

# TRUE NORTH

## *Your True Self*

Module 3, Video 1



### *North Star Quote:*

“My purpose on this earth, which informs all my decisions, is to give myself away.”

1. Look at this list of qualities below written by Dr. Charles Whitfield in his book *Healing the Inner Child*. Assess yourself over the course of the last month. Where did you fall on a scale of 1-10 in each of these categories?

Spontaneous	Plans and plots
Expansive, loving	Contracting, fearful
Giving, communication	Withholding
Accepting of self and others	Envious, critical, idealized, perfectionistic
Compassionate	Other-oriented, overly conforming
Loves unconditionally	Loves conditionally
Feels feelings, including appropriate, spontaneous, current anger	Denies or hides feelings, including resentment
Assertive	Aggressive and/or passive aggressive
Intuitive	Rational, logical
Ability to be childlike	Childish/overly-developed parent scripts
Needs to play and have fun	Avoids play and fun
Vulnerable	Pretends always to be strong
Powerful in true sense	Limited power
Trusting	Distrusting
Enjoys being nurtured	Avoids being nurtured
Surrenders	Controls, withdraws
Self-indulgent	Self-righteous
Simplifies	Complicates; "rational"
Wants to be real, connect, experience, create and love	Wants to be right, control and win. Tells us the opposite of what we want and need.
Non-defensive, though may at times use ego defenses	Defensive
Connected to its Higher Power	Believes it is Higher Power
Open to the unconscious	Blocks unconscious material
Remembers our Oneness	Forgets our Oneness; feels separate
Free to grow	Tends to act out unconscious often painful patterns repeatedly

2. Consider each quality carefully. Circle 3-5 areas where you acted less authentic to your true self and closer to an inauthentic version of yourself.
3. Write down the areas you circled below. Then write next to it, WHY? What were the habitual thoughts, feelings, circumstances surrounding each of the times you betrayed your true self? Were there certain circumstances or triggers that happened right before inauthentic action? Refrain from judging yourself; try to look at the situation as a third party would.

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4. Read what you wrote and search for patterns. Do you often feel alone? Misunderstood? Hurt from something that happened years ago? Anxious? Worried to show your true self?

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5. Keep asking WHY and allow your thoughts to come out on paper without judging them as long as you wish. The longer you write, the more will be revealed.

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6. Pray the surrender prayer and hand every part of yourself over to God. He wants it all.