

# PLURAL SELVES

BY  
MEG-JOHN  
BARKER

# CONTENTS

2 - INTRODUCTIONS

4 - THE BIG IDEA

6 - THAT EXPLAINS IT

8 - HOW DID WE GET HERE?

10 - OUR CREW

12 - AIMS

14 - OUR PLURAL SELVES

16 - FOREGROUNDED SELVES

18 - LIMITING DYNAMICS

20 - DISOWNED SELVES: CHILDREN

22 - DISOWNED SELVES: OTHER  
'UNACCEPTABLE' SELVES

- 24 - EXPLORING OUR SELVES
- 26 - PICTURES AND MODELS
- 28 - COLLAGES AND PLAYLISTS
- 30 - EMBODIMENT AND MOVEMENT
- 32 - MEDITATION AND IMAGINATION
- 34 - DIALOGUE
- 36 - DREAMS AND FANTASIES
- 38 - RELATIONSHIPS WITH OTHERS
- 40 - BALANCING OUR SELVES
- 42 - WORKING WITH OUR CREW
- 44 - SUPPORTING THE PROCESS
- 45 - FURTHER RESOURCES

# INTRODUCTIONS

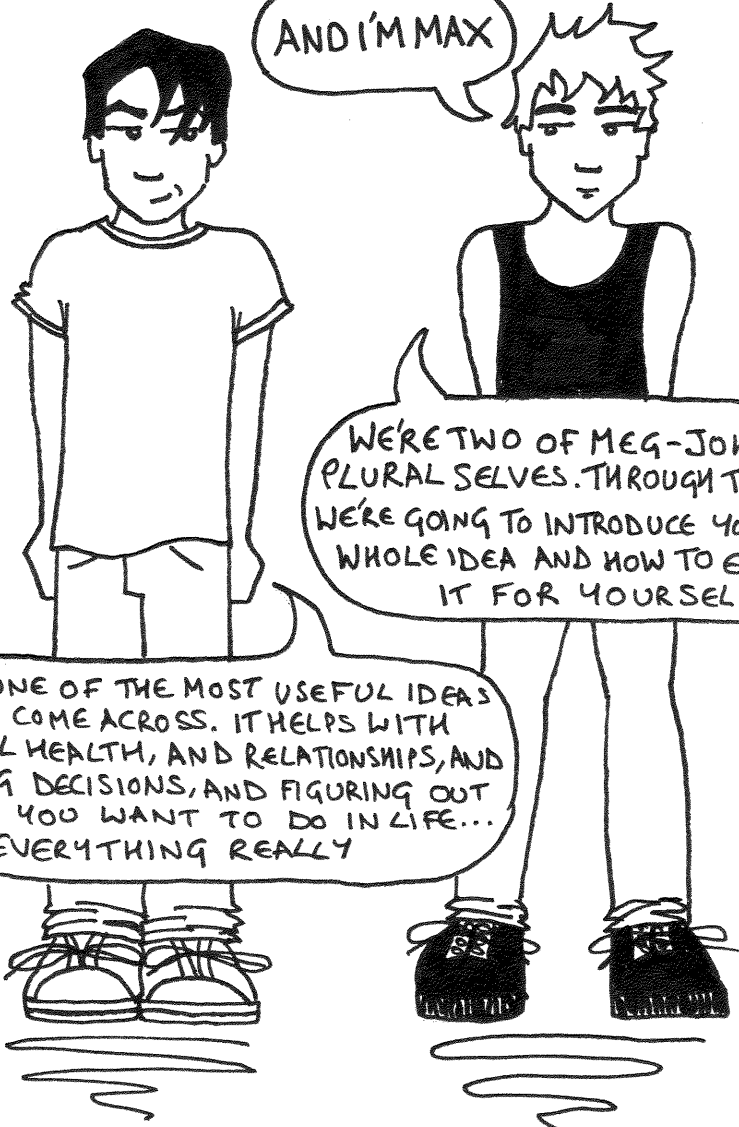
2

HI I'M TONY

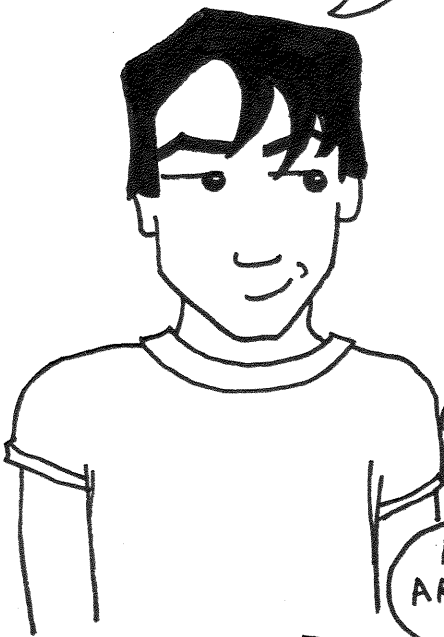
AND I'M MAX

WE'RE TWO OF MEG-JOHN'S PLURAL SELVES. THROUGH THIS ZINE WE'RE GOING TO INTRODUCE YOU TO THIS WHOLE IDEA AND HOW TO EXPLORE IT FOR YOURSELF

IT'S ONE OF THE MOST USEFUL IDEAS WE'VE COME ACROSS. IT HELPS WITH MENTAL HEALTH, AND RELATIONSHIPS, AND MAKING DECISIONS, AND FIGURING OUT WHAT YOU WANT TO DO IN LIFE... EVERYTHING REALLY



THIS IDEA HELPED MEG-JOHN  
TO GET IN TOUCH WITH US  
WHICH IS OBVIOUSLY BRILLIANT  
BECAUSE WE'RE AWESOME



AND SOME OF US  
ARE QUITE FULL OF  
THEMSELVES

I DON'T KNOW  
WHAT YOU MEAN

WE'D INVITE YOU TO HAVE A NOTEBOOK  
TO HAND AS YOU READ THIS ZINE, BECAUSE  
THERE ARE LOTS OF THINGS YOU MIGHT  
LIKE TO TRY FOR YOURSELF AS WE GO ALONG

# THE BIG IDEA

④



SO WHAT IS THE  
BIG IDEA HERE  
MAX?

IT'S THAT ALL OF US ARE  
PLURAL RATHER THAN SINGULAR  
MEANING THAT WE HAVE  
MANY DIFFERENT SIDES



DIFFERENT WRITERS  
HAVE USED DIFFERENT  
LANGUAGE TO CAPTURE  
SOMETHING OF THIS

SUB-ASPECTS  
SUB-ENERGIES  
CHARACTERS  
PERSONALITIES  
EGO-STATES  
SELVES

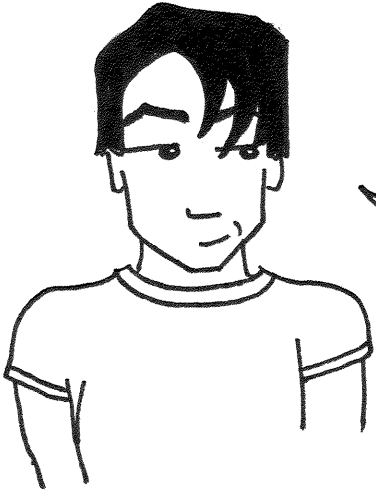
SIDES OF YOURSELF

MULTIPLE  
PERSONALITIES

ALTER-EGOS

ARCHETYPES

ETC.



MAYBE THIS IS WHAT THE AMERICAN POET WALT WHITMAN WAS GETTING AT IN HIS FAMOUS QUOTE...

