

# THE THREE SELVES EXERCISE

In this activity, there are Three of Ourselves. By thinking about these Three Selves in an equilibrated and healthy way, we can increase our resilience and wellness.

- **Past Self** who exists as the person in our memories. We often have feelings of regret, blame, or unfairness around the experiences of Past Self.
- **Present Self** or the Experiencing Self, who lives in the present tense. Sometimes it is hard to focus on the Present Self without getting stuck worrying about Past or Future Self.
- **Future Self** who will adapt to an uncertain future. We often don't give this self enough trust. Future Self can be prepared for success through the habits, skills, and experiences of Past and Present Self.

## Exercise

Show Compassion for all Three. Consider each Self as a good friend. Grab a piece of paper or a journal and take your time writing for the first 2 prompts.

- 1 - Past Self** Thank your past self for experiencing many hardships and doing your best to bring you to this point today. *Write a list of challenges Past Self has overcome.*
- 2 - Future Self** Future self will adapt to an uncertain future. *Write a list of ways Present Self can prepare to give Future Self all the tools for success* Eg: Skills to Learn, Habits to Change, Experiences to Live today that will help later on.
- 3 - Present Self** Recognize that enjoying Present Self is difficult when thinking about Past or Future Selves. *Set aside an hour today to enjoy Present Self without thinking about Past or Future Self.*

Information for this exercise is from: [growingresilient.com](http://growingresilient.com)

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