

Worksheet 01.14 Living in True Self

Name: _____ Date: _____

The humanist psychotherapist Carl Rogers spoke of the ideas of *Self-Image* and *Ideal Self*. This Self-Image, sometimes referred to as the *Perceived Self*, is the way we perceive ourselves to be. The *Ideal Self* is the image we have of how we would *like* to be. *True Self* is this Ideal Self. It is who we would choose to be if we were living up to our own highest expectations of ourselves. Identifying what your own True Self looks like is the first step in creating a road map to get there.

To create this outline of your own True Self, answer the questions below. Your answers are creating an autobiography of how you'd like to be. This autobiography is the substance of your True Self.

What do you care about? What gives your life passion and meaning?

Who are you trying to become? What is the nature of your True Self?

Your Perceived Self is how you see yourself now; your True Self is the person you wish to become. True Self is your own highest aspirations for yourself. On a scale of 0 to 10, how close do you feel you are to living fully in your True Self? Indicate by circling a number on the line below:

PERCEIVED SELF --0—1—2—3—4—5—6—7—8—9—10—TRUE SELF

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If the number you circled on the line on the previous page is anything less than ten, what sort of thoughts and behaviors would you have to change in order to move yourself closer to living in your own True Self?

How could these different ways of believing and behaving create a more compassionate and positive reality in your life?

Suppose you could change your thoughts and feelings so that you could live 24 hours a day, 7 days a week in your True Self. What would be different about you?