DO I CONTRADICT MYSELF? VERY WELL, THEN I CONTRADICT MYSELF. I AM LARGE, I CONTAIN MULTITUDES



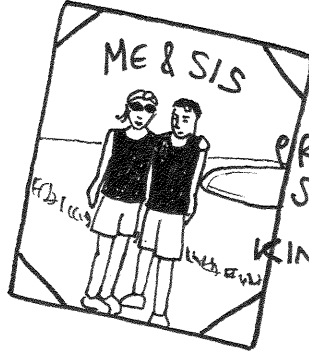
# THAT EXPLAINS IT

6

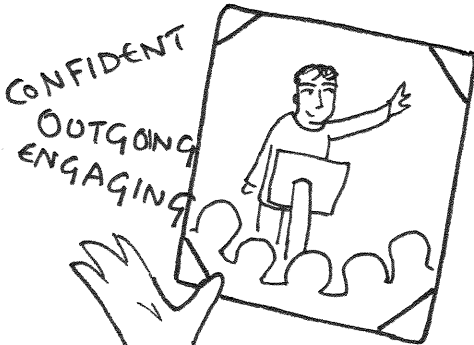


PLAYFUL  
CREATIVE  
IRREVERANT

VS.



PROTECTIVE  
SERIOUS  
KIND



CONFIDENT  
OUTGOING  
ENGAGING

VS.

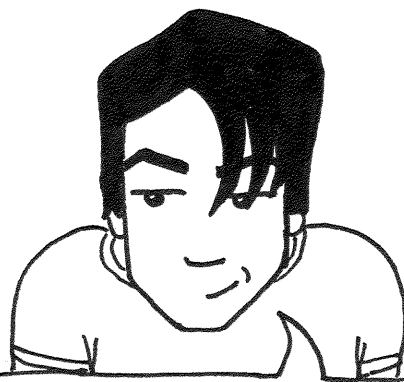
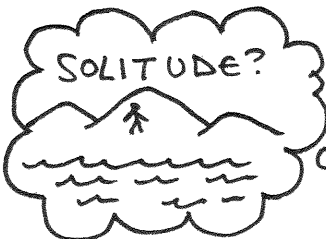
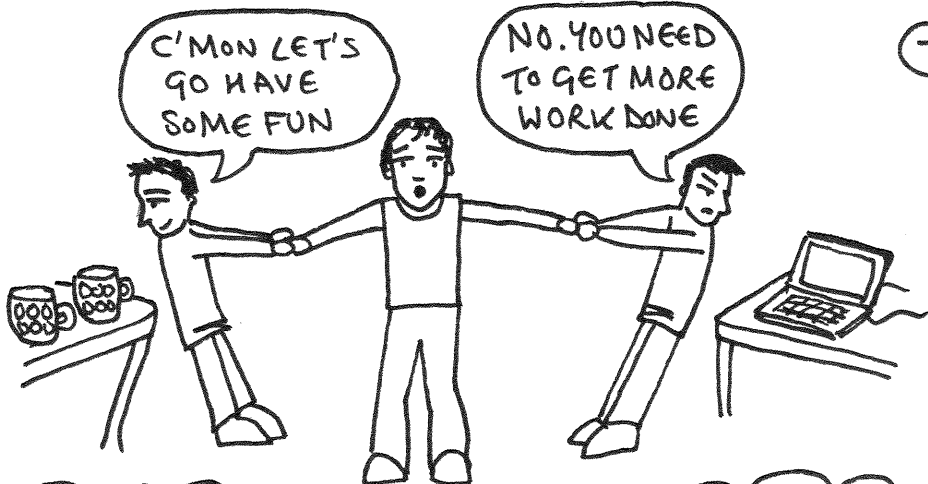


UNCERTAIN  
WITHDRAWN  
VULNERABLE



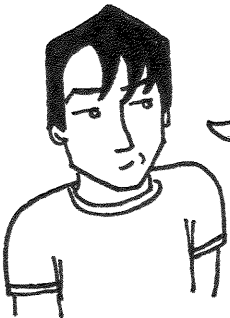
THE IDEA OF PLURAL SELVES EXPLAINS WHY WE CAN OFTEN FEEL LIKE DIFFERENT PEOPLE IN DIFFERENT RELATIONSHIPS OR SITUATIONS





IT ALSO EXPLAINS WHY MAKING CHOICES CAN BE SO TOUGH. YOU'RE OFTEN BEING STRONGLY PULLED IN DIFFERENT DIRECTIONS

# HOW DID WE GET HERE? ⑧

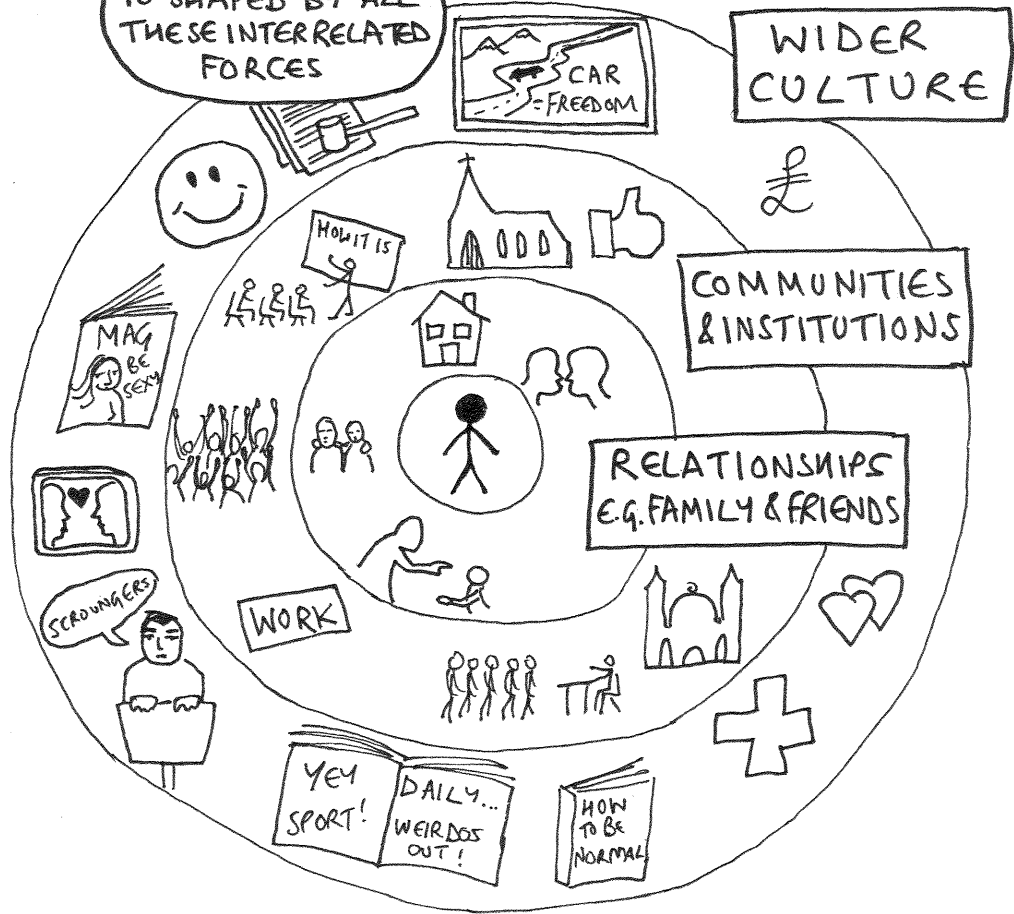


SO HOW DO WE END UP LIKE THIS?

