshadowed and/or overwhelmed by the largeness of your presence, your emotions, your needs and your desires

Beliefs about others:

- “Being myself fully threatens others”
- “Others will come up short if I am fully myself”
- “Since I am more capable and gifted than others, I am the one who always needs to be giving and not receiving. Therefore, I don't get to have needs”

Beliefs about life:

- “The world does not want the fullness of my self-expression”

- “I take up too much space”

You may: *(ways of being that generate evidence that validates identity)*

- Constantly self-regulate, repressing and disconnecting from your needs and desires in order to play smaller in life
- Create relationships with people who are threatened by your tendency towards demonstrative self expression
- Create life situations where self-containment is required of you
- Lack structures in your life that would allow you to express the fullness of your gifts and your greatness into the world
- Stay in situations and circumstances that are too “small” for you rather than let go when appropriate and move on to larger, more expanded venues for self-expression

Skills and capacities to cultivate to evolve beyond false identity:

- Ability to name, welcome and witness all of your feelings, needs and desires, expanding your capacity to hold and contain the entirety of who you are (no longer treating your feelings, needs and desires as though they are “too much” for you)
- Expanding your capacity to receive support and sponsorship from others
- Expanding your sphere of influence by taking on large projects that match your energy level, gifts, talents and brilliance
- The ability to navigate the balance between your full self-expression and the impact you are having upon others, learning to tune in to others and “read” the effect you are having upon them so that you can ensure that your true intention is being served

Gifts:

- You are a maverick trailblazer—a powerful creator of new ideas and inventions in the world
- You are super bright and highly competent
- You have highly developed professional skills
- You are deeply resourceful & able to make things happen

- You are able to hold vast amounts of responsibility
- You are capable to earning a lot of money

Deeper Truth Statements:

- *I give myself permission to fully express all that in every area of my life*
- *The full expression of my gifts, talents, brilliance and knowing is necessary for the well-being of all*
- *I open myself to receive the support and sponsorship I need in order to actualize my greatness into the world*
- *I receive the full power and force of who I am and I now unleash the full power of my spirit into the world*
- *The fulfillment of my needs and desires is necessary to my complete expansion. I have a great destiny and a big contribution to make and I must receive the fulfillment of my deepest needs and deepest desires in order to fully become myself*
- *I am the power and the presence of God that is deep enough and wide enough to contain the entirety of my inner experiences*
- *I welcome in all of my feelings, needs and desires. They are not too much for me*

True Identity:

I am a profound light to the world and the vastness of my being blesses all.

Notes:

I'm Unworthy
(a.k.a. I Don't Deserve)

I am a humanitarian lover of the entire world. All of creation belongs to me and I lovingly tend to the well-being of all beloved creatures of the earth, including myself.

You may: *(how it shows up in your life)*

- Suffer from a lack of healthy entitlement when it comes to getting your needs met
- Experience an inability to receive from others
- Feel compelled to meet the needs and desires of others, often at your own expense
- Be profoundly un-self-nurturing, and may be unclear about how to meet your own needs and desires
- Have difficulty taking in or receiving nurturing and care, even when it is given with no strings attached
- Be accomplishment driven and prone to workaholism
- Experience chronic feelings of emptiness underneath the activities of your life
- Feel chronically depleted and exhausted by how much you give and how little you receive back
- Feel guilty for having things that others don't have
- Frequently find yourself playing the martyr

Others often: *(effect on others)*

- Feel that no matter what they do for you, it's never enough to make you happy
- Feel drained and depleted trying to take care of your needs when you won't take care of your own
- Feel unaccomplished, selfish and/or lazy compared to you
- Become dependent upon your overly generous nature, ceasing to generate for themselves
- Expect you to do for them what they could do for themselves, feeling entitled that you should take care of them, even if it is at the detriment to your own well-being

Belief about others:

- “Others can’t fend for themselves and need me to do it for them”

Belief about life:

- “There is not enough to go around”

You may: (*ways of being that generate evidence that validates identity*)

- Be deeply disconnected from your own needs and desires, much more aware of the needs and desires of others than you are of your own
- Give more than you realistically have to give
- Sacrifice your own well-being for the real or imagined needs and desires of others
- Rarely ask for what you need and desire, even when you know what that is
- Have difficulty setting limits or saying “no” to requests for your help
- Compulsively reciprocate any acts of generosity from others as though you were indebted to them
- Get yourself into debt, never having enough to truly take care of yourself
- Not set relationships up inside of mutuality, but rather train people that you are the giver and they the receiver
- Give away your time, talents and services for much less than they are worth
- Give away your money before adequately caring for your own needs

