

EXERCISE: Getting To Know Your Advisers

If each of us has all these different parts of ourselves – this team of advisers, each of whom offers us a unique perspective on the world – then it pays to get to know them. Now you have an opportunity to do just that . . .

Get comfortable in your seat and take a few deep breaths. You can close your eyes or keep them open, but when you feel ready, allow your mind to start to explore the question 'who am I?' knowing that there cannot be just one simple answer. Think about all the different qualities that you possess as a person. Think of all the roles that you inhabit every day, the parts you play in the lives of others. Think about parts of you that are there and maybe don't get expressed that often, but that you would like to see more of.

Start to give names to these parts of yourself – like 'the comedian', 'the appreciator', 'the runner', 'the worrier', 'the son', 'the mother' – whatever means something to you. Come up with as many as you can and make a note of them in the space below.



Who
am I?

Just for now, choose six from the above that you would like to get to know a bit more about. Imagine these as your team of advisers, each one absolutely exemplifying the qualities of that part of yourself. In the space below, describe those qualities (we've given you a couple of examples to start with):

Adviser	
The Runner	<p>Helpful: Determined, relentless, loves a challenge, keeps on going even when tired, does what it takes to reach the finish line.</p> <p>Unhelpful: Can be relentlessly demanding, doesn't know when to quit or take time to relax.</p>
The Worrier	<p>Helpful: Future-oriented, always trying to keep me safe from harm or embarrassment.</p> <p>Unhelpful: Focuses almost exclusively on the negative, keeps me anxious all the time.</p>

Now, think of a situation that is currently worrying you, upsetting you or causing you stress. Let your mind settle completely there for a minute or two and allow whatever thoughts and feelings arise to stay there.

Now, select three of your new team of advisers and one by one consciously take on their perspectives.

Start with the first one: what are the qualities of this adviser? What is their energy? How do they see the world? As best you can, allow yourself to settle into this perspective just for a moment and answer the questions in the Consulting Your Team of Advisers Worksheet below as if you were this adviser, making whatever notes you want to in the first column.

Now call on your second adviser: what are their qualities? What is their energy? How do they see the world? As best you can, allow yourself to settle into this perspective just for a moment and answer the questions in the Consulting Your Team of Advisers Worksheet below as if you were this adviser, making whatever notes you want to in the second column.

Now call on your third adviser: what are their qualities? What is their energy? How do they see the world? As best you can, allow yourself to settle into this perspective just for a moment and answer the questions in the Consulting Your Team of Advisers Worksheet below as if you were this adviser, making whatever notes you want to in the third column.