IT'S A PROCESS WE ALL GO THROUGH AS WE GROW UP. WE LEARN WHICH SIDES OF US ARE WELCOMED BY OTHERS AND WHICH AREN'T, WHICH GET US WHAT WE WANT AND WHICH DON'T

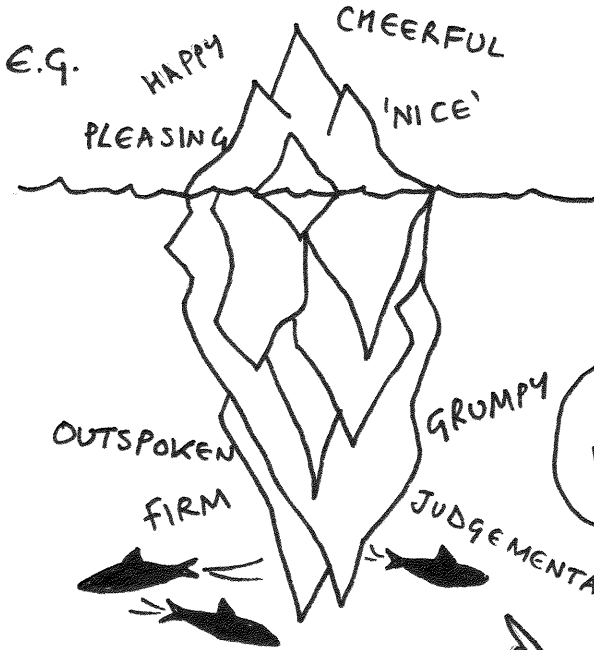


RIGHT. AND THIS IS SHAPED BY ALL THESE INTERRELATED FORCES





THE RESULT OF ALL THIS IS THAT PARTS OF US GET FOREGROUNDED



FOREGROUNDED

DISOWNED

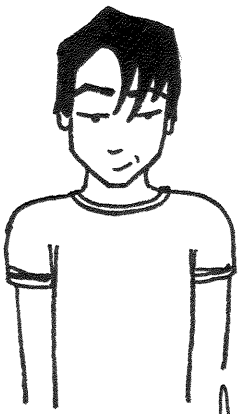
AND OTHER PARTS OF US GET DISOWNED OR PUSHED DOWN



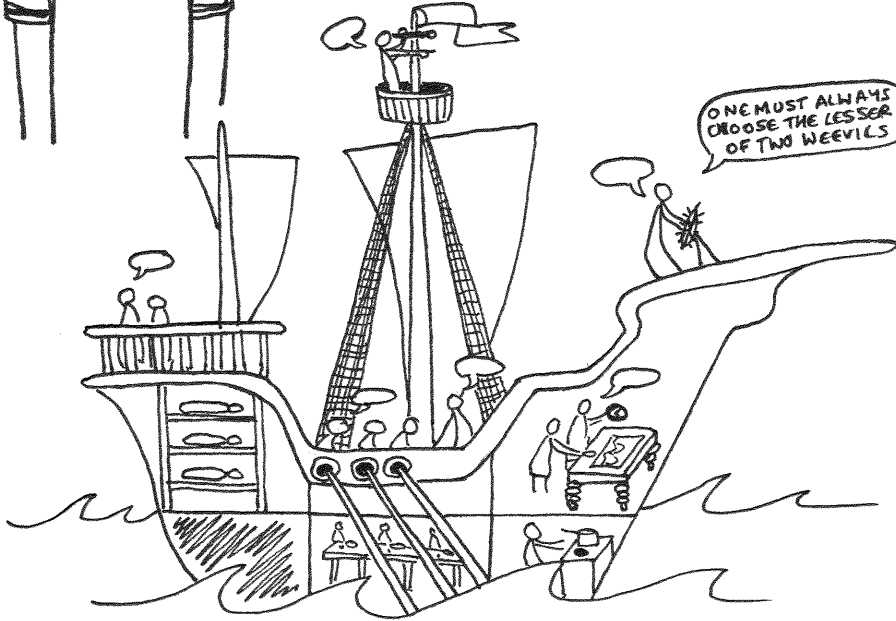
WHAT GETS FOREGROUNDED AND DISOWNED IS DIFFERENT FOR EACH PERSON DEPENDING ON THEIR SOCIAL CONTEXT, PERSONAL EXPERIENCES, ETC.

FOR ANOTHER PERSON THESE COULD BE COMPLETELY OPPOSITE

# OUR CREW



MILLER MAIR USED THE ANALOGY THAT OUR SELVES ARE LIKE THE CREW OF A SHIP



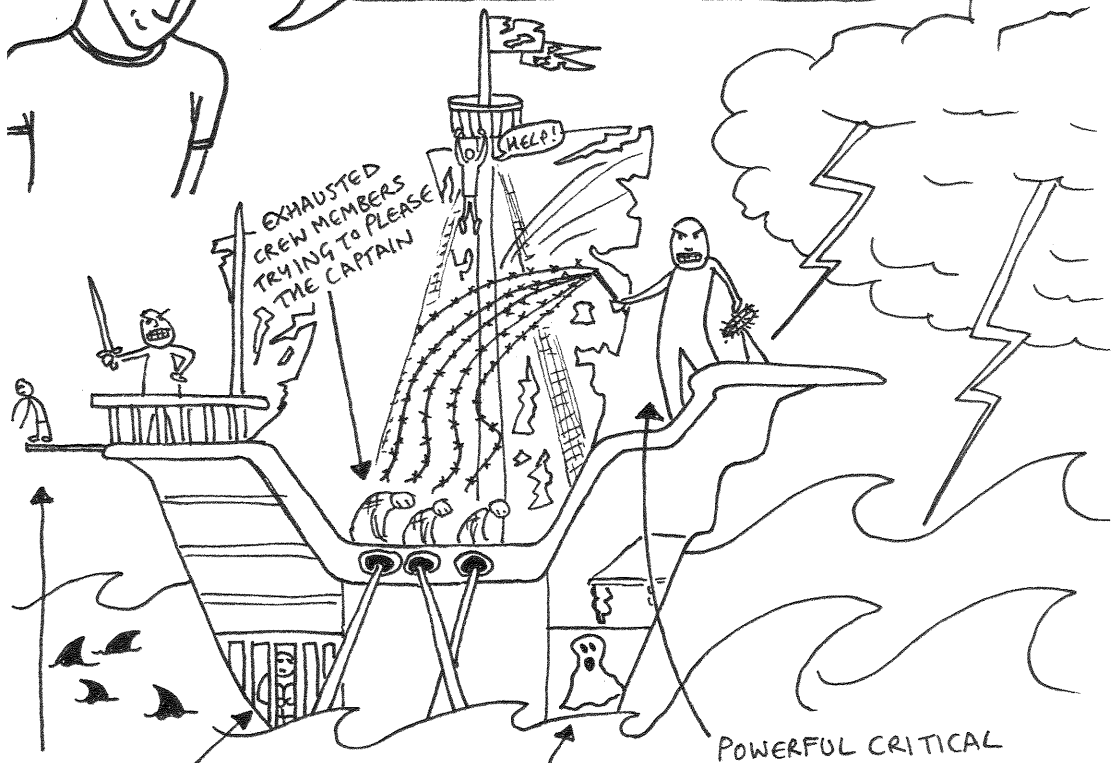
ONE MUST ALWAYS CHOOSE THE LESSER OF TWO WEEVILS

ON A WELL-FUNCTIONING SHIP THEY'D ALL HAVE CLEAR ROLES AND THEY'D COMMUNICATE WELL TOGETHER, PERHAPS WITH A BENEVOLENT CAPTAIN OVERSEEING IT ALL



BECAUSE OF THE WAY OUR SELVES  
ARE SHAPED, OUR SHIPS ARE  
OFTEN MORE LIKE THIS ONE

11



EXHAUSTED  
CREW MEMBERS  
TRYING TO PLEASE  
THE CAPTAIN

HELP!

IMPORTANT SELVES  
LOCKED IN THE HOLD  
OR MADE TO WALK  
THE PLANK

SCARY DISOWNED  
SELVES HAUNTING  
THE LOWER DECKS

POWERFUL CRITICAL  
CAPTAIN SAILING US  
INTO DANGEROUS WATERS

NO-ONE HERE IS  
COMMUNICATING WITH  
EACH OTHER, AND THEY  
ALL HAVE DIFFERENT IDEAS  
ABOUT WHERE THE SHIP  
SHOULD BE HEADING



# AIM 1: EMBRACING EVERYONE

12

ON A WELL-FUNCTIONING SHIP EVERYONE WOULD BE EMBRACED AS A VALUABLE PART OF THE TEAM



HOWEVER ANNOYING THEY MIGHT BE AT TIMES

HEY!

