

# LIFE STORY THERAPIES

*your story, your identity, your world*

## **Who am I?**

This is not an uncommon question for many Third Culture Kids. It's beyond distressing to realise that much of who we have been in our story has been modelled around different versions of what felt useful or important to be at the time. We can find ourselves in adulthood, cast somewhat adrift from a core sense of self – a self that stays, no matter where we go.

This is a simple exercise of self-encounter. Here we simply notice that in answer to the 'who am I' question, we can notice, "I am someone who..." The answers you give here are likely to suggest a core of you, the you who experiences the world rather than simply adapting to it.

Enjoy! And take care of you,

A handwritten signature in black ink that reads "Rachel". The script is fluid and cursive, with a large initial 'R'.

I am someone who enjoys...	
1	
2	
3	
4	
I am someone who gets excited by...	
1	
2	
3	
4	
I am someone who feels sad about...	
1	
2	
3	
4	
I am someone who laughs at...	
1	
2	
3	
4	

I am someone who is kind to...	
1	
2	
3	
4	
I am someone who is gifted at...	
1	
2	
3	
4	
I am someone who is getting better at...	
1	
2	
3	
4	
I am someone is interested in...	
1	
2	
3	
4	

I am someone who wants more of this in his/her life...	
1	
2	
3	
4	
I am someone who gets angry at...	
1	
2	
3	
4	
I am someone who gets tired when...	
1	
2	
3	
4	
I am someone who loves...	
1	
2	
3	
4	