

VIDEO 9: Loss Of Identity

Sometimes we can't let go of something because it is so closely entwined with our sense of who we are. Sometimes the way that we label ourselves can be an indication of when this is an issue for us. For example, one person might say "I have diabetes" as opposed to someone else who says "I am diabetic." The latter has identified more closely with the health condition.

ET This problem is a big part of my personal identity, somehow I can love and accept myself

ET I don't know who I would be without this problem, I can somehow forgive myself

ET this problem has become so entwined with my sense of who I am, I can forgive and love myself

This problem is part of who I am

This problem is a part of who I am

This problem has become a big part of who I am

Without this problem, I don't know who I'd be

I would lose myself if I lost this problem

This problem has become a big part of my identity

I so easily identify with who this problem makes me

I prefer to be the person identified by this problem

I WANT TO BE OVER ALL THESE FEELINGS THAT THIS PROBLEM IS WHO I AM

I feel that this problem has done so much

To create the person I am today

I feel that this problem is a large part of me

I'm familiar with who I am as a result of this problem

I'm comfortable with who I am when I am defined by this problem

In many ways I prefer to be known in terms of this problem

I'm afraid of losing this person that I know

If I were to lose this problem

I WANT TO BE COMPLETELY, 100% OVER ALL THESE FEELINGS THAT THIS PROBLEM DEFINES ME

This problem has become such a part of me

I don't know if I could part with this problem

Without losing myself

I know myself with this problem

I don't know who I would be without the problem

The thought of losing this person I am

Is a very scary thought

I don't know who I am without this problem and that scares me

I WILL BE COMPLETELY 100% OVER THESE FEELINGS THAT I AM THIS PROBLEM

I know consciously that I am not this problem

And this problem is not me

I has been with me for so long and feels like a big part of me

But it is not me

Maybe the problem is not a part of me

But just something that I've experienced and grown from

Maybe it will be easy to find Me when the problem is gone

Maybe I've always been Me, with or without the problem

Check once again with the problem to see where you are at. Did anything else come up for you with this round? Make note of any changes, being sure to reassess using your scale of 0-10.