Invitation 3: The Adventure of Self-Discovery: Exploring My Uniqueness

Objectives: It is designed to help the student to recognize qualities and characteristics of their unique personality. To share tools that will help them grow in self-awareness and self-understanding.

Each person is different and unique. We have been learning in the last two lessons, the meaning of Loneliness and also the person who I am called to be.

How many personas do you have?

We all relate to different people in different situations in different ways. These different ways of appearing to the world are known as our personas.

This is just to recognize your personas and so it is neither good nor bad; they just are. So, look at your personas and decide which are necessary and which are simply used as masks to cover up your true self out of fear of not being accepted for who you are. Also, you have to accept one another so that no one will be tempted to put on mental masks or pretend to be someone else.

So, Personal Style Inventories will help us identify some of the styles we have when we interact with different people in our life. These styles or ways of appearing to other people are known as personas. Everyone has at least two personas; a public self and a private self. Some people may have more, depending on how they interact with people who play various roles in their life.

Personas are necessary to maintain a sense of one’s public self and one’s private self. Personas can be helpful or harmful, depending on the situation.

Whatever people’s personas may be, they are all part of their personal style. It is their unique way of living in the world and relating to other people.

If you listed many people, chances that you have many personas; if only few people, that person probably tends to show more people who he or she really is.

Though personas are necessary and helpful, when they are carried to the extreme, personas get translated into masks that hide a person’s true self from even those who care for that person.
Many people wear masks out of fear that their true self is unacceptable to others due to culture and the group one belongs to. Eg. A teenage boy who cries easily is forced to put on mask because teenage male is considered to be strong by the society.

Now think about which of your personas are healthy and necessary, and which are masks to cover up your true self or your feelings.

So, if you have many personas, let some of the important people in your life know a little more about your real self. It means being more honest with themselves and with other people.

Also, let your friends in your age group know your true self. Masks are not healthy. Let each one of you may be an emotional safe place for everyone – not only just to the their close friends. This means valuing everyone for who they are, not ridiculing people who are different from them, reaching out to people who are not part of their group, and trying to get to know everyone at a deeper level than what appears on the surface.

No matter what persona you show at any given time, God knows the real person that you are at all times. There is no need to be anyone but who you really are in the presence of the God who loves you unconditionally.

**PSI Exercise – Optimists and Pessimists**

Optimist tend to be happier but pessimists are generally more in touch with reality.

Each person has a preferred style or usual way of looking at things, but it does not mean that this is the only way a person looks at things.

Everyone is an optimist in some instances and a pessimist in others. It depends on the situation.

Both outlooks have advantages and disadvantages. Both types have much to contribute to a group. Also, challenges are associated with being either type.
Optimists look at the bright side of the things. Hopeful and encouraging. Do not get discouraged easily and they find the good in almost any situation. Will keep moving ahead, confident that everything will work out. Encourage other people and keep them hopeful.

But, they do not anticipate difficulties. When there is problems, caught by surprise or not equipped to handle them.

Pessimists tend to worry about bad things that might happen. They see potential problems in every situation. They get discouraged easily and may not try new things out of fear of failure. But make the other people aware of potential difficulties. So, they can be prepared for it. If a problem cannot be avoided, at least the group will not be surprised when it happens.

To respect each other’s particular style but to try to achieve a more balanced perspective by trying to see the other side of every situation. If one is an optimist by nature, this might mean trying to anticipate difficulties and making adequate preparations. If one is pessimist by nature, this would involve trying to see the good in every situation as well as the bad.

Do you think Jesus was an optimist or pessimist?

Matt. 6 26:34
6:26See the birds of the sky, that they don’t sow, neither do they reap, nor gather into barns. Your heavenly Father feeds them. Aren’t you of much more value than they? 6:27“Which of you, by being anxious, can add one moment to his lifespan? 6:28 Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don’t toil, neither do they spin, 6:29 yet I tell you that even Solomon in all his glory was not dressed like one of these. 6:30But if God so clothes the grass of the field, which today exists, and tomorrow is thrown into the oven, won’t he much more clothe you, you of little faith?6:31‘Therefore don’t be anxious, saying, ‘What will we eat?’, ‘What will we drink?’ or, ‘With what will we be clothed?’ 6:32For the Gentiles seek after all these things; for your heavenly
Father knows that you need all these things. 6:33 But seek first God’s Kingdom, and his righteousness; and all these things will be given to you as well. 6:34 Therefore don’t be anxious for tomorrow, for tomorrow will be anxious for itself. Each day’s own evil is sufficient. (Optimist)

Luke 19:41-49
19:41 When he drew near, he saw the city and wept over it, 19:42 saying, “If you, even you, had known today the things which belong to your peace! But now, they are hidden from your eyes. 19:43 For the days will come on you, when your enemies will throw up a barricade against you, surround you, hem you in on every side, 19:44 and will dash you and your children within you to the ground. They will not leave in you one stone on another, because you didn’t know the time of your visitation.” (Pessimist)

My three selves
The self God sees and the way I really am; The self I don’t like but can change with a little work; The self I do like and need to appreciate.

Psalm 139: 1-18

1 God, you have searched me, and you know me. 2 You know my sitting down and my rising up. You perceive my thoughts from afar. 3 You search out my path and my lying down, and are acquainted with all my ways. 4 For there is not a word on my tongue, but, behold, God, you know it altogether. 5 You hem (lengthen – shorten) me in behind and before. You laid your hand on me. 6 This knowledge is beyond me. It’s lofty. I can’t attain it. 7 Where could I go from your Spirit? Or where could I flee from your presence? 8 If I ascend up into heaven, you are there. If I make my bed in Sheol, behold, you are there! 9 If I take the wings of the dawn, and settle in the uttermost parts of the sea; 10 Even there your hand will lead me, and your right hand will hold me. 11 If I say, “Surely the darkness will overwhelm me; the light around me will be night”; 12 even the darkness doesn’t hide from you, but the night shines as the day. The darkness is like light to you. 13 For you formed my inmost being. You knit me together in my mother’s womb. 14 I will give thanks to you, for I am fearfully and wonderfully made. Your works are wonderful. My soul knows that very well. 15 My frame wasn’t hidden from you, when I was made in secret, woven together in the depths of the earth. 16 Your eyes saw my body. In your book they were all written, the days that were ordained for me, when as yet there were none of them. 17 How precious to me are your thoughts, God! How vast is their sum! 18 If I would count them, they are more in number than the sand. When I wake up, I am still with you.