



Steer Your Story: More than one descriptor: (Note: in workshop, this is offered as a partner activity with the entire group participating in a safe, comfortable setting. Afterwards, we would have a group discussion about insights gained.)

Setting the Scene:

Every one of us is more than one descriptor. So is everyone we encounter. We are all amazingly multi-faceted: we play various roles, are multiple identities and descriptors. So, let's examine that.

Instructions:

1. Take a moment and center yourself. Breathe in and out to the count of 8 slow and steady. Close your eyes and take a moment to reflect on this: Think about all the identities, roles and descriptors you've been and perhaps still are.
2. If you're old school like me, get out a journal, open to a blank page or feel free to use technology: a Notes program on your cell phone or a word document on your tablet or laptop. Title this activity: More Than One Descriptor.
3. Take 2 minutes and write down as many identities, roles and descriptors about yourself as you are able: for example: "I am daughter, sister, friend, lover, confidante, caretaker, counselor, storyteller, trainer, healer, guide, coach, actor, slightly exuberant, joyful, people pleaser, recovering overachiever, focused, high energy, motivated, depressed, extroverted...." Note: You might want to use a simple timer to stay within the 2 minutes.
4. When 2 minutes is up, stop writing. Look at your list. Are there any surprises? Did you forget any? Put the list down. Go do something else. Tomorrow look at your list again. Revise if you wish.
5. In our group we would discuss. On your own reflect. What insights might you gain from this list and activity?