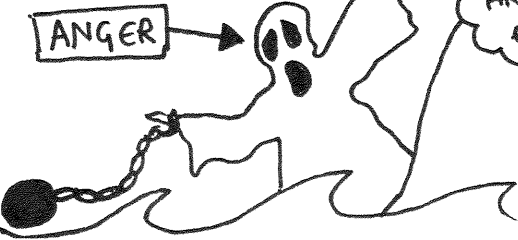
WE WOULDN'T TRY TO ERADICATE SOME OF OURSELVES AND GIVE WAY TOO MUCH RESPONSIBILITY AND CONTROL TO OTHERS

I'M EXHAUSTED AND I'M HURTING EVERYONE BUT I CAN'T STOP. I NEED OTHERS TO HELP ME



BECAUSE I'VE BEEN RELEGATED TO LOWER DECKS I'VE BECOME REALLY SCARY AND UNKNOWN AND THEY'RE FRIGHTENED TO EVEN LOOK AT ME NOW

ANGER



# AIM2: BETTER COMMUNICATION 13



AS WELL AS EMBRACING OUR WHOLE CREW, WE'RE TRYING TO GET THEM COMMUNICATING AS WELL AS POSSIBLE

# OUR PLURAL SELVES

14

## DIFFERENT FOR EVERYONE

SO BECAUSE OF THE DIFFERENT MESSAGES WE EACH RECEIVE FROM OUR CULTURE, COMMUNITIES, AND CLOSE RELATIONSHIPS, EVERY PERSON DEVELOPS DIFFERENT SELVES AND FINDS THAT DIFFERENT ONES GET FOREGROUNDED AND DISOWNED, RIGHT?

RIGHT. SO NOT EVERYONE WOULD FIND A PROTECTOR WARRIOR LIKE ME AMONG THEIR DISOWNED SELVES

OR A DEVILISHLY HANDSOME, SEXY, CONFIDENT...

SELF-ABSORBED, COCKY, ARROGANT...

OKAY, OKAY. BUT WE DO OFTEN HAVE SOME SELVES IN COMMON TOO. LIKE WE GENERALLY DEVELOP CONTROLLING SIDES BASED ON FITTING INTO WIDER CULTURE. SO WE DISOWN ANY VULNERABLE SIDES OF OURSELVES AND ANY OTHER SIDES THAT ARE FROWNED UPON FOR PEOPLE LIKE US IN OUR SOCIETY



THAT'S RIGHT. THESE ARE COMMON PATTERNS IN OUR CULTURE THESE DAYS



FOREGROUNDED

CONTROLLER

CRITIC

PLEASER

PUSHER

VULNERABLE OR CHILD SELVES

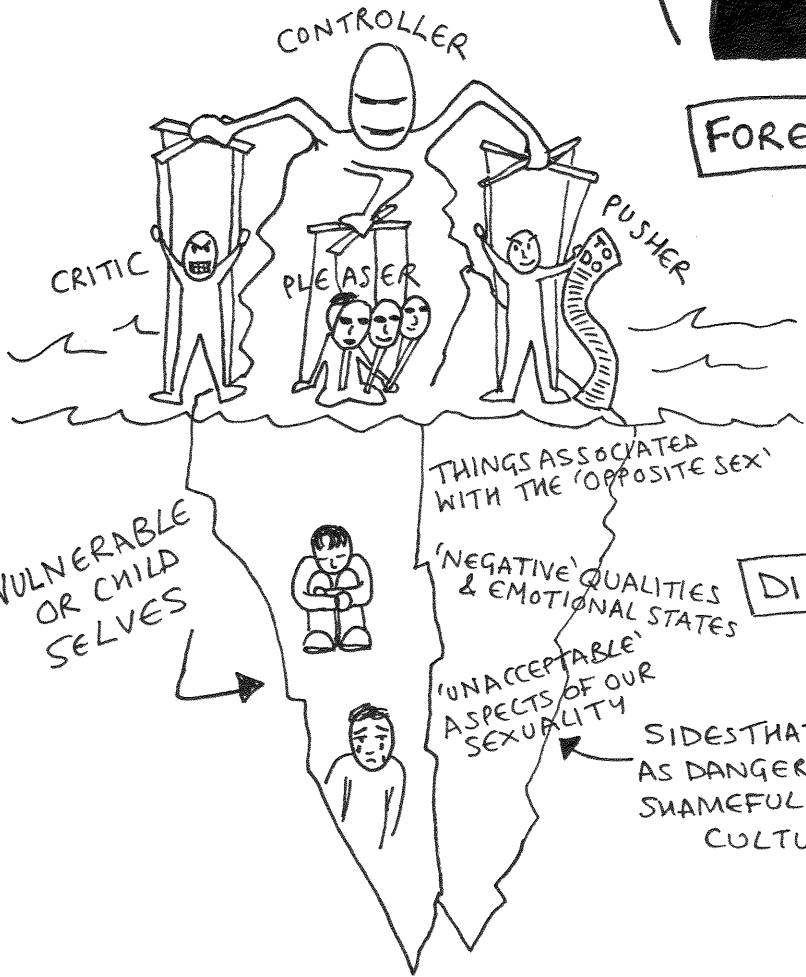
THINGS ASSOCIATED WITH THE 'OPPOSITE SEX'

'NEGATIVE' QUALITIES & EMOTIONAL STATES

'UNACCEPTABLE' ASPECTS OF OUR SEXUALITY

DISOWNED

SIDES THAT ARE SEEN AS DANGEROUS OR SHAMEFUL IN OUR CULTURE



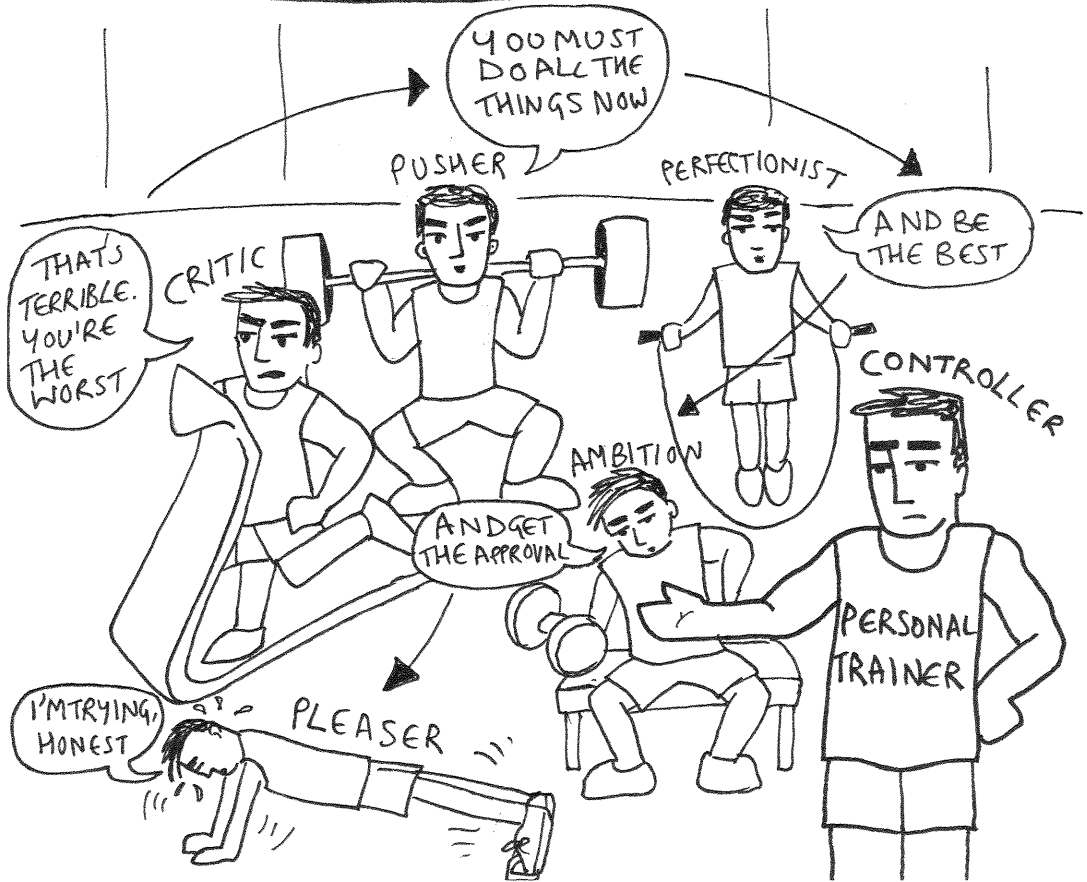
# FOREGROUNDED SELVES

16



THE FOREGROUNDED SELVES ARE THE ONES WHICH OUR OVERALL CONTROLLER FINDS USEFUL TO MAKE US FIT IN, TO DO WELL, AND TO PUSH DOWN THOSE VULNERABLE AND UNACCEPTABLE SELVES

