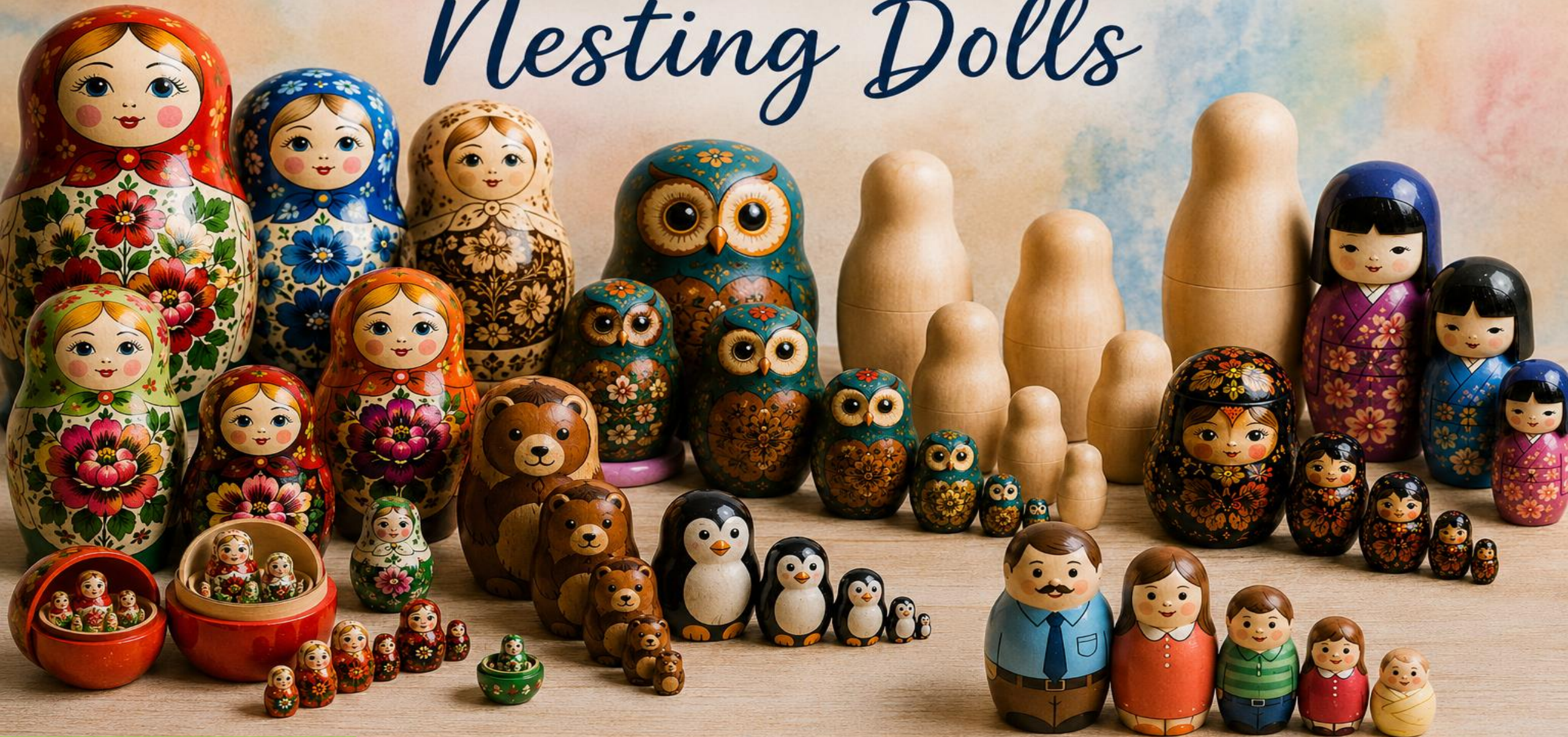


WORKING WITH *Nesting Dolls*



1

Down through my Layers of Self : *Who am I?*



- 1. MY OUTER SELF (what I show)**
The part of me others see: roles, image, how I present myself
- 2. MY PROTECTIVE LAYER**
Defences and coping strategies I use to feel safe
- 3. THE EMOTIONS I HOLD NEAR THE SURFACE**
Anger... Sadness... Joy... Fear...
- 4. DEEPER EMOTIONS I HIDE**
Guilt... Shame... Loneliness... Hurt... Grief...
- 5. MY ESSENTIAL BELIEFS AND VALUES**
How I see the world, others, my faith, myself...
- 6. MY CORE SELF / TRUE SELF**
My strengths, true identity, capacity for growth

2

From the Smallest to the Largest : *What happened?* *Every layer tells a story*



CORE SELF

My most
vulnerable self
My core needs
My true self
My Potential

*I needed to
be welcomed
and kept safe*



ADAPTATION

I learned what I
needed to do to
be accepted, to
be valued and
loved

*I needed to
belong*



DEFENCE

I learned how
not to be hurt
again

*I needed to
protect myself*



IDENTITY/ROLE

I became a role
that helped me
cope and survive

*I need to be
somebody*



PRESENTING SELF

This is the person
the world sees
today

*I needed to be seen
and accepted*

3

Layers of Grief



Overwhelm



Heartbreak



Disorientation



Vulnerability



Continuing
Bond

4

Layers of Anger

