

Jeg er-øvelse

Beskrivelse:

Fokus på selv-som-context

Skriv ud for hver af de 10 linier noget på linien ud for "jeg er".

Eksempelvis:

Jeg er psykolog

Jeg er 1,78 cm

Jeg er talende

Jeg er stående

Bed klienten om at strege udsagnet ud for "7" ud og spørg om han stadig er sig selv, selv hvis han ikke er det, der står der.

Bliv ved på samme måde til alle er streget ud og spørg hvad der så er tilbage.

(Frit efter D.J. Moran på Listserv:

The sheet has 10 numbered sentence stems, and they all say "I am _____." (It's kind of like the Rotter Incomplete Sentence Test, but with far less imagination!)

I invite you to print it out and do the exercise. Here's the directions:

Once everyone in the group has a sheet and pen, I say: "If you're willing to play along, I invite you to fill in the blanks. Just go ahead and write the words that come to mind to describe yourself. There aren't any right or wrong answers, I won't be collecting them, and I won't ask you to read what you wrote."

Sometimes I continue: "To give you a sense of how this works, I might write: I am *a psychologist*. I am *giving a workshop*. I am *six foot three inches*. I am *talking*." [N.B. I am alternating examples of self-as-content and self-as-process without really lecturing on that stuff.]

"Now go ahead and give it a try."

Sometimes, in groups that seem to be having fun with the ACTraining, I'll say: "Now don't copy off the guy next to you!" ;-)

When it seems everyone is done, I say: "OK folks, now I'm not doing any mind games here... I just want to try a little exercise. I'd like someone to give me a random number from 1 to 10."

"Seven!" someone may call out.

"OK folks, just cross out what you wrote for number 7..." [groans, laughs]

"Now let me ask you... are you still you? If that word is deleted, are you still you? Now I get it... there are some fringe words, like "alive" that you might have written... and well, boom, you've busted the exercise... but that aside... in a sense, are you still you if that description is deleted? Check it out... let's do it again... and so it's not like I'm manipulating anything, someone else give me a number..."

"Five" someone may call out.

"OK, great. Cross out what you wrote in number five. Now, with that gone, are you still you? See, if I wrote "six foot three," you know I could get into a car crash, become a double amputee, and then I'm five foot ten... right. And I'm still me. And I can cross out "psychologist," too. I may perform the duties of a psychologist, and be recognized by the State of Illinois as a psychologist, but I could retire one day and not be a psychologist... and I'm still me. And *I am standing* – but now..." (then I sit). - - - - "I'm still me."

"What if you crossed off EVERYTHING you wrote!? What remains?"

"Nothing!" – someone usually says.

"Nope... something still remains... what's still on the paper?"

Eventually: "What is still there is: "I am - period"

"I am. That's the whole statement. The whole sentence. It's simply "I am." You are not what you describe yourself to be. You aren't limited by these words.

(If it were a workshop with psychologists, I'd talk about "defining" and the root fin and finite, etc.)

"You simply *are*. We are not the things we describe ourselves to be. We can experience, simply experience our life from a point of view... a unique point of view... we might say that we are talking about our core self."

"Now, why this weird trippy thing is important: we can couple this "I am" with all the stuff we learned about mindfulness [usually covered by now in the workshop], about being in the here and now... and we can say "I am here now..."

And then I segue into values clarification. I believe a person is better off clarifying values once they are unencumbered from self-as-content stuff. I think what we report to value can be tainted by who we've been taught to say we are.

(Follow that?)

So what's the point???: I think if you're doing SAC work in groups (heck, even individually), this 10 item "I am" sentence stem exercise can experientially shed some light on the self-as-context, especially as you peel away the layers of content and process by crossing out some of the words. Play with it, and you might see some use for it in your own work.)