HAL AND SIDRA STONE CALL THESE THE HEAVYWEIGHTS



WHOLE BOOKS HAVE BEEN DEVOTED TO THE INNER CRITIC BECAUSE IT'S SO COMMON AND POTENTIALLY DESTRUCTIVE



IF WE DON'T ATTEND TO IT, IT'LL YAMMER AWAY IN THE BACKGROUND ALL THE TIME LEECHING THE JOY OUT OF EVERYTHING. HERE'S SOME OF THE THINGS MEG-JOHN'S CRITIC HAD TO SAY, FOR EXAMPLE, WHEN THEY WERE MAKING THIS ZINE. NOTICE HOW CONTRADICTORY IT IS. YOU CAN'T WIN WITH IT

YOU CAN'T DO IT YOU'RE NOWHERE NEAR GOOD ENOUGH AT DRAWING

SEE HOW YOUR CHARACTERS LOOK DIFFERENT ON EVERY PAGE

BUT NOW YOU'VE STARTED YOU'RE GOING TO HAVE TO FINISH

EVERYONE'S GOING TO KNOW WHAT A WEIRDO YOU ARE

EXCEPT YOUR SAFER PROJECTS ARE BORING, YOU NEED TO BE MORE CREATIVE

WHAT A WASTE OF TIME

NOBODY WILL LIKE IT AND THAT'LL PROVE YOU SHOULD STICK TO SAFER PROJECTS

IT'S NOT ENOUGH

NO-ONE'S GOING TO LIKE IT

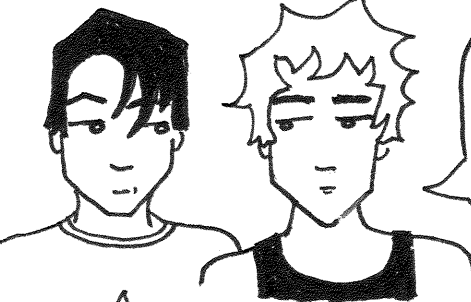
IT'S TOO MUCH

IT'LL GET YOU IN TROUBLE

IF WE EMBRACE THE CRITIC-LISTENING TO IT WITH AWARENESS BUT NOT GIVING IT SO MUCH POWER- IT CAN BECOME A HELPFUL ALLY WITH ITS ABILITIES AT EVALUATION. BUT LIKE THIS IT'S PRETTY UNHELPFUL

# LIMITING DYNAMICS

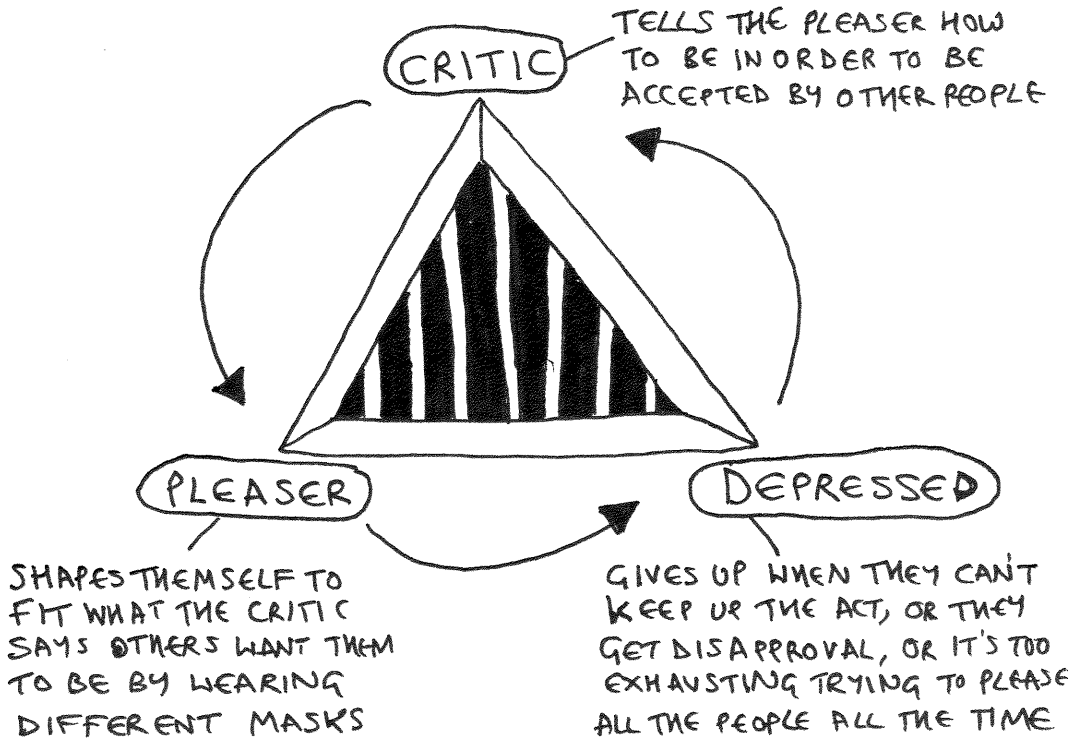
18



FOREGROUNDING THESE HEAVYWEIGHTS AND GIVING THEM SO MUCH CONTROL OFTEN LEADS TO STUCK DYNAMICS WHICH LIMIT OUR LIVES

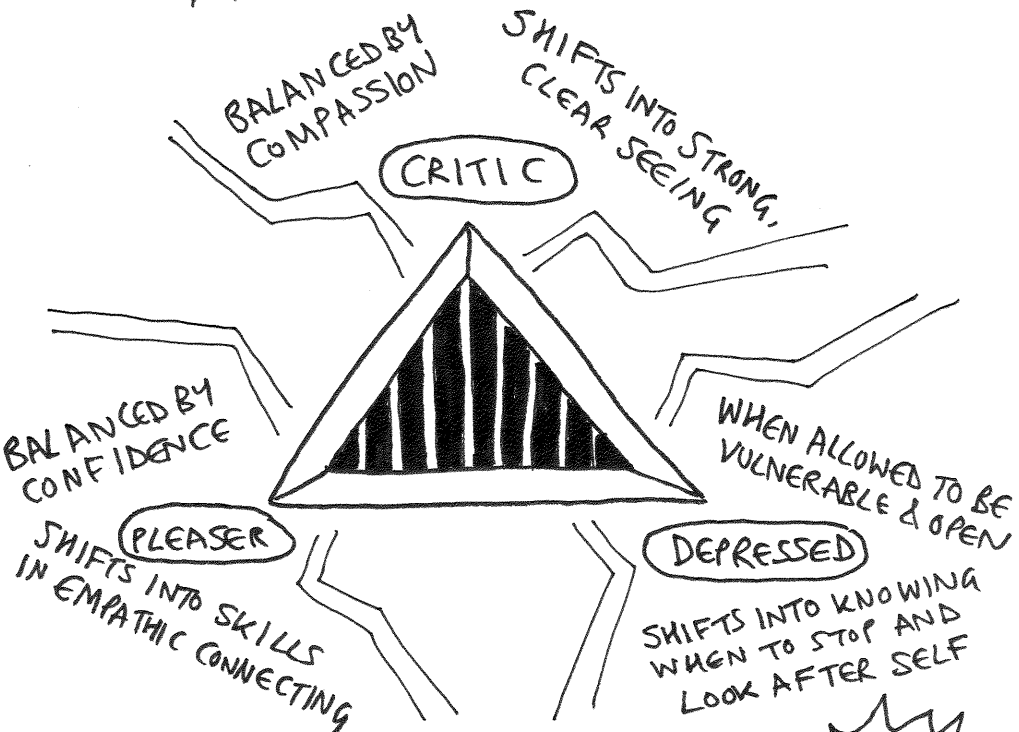
FOR EXAMPLE, MEG-JOHN EVENTUALLY NOTICED THIS DYNAMIC WHICH THEY'D BEEN STUCK IN FOR MUCH OF THEIR LIFE. WORKING WITH PLURAL SELVES WAS A BIG PART OF LOOSENING IT