Skills and capacities to cultivate to evolve beyond false identity:

- The capacity to be deeply present to the suffering of others without rushing to rescue, to fix, or to give what you perceive to be missing
- The capacity to be deeply present with your own inner experience, learning to connect with your deeper feelings, needs and desires
- The ability to say “no” while maintaining open-hearted relatedness, when you don’t have it to give

- Ways to nurture and replenish yourself, discovering what brings you joy and pleasure and then making these activities a necessity rather than an option
- The capacity to listen to the needs and desires of others without taking them on as yours to fulfill
- The ability to truly receive from others
- The ability to mirror back to yourself and validate your calling in the world, knowing that while it may feel like a huge task, that you are a great soul and that you have all of the help and support available that you need to be able to fulfill on your destiny

Gifts:

- You are profoundly generous and altruistic, often either giving away large sums of money or inspiring others to give to worthy causes
- You are deeply sensitive to the suffering of others, possessing a huge capacity for compassion and kindness
- You are a high achiever with an excellent work ethic
- You are a great healer and possess powerful leadership skills to inspire others to rise to a level of love and generosity that is extra-ordinary

Deeper Truth Statements:

- *I honor my needs and desires as holy and prioritize my well-being over caring for others*
- *Taking care of my own well-being is my number one priority. All of my needs and desires matter and are to be taken into account at all times*
- *At the deepest level of my being, I open myself fully to receive and absorb all manner of love, support, money, recognition and reward in order to truly thrive in life*
- *People love to get up underneath me to support and sponsor the fullest expression of my greatness into the world*
- *A field of synchronicity, magic and miracles constantly generates itself around me, affirming my privilege and my power to truly give and receive all that I am meant to give and receive in this lifetime*
- *I gracefully and gratefully receive from others, releasing any impulse to reciprocate from obligation or duty*
- *I am a deeply kind and compassionate person who has come to bless the world. I recognize my own inherent value, and give from a place of overflow, abundance and as an act of profound self-expression*

True Identity:

I am a humanitarian lover of the entire world. All of creation belongs to me and I lovingly tend to the well-being of all beloved creatures of the earth, including myself.

Notes:

I'm Not Wanted

Centered in the power and magic of who I am, I magnetize all manner of support and abundance into my life. My contribution blesses the world in profound and extraordinary ways. I am grateful for all that I am able to give and all that I'm able to receive.

You may: *(how it shows up in your life)*

- Not want what you have
- Experience constant rejection from others (personally and/or professionally)
- Frequently feel left out
- Be the last person on the team picked and/or kicked off the team entirely
- Have difficulty making as much money as you should be making
- Try to be what you think others want you to be rather than be yourself
- Befriend those who don't appreciate or value you (i.e., you "cast your pearls before swine")

Others often: *(effect on others)*

- Don't want to be with you and either don't include you, or include you from a sense of obligation
- Aren't happy when you walk into the room
- Don't want what you have to give
- Feel intruded upon by what occurs for them as your overwhelmingly assertive opinions, demands and comments
- Find you difficult and draining to be with
- Often feel rejected by you
- Feel talked at as opposed to spoken with

Beliefs about others:

- “Others don’t want me for me. Rather they just want my body, my money, my status, what I can do for them, etc.”
- “Others are going to reject me”

Belief about life:

- “The world is a cold, uncaring & rejecting place”

You may: *(ways of being that generate evidence that validates identity)*

- Speak in a strident and/or disagreeable tone of voice
- Phone people or knock on their door at inappropriate and inconvenient times and then fail to ask them if this is a good time to speak before launching into whatever you want to say
- Interrupt and intrude upon others at ill-timed moments, aggressively asserting your opinions without being asked or invited to speak
- Be oblivious and unaware about how your behavior is affecting and impacting others
- Talk beyond people’s capacity to listen, unconscious that you are dominating the conversation and going on beyond what is socially appropriate
- Be combative and/or difficult to please
- Be missing important social cues that others are providing (such as looking at the clock, or beginning to gather their things) as to what behavior is appropriate and would work for them in that moment

Skills and Capacities to Cultivate to evolve beyond the false identity:

- A loving connection with your inner experience, welcoming, “wanting” and embracing all of your feelings, needs and desires unconditionally
- The ability to understand the impact you have on others, noticing how what you do and what you say affects others both positively and negatively, adjusting your behavior to be more socially appropriate and accommodating of where others are
- Cultivate a capacity for empathetic listening so that you can gauge what others are needing in the moment that they need it, with or without them coming out and saying it directly

