

Impostor/Beloved Identity Survey



To find a starting point, you are going to need to zoom out on your camera list and “drop the pin” by being honest about what you carry around in your identity as you go about your life.

We are looking for the nuts and bolts of the way you think about yourself. Feel free to include both good things and hard things, but let this be as free flowing ideas that come up as possible. Include every one.

Don't paragraph journal, look more for bullet points and list than an outpour of expression. The below primers are simply idea prompts – you do not have to address each one.

Start Here	Then Go Here	And Finish Here
<p>Sorting through characteristics that define you, qualities, names others have spoken, accusations, <i>who do others say you are</i>, what qualities do they use to categorize you with? What dynamic or role do you experience: “black sheep”, perfectionistic, hostile, peacemaker, overlooked, outspoken, pleaser, worthless? What do you feel others get out of your relationship with them?</p>	<p>Where this come from –where do you first remember feeling this way, when did something happen to confirmed it, to solidify it; who did you learn from, what circumstance happened to put the seed of this piece of into identity; was it an event; a period of time; a person; and environment? Be as specific as you can manage.</p>	<p>Is the source safe or unsafe? How would you know if it is safe or unsafe? I would direct you back to what I believe sums up Christian faith completely: Jesus is perfect theology. So, it it lines up with the character you see in Jesus when you encounter Him in stories, church, conversations, worship, or the Bible...the it is safe. Would you invite this source to have the honor of contributing to your “Scaffolding” (sense of self)?</p>