

Nesting Doll Exercise

This is a creative exercise for exploring the question 'Who am I?'

We will use the concept of the nesting doll to slowly explore the different layers that make up the Self.

There are 7 dolls. Starting with the largest doll – use the accompanying doll outline worksheet to write inside each doll some words that describe aspect of yourself that you might choose to reveal to others.

1. The You that everyone sees (strangers on the street, shopkeepers etc.)
2. The You that people see when they get to meet you – neighbours, acquaintances, colleagues etc.
3. The You that your friends see
4. The You that only your best friend or family see
5. The You that only you see
6. The You that is still hidden (things about yourself that you don't yet know or are on the edge of your awareness)
7. The deepest part of you

Extra questions you may want to ask yourself when reflecting on the exercise.

When under stress when are you most powerful?

How do your smaller dolls influence the larger?

Which of your dolls is in the counselling room?

Have you learnt anything new working with the dolls?