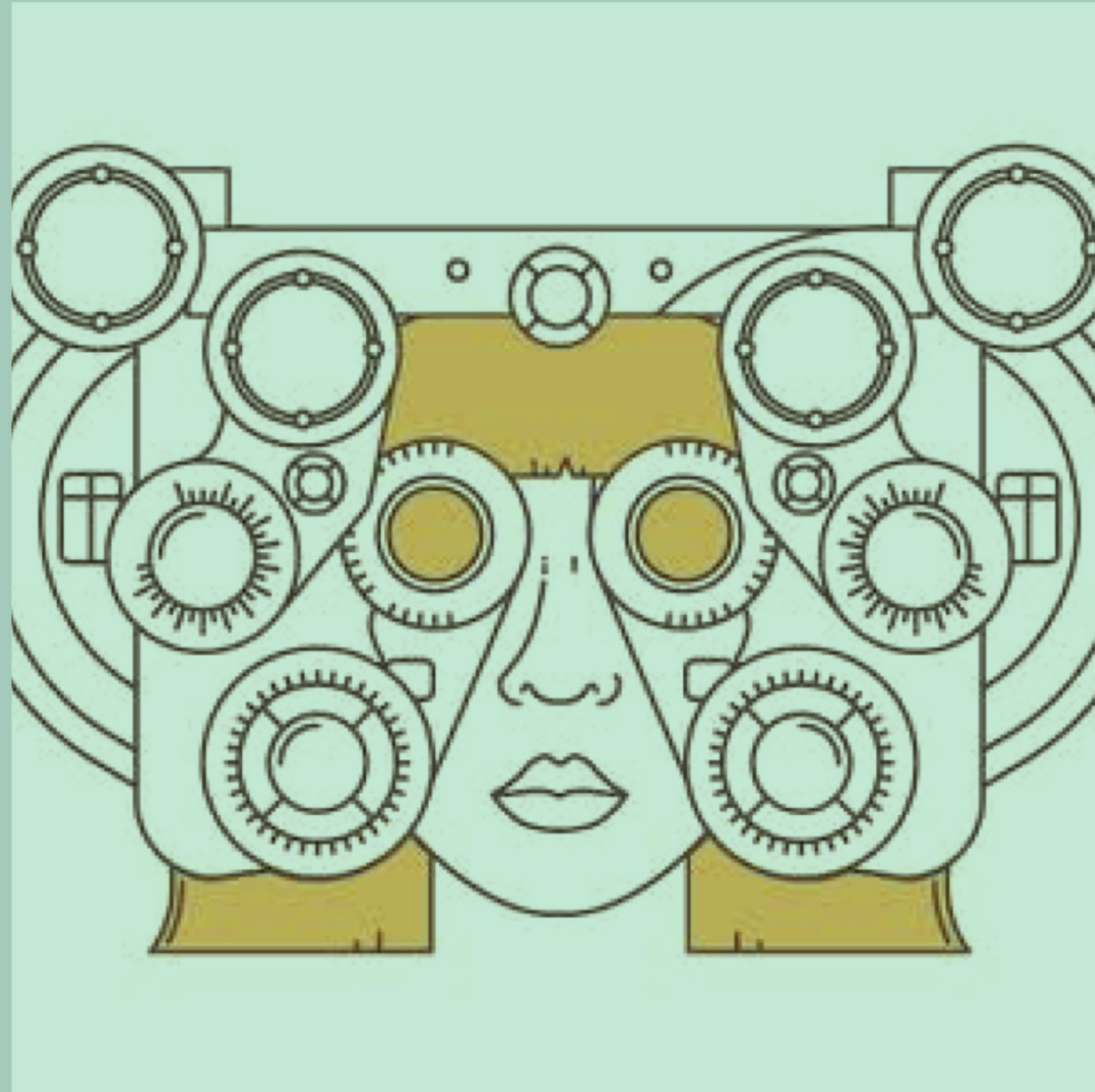


Identity & Self knowledge

This exercise is particularly useful for those who as children learned that they are to be 'seen, not heard'. for those whose preferences aligned to their caregivers and who's attunement was to the emotional tides of their parents, not vice versa.



Start experiencing your preferences. Take a moment to pause and ask yourself; is it one or two, three or four? Just as an optometrist would ask you about your lenses. This will help you understand what gives you pleasure, excitement and who you are. It may help to try to recall your child preferences. The more specific, strange and personal the better. Embrace the power of detail that makes up your individuality.

- * Pick up two sweaters and hold them in front of you. Do you prefer the green or blue?
- * Take your time to smell different scents and find one that speaks to you. Perfumery, the fruit isle or essential oils.
- * Go for a walk and find a preferred tree or flower. Ask yourself what in particular appeals to you.
- * Visit an art gallery and choose your preferred medium, colour or squiggle.
- * Discover sounds and music that makes you feel at ease, want to move or pure nostalgia.
- * Consider textures, lighting, times of day, types of chairs & weather.