# THE TRIANGLE OF DOOM





THESE THINGS PLAY OUT IN DIFFERENT WAYS FOR DIFFERENT PEOPLE. FOR EXAMPLE, (19) SOME PEOPLE'S CRITICS AND PUSHERS KEEP THEM CONSTANTLY PRODUCTIVE AND CLIMBING THE LADDER, NEVER FULFILLED. OTHERS TELL THEM THEY COULD NEVER BE GOOD ENOUGH SO THEY DON'T FEEL ABLE TO EVEN TRY, OR GIVE UP QUICKLY



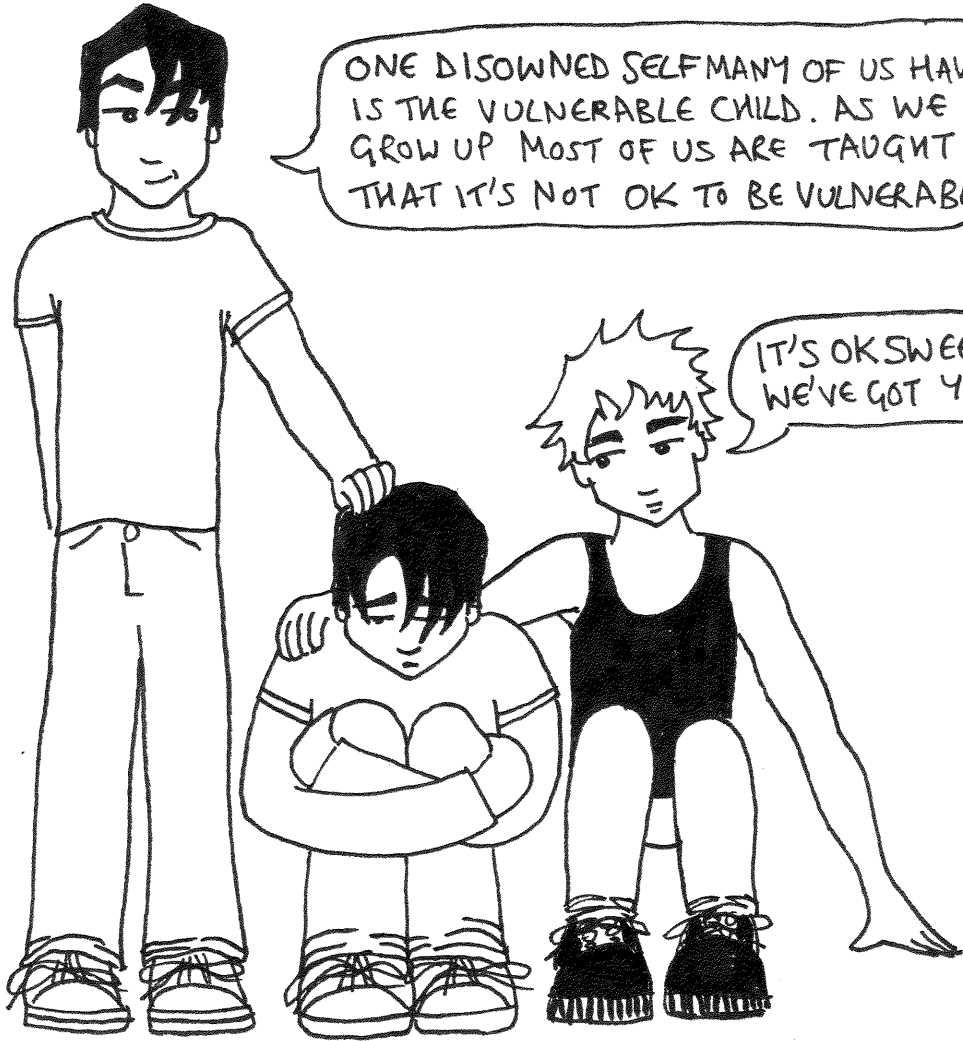
CULTIVATING OUR DISOWNED SELVES CAN HELP US OUT OF THESE LIMITING DYNAMICS AS WE ALLOW OURSELVES TO BE VULNERABLE AND DRAW ON THE STRENGTHS OF OUR OTHER SELVES



# DISOWNED SELVES: VULNERABLE (20) AND CHILD SELVES

ONE DISOWNED SELF MANY OF US HAVE IS THE VULNERABLE CHILD. AS WE GROW UP MOST OF US ARE TAUGHT THAT IT'S NOT OK TO BE VULNERABLE

IT'S OK SWEETY, WE'VE GOT YOU



ACTUALLY WE OFTEN HAVE SEVERAL DISOWNED CHILD SELVES BECAUSE WE'RE TAUGHT TO LEAVE CHILDISH THINGS BEHIND AS WE GROW UP

THEY CAN HOLD A LOT OF OUR JOY, FREEDOM AND CREATIVITY, SO IT'S GOOD TO GIVE THEM SOME SPACE



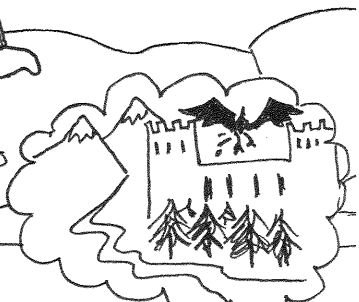
WILD/  
PLAYFUL  
CHILD



FRIGHTENED/  
SURVIVOR  
CHILD

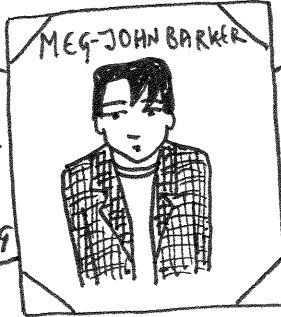


IMAGINATIVE/  
MAGICAL  
CHILD



# DISOWNED SELVES: THE OTHER (22) UNACCEPTABLE SIDES

WE ALSO OFTEN DISOWN ANYTHING THAT'S SEEN AS UNACCEPTABLE FOR US BY OTHERS OR BY WIDER SOCIETY. FOR EXAMPLE, WE BOTH REPRESENT SIDES OF MEG-JOHN THAT THEY LEARN'T NOT TO BE



