



Chapter 4

The twin myths of self-confidence and love

Who are you? Who do you think you are?

Category	Your answer(s)
Official role(s) at work (e.g. Manager, CEO, skivvy, academic, carpenter, footballer, nurse, doctor, etc.)	
Your unofficial role(s) at work (e.g. skivvy, W/MICAH, fearless leader, saviour, confrontation smoother, introducer, organiser, a Myers Briggs ⁱ or Belbin category ⁱⁱ , secretaries (tend to be either Girlfriend or Mummy); LOSER, social outcast, a pain in the nether regions, team slut, team player (sic), team mummy or daddy, ladder climber, Genghis Khan, etc.)	
Official roles in your family (mummy, daddy, uncle, aunt, daughter, son, heir to the throne/family business, etc.)	
Unofficial roles in family (e.g. skivvy, nurse, smoother-over, organiser, the smart one, the dumb one, the musical one, the creative one, the good one, the bad one, the sick one, the fragile one, the cold one, the strong one, the problem solver, predator, the undisciplined one, the pain in the nether regions, the mediocre one, the disciplinarian, the huggy one, the one in the middle, parent to your parent, parent to your sibling(s), LOSER, social outcast, friend, partner, taxi driver, saviour, future saviour, etc.)	
Labels you slap on yourself (e.g. strong, fearful, fragile, puissant, stupid, weak, LOSER, social outcast, desirable, addicted, criminal, fraud, saviour, future saviour, kind, etc.)	



Labels other people slap on you that you haven't listed yet (see above)	
Your national/cultural identity/identities (legal or illegal collection of passports, cultural identity may or may not overlap)	
Your religious affiliation (or possibly rabid refusal for such, etc.)	
Do you drive?	
Do you cook?	
Your hobbies that you really like	
Things you do because they are expected of you <i>(Use blank page in back if not enough room here)</i>	
Short list of favourite foods	
People or things that make you upset (trick question, I know)	
What and who you are angry at (another trick question, I know)	
What and who you love	
What and who you would love if you gave yourself permission	
Your education	
Horrible things that have happened to you (e.g. child abuse, sexual abuse, bullying at home or school or work, been abandoned, infidelity, partner abuse, drug addiction (trick question), illness/es, floods, droughts, live(d) in a war zone,	



<p>crime victim, meteor fell through your roof, struck by lightning, etc.)</p>	
<p>Horrible things you have done (e.g. child abuse, sexual abuse, bullying at home or school or work, abandoned someone who legitimately needed you (like a kid), infidelity, partner abuse, drug or other addiction (and lied and were generally an ass to sustain it), criminal activity, talked behind your friend's back, act selfishly as a way of being in the world, etc.)</p>	
<p>Things you are afraid people will think of you or find out about you (e.g. sexuality, worthless, fraud, criminal activity, selfish, psychopath, etc.)</p>	
<p>What do you want your amount or type of material possessions say about you? (Don't say 'nothing', that's a cop out)</p>	
<p>What major events in your life do you tell people about when they are getting to know you? (Things you perhaps haven't listed yet, and, assuming you let intimacy happen now and again)</p>	
<p>What language(s) do you speak?</p>	
<p>Have you had surgeries or lost body parts? Have you lost any of your senses? (Not sanity, I mean things like sight or hearing)</p>	
<p>What do you like about your body? (feel free to include: 'having one', health, attractiveness, fitness, mobility, functionality, being able to sense the world via whatever senses may remain to you.)</p>	
<p>What is your sexual identity? Is this the same as most people around you think it is?</p>	



What can you do with your body that you really enjoy? (e.g. cycling, working out, yoga, running, horse riding, swimming, walking, sailing, etc. What did you think I meant? (OK, I meant that too.)	
If you have a general feeling or mood, what is it? (depressed, angry, cheerful, withdrawn, pained, cheerful, forced cheerful, etc.)	
Something else you think defines you	

OK. Now that you have filled this out, feel free to rip it out and crumple it up and throw it away somewhere you can't go back and pick it out. It's not you. It's not who you are.



By the way, what is that L word stuff?

Here is a place for you to write some stuff down (please really give this a go on your own first, and only after that, have a read of what I've provided... please feel free to take your time with this):

Inserted Thing 1. Love (to me) is...

No.	Loving others means	Being loved by others means
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		



Potentially toxic value	What this thing that is important to me reveals about my fears and insecurities	New/Explicit value
<i>Being a spouse in a happy relationship</i>	<i>I think I need this relationship to be happy and I am afraid of being without it</i>	<i>Building opportunities in my life to love and be of service... in other words,</i> <ul style="list-style-type: none"> <i>· Being loving</i> <i>· Being and of service</i> <i>· Responsible for access to my own wellbeing and the environments in which I access it</i> <i>· Living in integrity with my innate kindness</i>
<i>Competitive</i>	<i>I'm afraid of not being on top, the best, or at least towards the top of a league table.</i>	<i>I enjoy doing my very best, regardless of outcome, and enjoying whatever I am doing to compete.</i> <i>I can enjoy competition, without thinking the outcome defines me. In other words:</i> <ul style="list-style-type: none"> <i>· Competitive, combined with</i> <i>· Not being attached to outcome</i> <i>· Being present in the moment</i>



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(MORE) EXERCISES for Chapter 4:

1. If you haven't done already, consider doing your power meter and force meter question list with your work colleagues *and* your family.
2. If you want to have some fun, sit down with yourself and figure out your love languages, and the love languages of the people in your daily life (who are important to you). Feel free to google Gary Chapman as more details on these categories are on his website, www.5lovelanguages.com.
3. Visit Carol Dweck's website, www.mindsetonline.com, with a view to perhaps reading her book, *Mindset*.

ⁱ Bayne, R (1995) *The Myers-Briggs Type Indicator*. London: Chapman & Hall.

ⁱⁱ Belbin, R.M (1981) *Management Teams – Why They Succeed or Fail*. Amsterdam: Elsevier Ltd.