- A more mature capacity for reading social cues so that you can pick up on the subtleties of communication

Gifts:

- You are a very magical person, and you have the ability to cause high magic in the world
- You possess highly cultivated talents and skills
- You are known for producing excellence
- You are unstoppable and therefore able to achieve and accomplish extraordinary results

Deeper Truth Statements:

- *I am loved, welcomed and wanted by all of life*
- *My very existence is divinely ordered. I am meant to be here*
- *Who I am is a valuable and unique gift to the world. I possess gifts and talents that are profoundly necessary to the well being of all*
- *I deeply appreciate and embrace all that I have and all that I am. I choose to want everything that I have*
- *I intuitively know how to ask for what I need and desire in ways that inspire others to fulfill them*
- *(for love) My very existence inspires, empowers and fulfills my beloved beyond his (her) wildest dreams*
- *(for women) I am a powerfully magnetic, exquisitely beautiful and deeply desirable woman. I attract Kings who protect me, provide for me, love me, honor me, fulfill me and serve me*

True Identity:

Centered in the power and magic of who I am, I magnetize all manner of support and abundance into my life. My contribution blesses the world in profound and extraordinary ways. I am grateful for all that I am able to give and all that I'm able to receive.

Notes:

I'm Worthless

(a.k.a. I'm Not Valuable, I'm Disposable, I'm Not Special)

I am a valued member of the tribe. I contribute extraordinarily valuable gifts and talents for the well being of all. I own the full value of my unique gifts & talents, treasuring and esteeming them, and I deeply value the gifts and talents of others.

You may: *(how it shows up in your life)*

- Have problems with money, never having quite enough
- Throw yourself away—have sex with people who don't love you, give away your money, your services, and/or your time for free or much less than their value
- Not spend money on yourself even if you have it, and/or you waste the money you do have on things that don't really support you or bring you pleasure
- Leave relationships easily, giving up on them at the first sign of trouble and/or conflict, or you stay in relationships too long with people who don't value you or treat you with respect
- Not see the value or contribution that you make clearly and therefore have a hard time esteeming yourself
- Experience a chronic sense of depletion
- Possess a certain survival vigilance and a “land on your feet” resourceful-ness due to chronic experience of unpredictable change and loss
- Feel deeply insecure, inferior and inadequate most of the time

Others often: *(effect on others)*

- Chronically devalue and underestimate you
- Are not inspired to invest in you and if they do, invest at a minimal level
- Leave you without warning
- Don't value what you provide for them, often abusing and taking advantage of your generosity
- Don't pay you what you're worth

- Don't advance you or support and sponsor your blossoming and becoming into the world

Beliefs about others:

- "Others don't notice or remember me"
- "No one will buy what I have to offer if I price it at its value"
- "Others will leave if they are displeased with me"

Beliefs about life:

- "My life has little value"
- "Life is worthless"

You may: *(ways of being that generates evidence that validates identity)*

- Greatly under-represent your gifts, talents and capacities
- Not create structures for abundance to come to you
- Either under or overprice your services and wares
- Present yourself in haphazard, inconsistent and slipshod ways
- Be unclear when it comes to matters of money, (i.e., undercharging people, forgetting to bill them for services rendered, etc.)
- Give away or throw away things that are actually valuable to you
- Put yourself into financial jeopardy by giving your money to those who you think need it more
- Shop in cheap stores, filling your home with things that are not valuable that you don't care much about and can throw away easily
- Rarely provide for yourself in ways that would cause you to thrive in life
- Be more apt to rent than own, lease than purchase or be a contracted employee rather than a full time employee, always metaphorically leaving one foot out the door
- Rarely celebrate your accomplishments, often diminishing and devaluing your achievements

- Chronically borrow against your own well-being

Skills and capacities to cultivate to evolve beyond false identity:

- Create structures for money to come to you
- The ability to present yourself in ways that convey your worth to others
- The ability to not take things personally
- The ability to assess and anticipate your own needs as it relates to your time, your finances and your need for recognition and reward
- Systems for clarity around how much money you have
- The ability to receive
- The ability to say “no” and set limits with others while maintaining relatedness
- Conflict resolution skills so that you can navigate difficult passageways in your relationships better
- Ability to create safety nets (i.e., health insurance, savings account, etc.)