NICE  
HUMBLE  
HONEST  
SELF-DEPRECATING  
MUTUAL

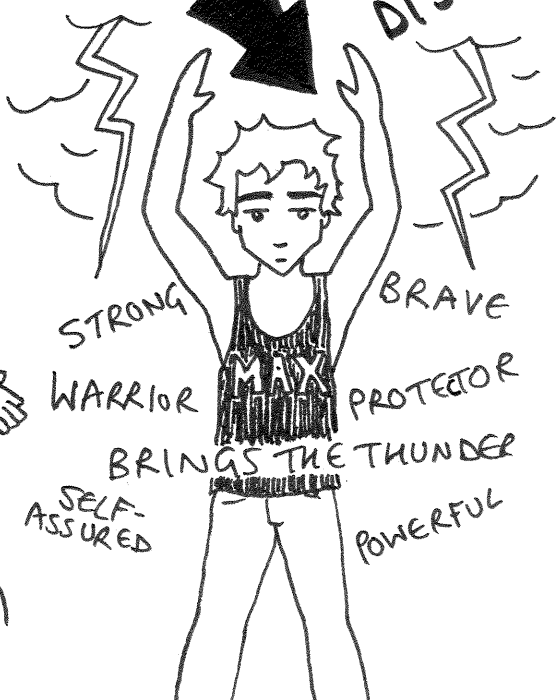
PLEASING  
FRIENDLY  
CONFLICT-AVOIDANT  
PLACATING  
GENTLE  
MEASURED  
COWARD

DISOWNED

DISOWNED

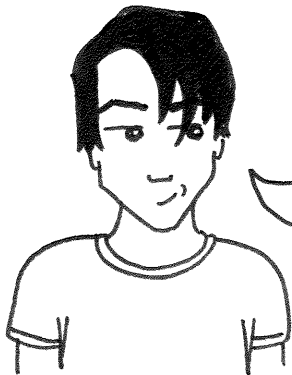


TRICKSTER  
CONFIDENT  
CHEEKY  
HOT  
COCKY  
SELFISH  
FULL OF HIMSELF  
KNOWS HE IS AWESOME



STRONG  
WARRIOR  
BRINGS THE THUNDER  
SELF-ASSURED  
BRAVE  
PROTECTOR  
POWERFUL





IF WE CAN EMBRACE ALL OF OUR SELVES, THEN WE CAN BE MUCH FULLER HUMANS WITH ACCESS TO ALL THESE QUALITIES. ALSO WE'RE LESS LIKELY TO PROJECT OUR DISOWNED STUFF ONTO OTHER PEOPLE AND JUDGE THEM, OR TO FIND THOSE SIDES OF US BUBBLING UP, LEAKING OUT OR EXPLODING, IN WAYS THAT MIGHT SCARE US AND HURT OTHERS



IT'S IMPORTANT TO BE GENTLE WITH YOURSELF WHEN EXPLORING THESE DISOWNED SELVES BECAUSE THEY CAN BE SCARY WHEN WE'VE PUSHED THEM DOWN FOR SO LONG. SELF-CARE\* AND SUPPORT FROM OTHERS CAN BOTH HELP A LOT. THE REST OF THE ZINE WILL GIVE YOU LOTS OF IDEAS FOR GETTING TO KNOW YOUR SELVES BETTER AND GETTING THEM COMMUNICATING WITH EACH OTHER

\*MORE ABOUT THIS IN THE SELF-CARE ZINE ON [REWRITING-THE-RULES.COM](http://REWRITING-THE-RULES.COM)

# EXPLORING OUR SELVES (24)

SO WE WANT TO:

- DISCOVER & EMBRACE ALL OUR SELVES
- CULTIVATE OUR CAPACITY TO EMBODY THEM, AND
- COMMUNICATE BETTER WITH THEM AND BETWEEN THEM

THERE ARE LOADS OF DIFFERENT WAYS TO DO THIS. WE'LL JUST TOUCH ON SOME OF THEM HERE. DIFFERENT THINGS WORK FOR DIFFERENT PEOPLE, SO IT'S IMPORTANT TO DO WHAT YOU'RE PARTICULARLY DRAWN TO - PERHAPS THE ONES THAT ARE SIMILAR TO THINGS THAT YOU ALREADY DO

FANTASY-WORK

DRAWING

JOURNALLING

DANCING

THERAPY

WRITTEN DIALOGUE

IMAGINATION

FOCUSING ON OUR RELATIONSHIPS



MOVING DREAM-WORK

COLLAGING

MAKING MODELS

TALKING TO SELVES

MEDITATION

SPOKEN DIALOGUE

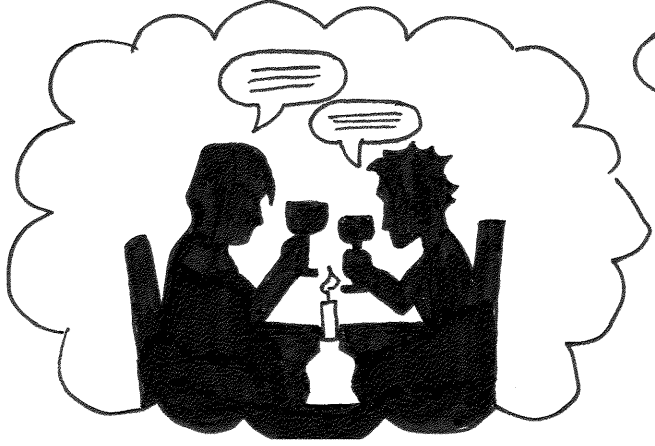
GROUP-WORK FACILITATION



THE AIM IS TO BUILD UP A GOOD SENSE OF ALL YOUR SELVES: FOREGROUND AND DISOWNED

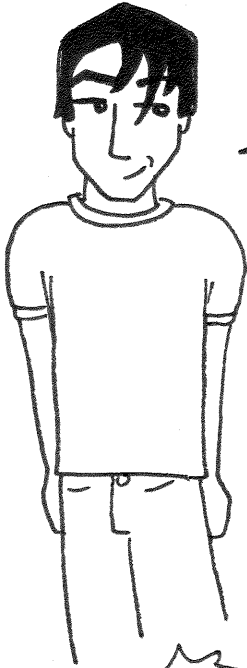


AND TO IMPROVE COMMUNICATION WITH ALL THE DIFFERENT SELVES, AND BETWEEN THEM, BY PUTTING THEM INTO DIALOGUE

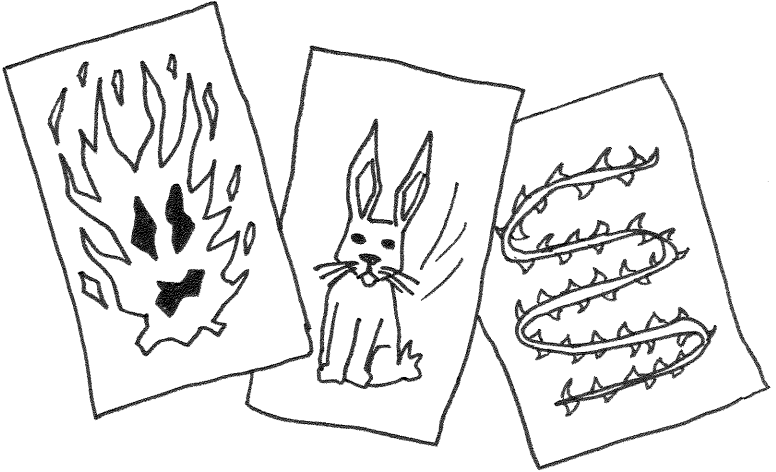


# PICTURES & MODELS

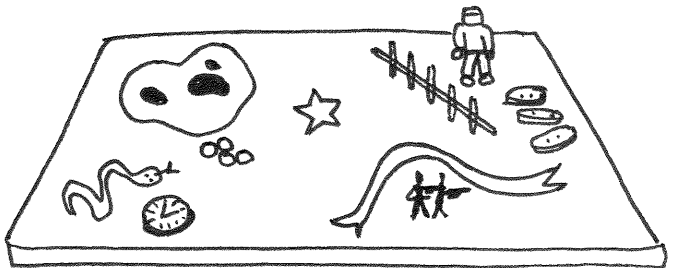
26



IT CAN BE USEFUL TO DRAW THE SELVES - AS CHARACTERS LIKE WE'RE DEPICTED HERE, OR MORE AS ABSTRACT SHAPES OR COLOURS. THERE'S NO NEED TO BE ARTISTIC, ALTHOUGH THE INNER CRITIC MAY TELL YOU OTHERWISE



