

Left brain - Past and Future

Focused events and other people
How to fit in and function in society

**Character 1 – Thinking
Persona/False Self**

Timelines, verbal, analytical, to do lists, efficient,
reliable, how to fit in to society, obeying rules,
judging right or wrong, fixed
Position in society, serious, task orientated
Comparison, structure, order, Ego – ME

Allows us to function in society and get things done

**Character 2 – Feeling
Shadow**

Past trauma, fear of future,
fight or flight, protection, mistrust, anger,
young helpless child,,
distressed, cautious, loves conditionally, doubts,
bullies, manipulates, stern, independent, selfish,
critical, superior/inferior, right/wrong/good/bad
hyper emotional

*Aims to keep us safe and protect from re-
experiencing trauma of the past*

Right brain - Present moment – Here and Now

Internal focus, sensations, authenticity

**Character 4 – Thinking
True Self**

LOVE, gratitude, connection, all one, the BIG picture,
collective - WE, spirit, energy, safety, reassurance,
acceptance, joy, peace, non verbal, compassionate,
flexible, fluid

*Where we come from and our essential nature
before society/socialisation stepped in*

**Character 3 – Feeling
Anima**

Playful, fun,
physical sensations – taste, feeling, hearing, smell
loves excitement, in the moment, takes risks,
adrenaline junky, loves unconditionally
innocent, messy, young, open, fearless, friendly,
trusts, supports, grateful, creative, goes with flow,
collective, kind, sharing, equality

Simple enjoyment of life