

Finding and Utilizing Your All Important Alter Egos

What are your natural behavioral tendencies?

- Adaptive vs. making others adapt
- Giving vs. receiving
- Independent vs. dependent
- Sensitive vs. insensitive
- Assertive vs. Passive
- Playful vs. serious
- Are there any other polarities that YOU can think of?

Strong positive traits vs. weak positive traits

- Courage vs. safety seeking
- Patience vs. impatience
- Humility- Continuum
- Acceptance vs. Resistance
- Peaceful vs. Agitated
- Generous vs. stingy

Using your WAFIT to lay claim to your alter ego

- Motivate yourself to stretch. What are the benefits to own your alter ego?
- What might your life look like in the future if you practiced the opposite of your dominant trait (or at least moved towards the middle of the continuum)?
- How would you feel?
- How would you act? How might others act towards you?
- How would you talk to others differently? What would be your self-talk?

Last tips for this class

- You are more than the you that you have practiced.
- There is much physical energy that you can access in your alter ego state.
- Your biggest supporters and the ones worth hanging onto are those that will eventually embrace your changes.
- Be patient with others and give them time to adjust to the more expressive you.
- Practice experimenting with your alter ego every day. Remember it is also who you are.