

LESSON 4

SELFING EXERCISE

In this lesson, Dan and Lisa explain how we have many different parts of ourselves. We invite to reflect on this concept of selfing in your journal by exploring the following questions.

- Which parts of yourself are you showing up as in your relationship?
- For example, can you be a caretaker? romantic? playful? childish? parental? And so on.
- Are there certain aspects of yourself that have rigidity?
- Are there certain aspects of yourself that are more receptive?