“Telling a ‘true story’ about personal experience is not just a matter of being oneself, or even finding oneself. It is also a matter of choosing oneself.”

**PERSONALITY MAP Directions**

We create personal maps daily to meet our basic needs without realizing it. Drawing an actual map makes meeting our needs a *conscious* act. We learn to differentiate *self-territory* from personality parts or roles. An introduction to personality mapping for adults begins with acceptance: *You cannot make a mistake.*

**You draw a map of your personality roles that seems right for today.** Maps change; another day your map might be different from the one you draw today. Select markers, crayons, or colored pencils. **Draw a symbol representing self-territory, your inner anchor or core self.** You may choose a particular color, or you may find you want several colors. Somewhere near the center of the page, draw a design or shape that stands for your internal compass, the “core” you. It is a symbolic self-representation.

Just as a road map may portray a city as a star or a circle that does not capture the essence of a real city, your mapping of a self-symbol is just a representation. Everyone draws something unique and creative for their core...Continue your map. Add designs for your personality roles, one at a time, around your centered self-symbol. Just draw whatever comes to mind. **Visualize your roles without judgment.** Remember, a picture can express 1000 words. Sketch first the part or role of your personality that seems to describe you during much of your day. Choose a role that you experience every day, several times a day. How do you envision the size of this part? How do you imagine its placement on your map in relationship to your self-symbol? Label each part of your personality as you draw it.

Draw a second part or role in your day-to-day personal story. It may be quite different from the first. How do you envision the size of this personality part in relation to your self-symbol? How do you imagine its placement on your map in relationship to what you have drawn already? What color(s) do you associate with this role? Draw a third part of your personality.

By this time, most adults draw three roles of their personality that describe either the ways they *like* to see themselves, or in some instances, one or two symbols representing challenging roles in their personality. This is because our brain tracks scary pathways just like a road *map* rates certain roadways as safe for travel. **However, both brain maps and road maps need updating from time to time.**

After drawing several roles and picturing the usual work-a-day personality roster, look for parts that may not have favored status. Can you identify an opposite role to any roles you have drawn? Maybe there are personality parts that you do not show others. **Maybe there are roles that you do not want to see very often.** Where do these roles fit on your map? How do you envision the sizes of these roles? How do you imagine placement in relationship to the self-symbol? What color(s) do you associate with these roles?