



Journaling with your Inner Selves

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1. Begin in the center of your inner-self system with your Aware Ego:

With a black pen, write a few sentences about what you are thinking and feeling.

- Invite the self that has the strongest desire to write
- or
- Ask the self that you are wanting to know better to write.

2. Let the self that is going to write choose a different colored pen to express its individuality.

Let the self write about its thoughts and feelings. Some questions the Aware Ego may wish the self to answer:

- Tell me about yourself!
- What do you do for me? Where do you show up in my life? What do you contribute to my life?
- When did you first come into my life? What was happening at the time? Who were your role-models? Do you have any specific memories?
- What are your concerns about me? What would you like me to do differently?
- What would my life be like now without any of your energy?
- What else do you want me to know about you at this time?

Stay writing from this self until you (the Aware Ego) begin to understand it from your heart, and you can appreciate its job and what it's done for your development.

3. Return to the Aware Ego position.

With the black pen again, write about this experience from your perspective. Any comments? Any new recognitions or awarenesses? Any appreciations? Notice the energetic difference now that you have separated from that self and are back in your Aware Ego.

4. You may want to invite another self to write.

Simply choose a different colored pen and let this new self write. Follow the same process as listed above.

5. After all of the various selves have written, let the Aware Ego do a wrap-up by writing about how it is feeling and thinking anew from this more aware vantage point.

How can you be a leader with these different selves? How might you take care of them or hold a boundary with them? How can your broader awareness of their individual needs and abilities inform the various day-to-day decisions you make in your life?

This journaling technique is based on the work of Drs. Hal and Sidra Stone - www.voicedialogue.org