

Loving the Unlovable Parts of You

PERSONAS are roles we learn early in life for survival and to get positive attention and/or to avoid pain. The word persona comes from the Latin for 'mask'.

Primary personas get us the goods--positive attention, love.

Secondary personas are the troublesome or costly personas that show up when our primary personas fail, or when we're feeling pressured, stressed or threatened.

In contrast, **ESSENCE** is the clear space of pure consciousness underneath the persona level. Essence is who we are at our core. When we're operating from our Essence selves, we feel the open flow of organic good feeling. Joy and full aliveness are easily accessible and we feel a natural ease and flow. Essence is our true Self, who we really are regardless of what roles we may inhabit.

Personas are so entwined with who we think we are, they can be like velcro jackets.

Look at this list of some common personas and circle the ones that feel familiar to you. Put a star next to the ones that feel MOST familiar.

Popular Personas

Rebel
Supercompetent/I'll Do It Myself
Lone Ranger
Debater
Control Freak
Overachiever
Ms. Fix-It
Little Miss Know-It-All
Martyr
The Reliable One/Lynchpin

Loving the Unlovable Parts of You

Mr. Nice Guy
Peter Pan
Cheerleader
Energizer Bunny
Ms. Righteous
One-Down/Poor Me
Underappreciated Genius
Misunderstood Outsider
Pollyanna/Resourceful Ruby
Enlightened Elitist
Drama Queen
Critic
Universal Sponge/Empathic Metamorph
Peacemaker
Good Listener
Firefighter
Ms. Sarcasm
Time Cop
Anticipatory Annie
Debater
Super-Sensitive/Delicate Flower
Snarky Gossip
Judge Judy
Jaded Cynic
Scaredy-Cat
Princess
Metaphysical Mama
Just-in-Time
Comfort Queen
Leave-Me-Alone
The Good Provider
The Reliable One
Polly Productivity
Overwhelmed
Me, Too!
Superior Scholar
Captain Hyperbole

Loving the Unlovable Parts of You

Earth-Mama
Concentration Camp Preparer
Florence Nightingale
Wonder Woman
SuperMom
Suzy Sensuous
Analytical Wallflower
Prima Donna
Not-Good-Enough
Illuminatrix
Messmaker
Dunce
The Walking Wounded
The Fuck-Up
Party Girl
Ms. Bossy-Apple-Saucy
Hypochondriac
Flatterer
The Fact Checker/Accuracy Cop
I'm All Alone
Sexy Siren
Ranger Right
Contemplative Introvert
Hard Working Underearner

Loving the Unlovable Parts of You

PERSONA INTERVIEW

Purpose:

- To get better acquainted with your persona(s), to befriend and love them, welcoming them into the wholeness of you
- To loosen the Velcro grip of the persona and create more space for conscious choice and creative freedom
- To engage with our personas playfully so we can use them when necessary and wear them lightly or release them when we choose
- To feel your own vitality and life energy coming through your Essence, your true Self
- To uncover the Essence Quality the persona is smuggling

Instructions:

- 1) Tell the interviewer the name of the persona you'd like interviewed
- 2) Literally take a big step forward into the character (an exaggeration of the posture and facial expression of the persona)
- 3) Answer with whatever comes from the top of your mind; don't overthink your responses.
- 4) After the interview, step back and shake off the posture & facial expression

KEYS: Have fun and exaggerate!

Here's the interview script:

Address persona by her name before every question.

(Name of persona), what's the most important thing to you?

_____, what are you most proud of?

_____, when did you make your first appearance?

_____, who did you learn your style from?

_____, what are you most afraid of?

_____, what do you most want?

Loving the Unlovable Parts of You

BONUS EXPLORATIONS

Essence Smuggling

We're often able to identify an Essence quality (or qualities) that are being "smuggled" in under the guise of the persona.

Example: an **Empathic Metamorph** might be smuggling compassion.

Sometimes you'll be surprised to discover what a given persona is smuggling, as I discovered then I learned that my **Defeatosaurus Wrecks** was smuggling discernment.

Once we know we can then express appreciation directly for the Essence Quality that has been smuggled inside each persona.

And, we then have the opportunity to deliver that Essence Quality **directly** in the world in ways that benefit everyone.

What does this persona require?

Examples:

- The Peacemaker **requires** people who are in conflict
- The Rebel **requires** authority figures
- The Reliable One **requires** people who do whatever the heck they want

What are your favorite ways to go unconscious or to drift from Essence?

Examples of unconscious "drifts":

- Feeling overwhelmed
- Trying hard
- Being disorganized
- Worrying
- Doing it "right"
- Figuring it out

Loving the Unlovable Parts of You

- Rising above it
- Overeating
- Judging
- Comparing
- Policing
- Justifying

Loving the Unlovable Parts of You

How to tell whether you're operating from persona or from Essence:

Are you choosing:

ESSENCE

PERSONA

Wonder/Curiosity_____or____Either-Or-Thinking

Appreciating_____or____Judging/Criticizing

Trusting/Asking/Listening/
Opening-to-Wonder_____or____Figuring-It-Out

Allowing_____or____Resisting

Completing Communications or____Leaving Incompletes

Keeping Agreements_____or____Breaking Agreements

Loving_____or____Blaming/Making Others Wrong

Primary Personas: personas that get us the goodies

Event: No recognition for just being

Decision: "Simply BEing isn't enough."

Problem: What can I do for recognition?

Solution: Whatever works

Result: I got/get recognition (attention, goodies, kudos, income, etc.) =
adrenaline

Secondary Personas: personas that are troublesome or costly, that come into play when our primary persona(s) fail

Event: Failure to please

Decision: "I can't win."

Loving the Unlovable Parts of You

Problem: How can I avoid losing completely?

Solutions: Don't play/quit the game/walk away

Play half-heartedly

Mess up the game so nobody wins

Become a problem

(i.e., get sick, have accidents, be a delinquent/problem child/grown-up)

Result: I got/get to be right = adrenaline

Wonder Question:

How much of what I currently manifest in my life is a default result of my roles/personas rather than my conscious choice?