

Self-exploration exercise: The evening review

Purpose: *Building self-awareness (e.g. subpersonalities)*

1. At the end of the day, preferably just before going to sleep, find a quiet place free from outer distractions.
2. Close your eyes and give attention to relaxing your body, quieting your feelings, and as much as possible, stilling the activity of your thoughts. Your mind should be quiet and receptive, but remain alert.
3. Now review your day in your mind, playing it back like a movie, but backwards. Begin with where you are right now, then the time of later evening, then early evening, then the dinner hour, and late afternoon and so on until morning when you awakened.
4. Throughout the experience, it is important to maintain, as much as possible, the attitude of an objective, detached, non-critical observer, calmly and clearly registering the events of the day, neither becoming elated at a success, nor depressed and unhappy about a failure. The aim is not to relive the experience but to register non-critically in consciousness the patterns and meaning of the day.
5. Finally, write down your general impressions of what happened and anything particular that you have learned.

Questions to ask your self when focusing on subpersonalities:

- Which subpersonalities were dominant during the day?
- What circumstances (inner or outer) made them emerge or withdrawn?
- Did any of your subpersonalities come into conflict with each other?
- How much did the subpersonalities help or hinder what you wanted to do? Who was in the driver's seat?