

2010-01-18-19

### ARE YOU HIDING YOURSELF?

In order to be loved and please others, we learn and adopt various behavioral strategies which become roles or personality types we act out, either consciously or unconsciously:

1. THE PERFORMER feels pressured to measure up. For him there is no rest; he feels driven to achieve and perform. The Performer needs to relax more and discover that he can be loved even when he is not performing.
2. THE CRITIC. What The Critic hates about himself, he will find and criticize in others. The Critic must learn to forgive others and most of all -- himself -- for not being "perfect."
3. THE BOASTER has learned to get attention by dramatizing and exaggerating the truth. The Boaster must practice being accurate in what he says and learn that others will still love him.
4. THE VICTIM. Whenever something bad happens to The Victim, you can be sure his story gets a lot of mileage. Victims must learn to develop their own power by taking responsibility, expressing their anger and then forgiveness.
5. THE NICE PERSON is always doing what he "should" be doing and has lost touch with what he really wants. The Nice Person needs to practice saying "no," and meaning it.
6. THE SELF-RIGHTEOUS PERSON can never admit that he is wrong, for to confess his faults could mean the loss of love. The Self-Righteous Person should practice saying, "I'm sorry," whenever he makes a mistake.
7. THE ANGRY PERSON feels ripped off by life and is constantly trying to get even. The Angry Person must learn that he still deserves love even though he is inadequate in certain areas, and needs to forgive both himself and others.
8. THE FAKE has played so many roles that often he loses sight of who he really is; behind every mask is another. Unfortunately, he'll never trust anyone's love or appreciation, for he knows how much of a fake he is.
9. THE BELIEVER has become so dependent on others for truth that he loses touch with reality. The Believer needs to question all that he believes and relate it to his own personal experience.
10. THE SHY PERSON'S basic reaction to people is fear; he has little confidence that he will be loved. The Shy Person should visualize a risk and then act it out and gradually build up more confidence in himself.
11. THE SHOW-OFF believes that what he owns will make up for what he fails to be himself. The Show-Off needs to practice sharing his feelings and allowing others to see who he is inside.
12. THE LONER at some point could not get the recognition and love he wanted and so decided he didn't need it. The Loner needs to share his needs and wants; he must reveal to others his secret expectations and disappointments.
13. THE SACRIFICER has learned that to love means to sacrifice or to give up for another. The Sacrificer needs to lighten up the heavy load he has placed on love and relationships.

Did you see a part of yourself described in several or even all of these roles? Why not use the various hints for breaking out of the roles to understand how you may be hiding yourself, and begin to turn yourself around and learn to enjoy life more.

From What You Feel, You Can Heal  
By John Gray, Ph.D.  
Read by Kenneth Haystead  
PEACE FOR TODAY  
January 18-19, 2010