

CLASS: TWELVE WEEK – DECODING AND LIVING ACIM

EXPLORING YOUR CURRENT SELF-IDENTITY

WK # 10 HANDOUT # 3

How do you currently define yourself? Take a few minutes to actually define your current self-identity. Who, what, where, when, how and why you are what you claim to be. Pick something, if possible, for each area. Don't be concerned about the "correct" answer or if you even understand the question. Your first response is normally the best. You are just beginning to play with the idea of an expanded self-identity. The questions and answers will become clearer as you explore your self-identity through the day and throughout your lifetime. This is just a quick attempt to get some baseline reading for future reference.

Who am I? _____

What am I? _____

Where am I? _____

When am I? _____

How am I? _____

Why am I? _____

People define themselves in many ways. Did you define yourself by what you have been, what you own or what you've accomplished? Did you define yourself with your job or is your identity defined by some preconceived role that you feel you must play. Are you, your past or your "history?" Is it "thing based" or character based? Is your identity associated or defined by your relationship to things or people? Is your identity stagnant or dynamic and ever changing? Is it expanding or just plain stuck? Is it past, present or future oriented? Are you more than just flesh and bones?

You are not a who, what or when? You are a series of relationships and it is your relationships that will define you. When everything is said and done, it will be your relationships that will determine your "quality" of life. Ultimately, your inner-self will look upon the quality and depth of your relationships as the measure of your true success or failure in this lifetime. Are your relationships based on love or fear? Would you rather be right or happy? The choice is your decision yet often your egoic demand to be right comes at the price of happiness.

"No man is a failure who has friends."