Gifts:

- You excel at creating and contributing things of great and profound value for the well being and advancement of all
- You possess a deep humility and have an extraordinary capacity for empathy and connection with others, enabling you to dissolve and transcend barriers and differences
- You possess a keen ability to feel into and to meet the true needs of others, rather than just the surface needs that they may be expressing
- Others feel profoundly valued and loved by you

Deeper Truth Statements:

- *I own my own value and I receive validation and appreciation of my worth from others. I own the impact I have on others*
- *I own the value of my gifts and talents and I express them in unique and purposeful ways*

• *I am profoundly recognized and richly rewarded for who I am and for the value of what I contribute. People are inspired to support me, invest in me and sponsor my greatness into the world*

• *I value all that I have and all that I am*

• *I create structures that provide me with profound financial well-being. I am a powerful person, capable of generating more than enough money to meet all of my needs and then some*

• *The more I value and esteem myself, the more others are awakened to value and esteem themselves, too. My success opens up possibility for others to be successful*

• *My loved ones are blessed by my accomplishments and financial well being. My entire family is enhanced by my success*

• *I deeply see and anticipate my own needs and create structures for their fulfillment in advance*

True Identity:

I am a valued member of the tribe. I contribute extraordinarily valuable gifts and talents for the well being of all. I own the full value of my unique gifts & talents, treasuring and esteeming them, and I deeply value the gifts and talents of others.

Notes:

I'm Wrong
(a.k.a. I'm a Mistake)

There are no mistakes in nature. Who I am and what I have to contribute is profoundly necessary to the well-being of all

You may: *(how it shows up in your life)*

- Make constant mistakes, and frequently mess things up
- Blame yourself for everything that goes wrong
- Feel compelled to play it safe and have a severe aversion to taking risks
- Constantly make yourself and/or others wrong
- Have a very difficult time making decisions and then second guess the decisions you do make
- Make poor decisions and then beat yourself up for it
- Play way too small and live a life that's compromised and largely unexpressed, given the vision you have of what is really possible for you
- Feel rejected by others simply for being yourself
- Have a hard time distinguishing being responsible vs. being wrong. Without the ability to take responsibility, however, your capacity for growth becomes limited

Others often: *(effect on others)*

- Make mistakes and mess up around you a lot, too
- Blame you and/or are chronically irritated with you, frequently making you wrong
- Shame you when you dare to be authentically who you are
- Become frustrated and lose patience with you regarding your indecisiveness, and may even lose respect for you because of it
- Find themselves judging you and being hard on you in ways they are not with others

Beliefs about others:

- “If others really knew who I am, they wouldn’t love me”
- “Others know better than I do what is right for me”

Beliefs about life:

- “My whole life is a mistake”
- “The world doesn’t want me or what I have to offer”

You may: *(ways of being that generate evidence that validates identity)*

- Set yourself and others up unconsciously to make mistakes (i.e., lose keys, forget appointments, misplace important documents, etc.)
- Chronically berate yourself and engage in punitive dialogue with yourself, both silently within and out loud to others, even to the point of calling yourself names
- Make yourself wrong constantly, making it difficult to truly learn from your mistakes
- Undermine your decisions by compulsively picking them apart with your mind, overriding your inner knowing and your inner conviction of what truly represents right action

Skills and capacities to cultivate to evolve beyond false identity:

- Your intuitive abilities by learning to listen to and navigate your inner wisdom voice
- Learn good decision making strategies
- A deeply accepting and appreciative relationship with yourself, by validating your uniqueness and the exceptional contributions you have to make
- The ability to notice when you are making yourself wrong and choose to stop self-destructive and undermining thinking as soon as you notice it
- Risk-taking abilities by learning to walk through fear courageously
- The ability to be responsible for yourself and what you’re causing without making yourself wrong

Gifts:

- You possess deep compassion and a profound ability to accept the humanity and limitations of others
- You are powerfully forgiving
- You possess a deep humility that inspires trust and creates deep-rooted love and loyalty with others

Deeper Truth Statements:

- *All of my mistakes help me to learn and to grow in ways that are profoundly important to my full self-expression in life*
- *I deeply accept my humanity and the totality of who I am. I embrace those parts of myself that are quirky, uncommon and exquisitely unique*
- *Whatever is, is deeply good. There are no mistakes in creation. There is nothing wrong with how the Universe made me and I now embrace the totality of who I am with deep love and deep compassion*
- *I trust my inner knowing and I navigate my life inside of my profound partnership with the a force and field of life greater than myself with ease and grace, receiving all the guidance I need to make sound and wise decisions*
- *There's a divine order and purpose for the uniqueness and diversity of all life*

True Identity:

There are no mistakes in nature. Who I am and what I have to contribute is profoundly necessary to the well-being of all.

Notes: