

Identifying Your Frame of Mind

At times, it may seem as if we are caught in an internal tug-of-war. This inner conflict can result in confusion and lost energy as we become at odds with ourselves.

It might seem as if there is one part of us, programmed by past-experience, telling our selves what we should and should not be doing. Alternatively, there is another part telling us what we want to be doing.

As we mature and become more self-aware, this opposition subsides, and we grow and mature into our core self. Sometimes, however, the connection can be lost. We can be filled with self-doubt, self-loathing, anger, shame, and fear.

Using the model below, you can begin to distinguish the inner parts of yourself. This helps you to connect and communicate with yourself in a new way and work through inner struggles and relationship difficulties. This results in inner wisdom and the ability to ask for what we need and assertive ourselves.

Identify the thoughts, feelings, and behaviours of each inner self below:

Thoughts	Feelings	Behaviours