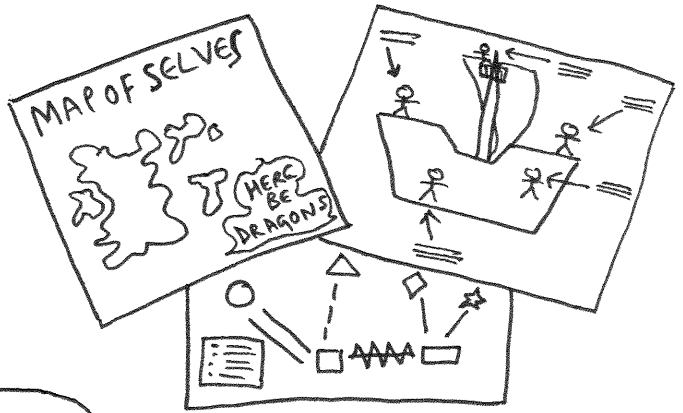
YOU CAN ALSO MODEL THE SELVES USING TOYS, LEGO, PLASTICINE, BUTTONS, STONES, OR ANY OBJECTS REALLY. PICK ONE THAT CAPTURES EACH SELF AND PUT THEM IN RELATION TO EACH OTHER



AFTERWARDS YOU COULD MOVE THEM TO HOW YOU'D PREFER THEM TO BE

SO IMAGES AND MODELS CAN CAPTURE ONE SELF, OR MAP THEM IN RELATION TO EACH OTHER, LIKE OUR SHIP EARLIER

RIGHT. AND YOU CAN MIX IT UP WITH OTHER METHODS BY JOURNALLING ABOUT YOUR DRAWINGS AFTER, OR IMAGINING WHAT EACH OBJECT WOULD SAY TO THE OTHERS, OR HOW IT WOULD WANT TO MOVE



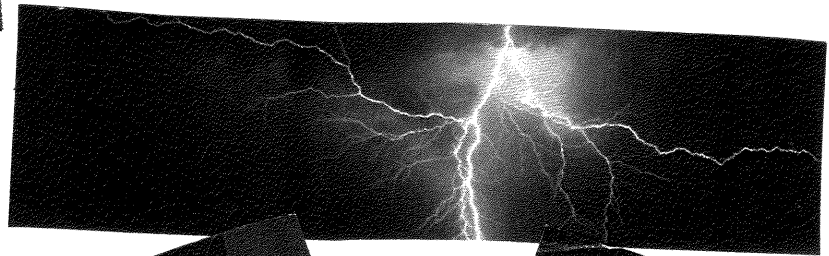
MEG-JOHN IS EVEN GETTING TATTOOS REPRESENTING THE SELVES THEY PARTICULARLY WANT TO CULTIVATE



# COLLAGES AND PLAYLISTS



IT CAN BE GREAT TO CREATE COLLAGES  
SCRAP-BOOKS, PINTEREST BOARDS, AND/OR  
PLAYLISTS OF TUNES FOR EACH SELF:  
ANYTHING THAT YOU ASSOCIATE WITH  
THAT ENERGY: CELEBS, LYRICS,  
CHARACTERS, ANIMALS, COLOURS, WEATHER,  
ETC. HERE'S ONE FOR ME...



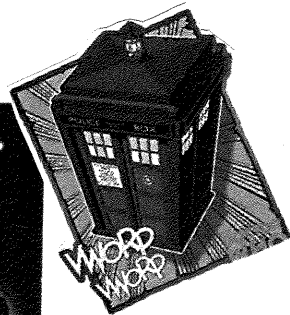
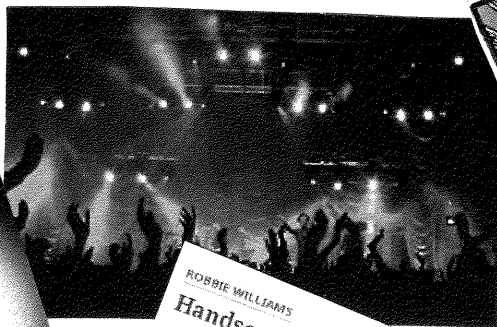
Don't get me wrong  
If I'm acting so distracted  
I'm thinking about the fireworks  
That go off when you smile  
- Don't Get Me Wrong, The Pretenders



AW THAT'S  
SO CUTE.  
YOU DO HAVE  
A SOFTER  
SIDE ...



YES IT'S QUITE REVEALING  
ISN'T IT? LET'S LOOK  
AT YOURS TONY...



ROBBIE WILLIAMS

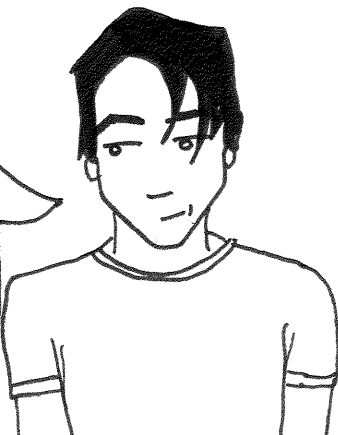
### Handsome Man Lyrics

Hello, Did you miss me?  
I know I'm hard to resist  
You can come and help me pick the sweetcorn out of  
It's hard to be humble  
When you're so fucking big  
Did you ever meet a sexier male chauvinist pig



AHEM, QUITE. SO YOU CAN ASK  
YOURSELF QUESTIONS LIKE:

- WHAT ANIMAL ARE YOU?
- WHAT SONGS BRING YOU TO MIND?
- WHAT ARCHETYPE ARE YOU?
- WHAT MYTHICAL CREATURE?
- WHAT WOULD YOU WEAR?
- WHICH TAROT CARD ARE YOU?
- WHAT'S YOUR FAVOURITE DRINK?
- WHAT'S YOUR BEST TIME OF YEAR?
- WHERE WOULD YOU LIVE?
- WHAT TV SHOWS EVOKE YOU?
- WHICH CHARACTERS ARE LIKE YOU?
- WHAT GENRES ARE YOU INTO?



# EMBODIMENT AND MOVEMENT

IT'S GREAT TO LEARN HOW EACH SELF FEELS IN YOUR BODY. YOU CAN TRY STANDING, WALKING OR SITTING, IN POSTURES THAT BRING EACH ONE TO THE FOREFRONT



DANCING THEM OUT CAN ALSO BE GREAT IF YOU LIKE THAT

MOVEMENT CAN WORK WELL WITH YOUR PLAYLISTS OF TUNES THAT EVOKE EACH SELF



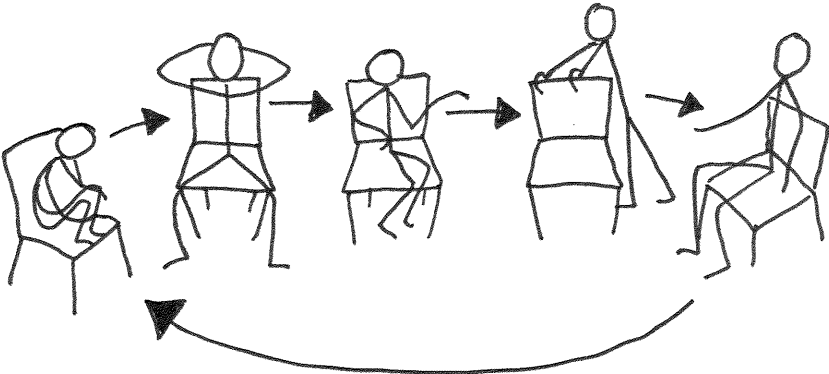
DIFFERENT SELVES CAN BE BROUGHT OUT BY DIFFERENT ACTIVITIES. MEG-JOHN WAS SUPRISED TO FIND SELVES WHO ENJOYED THE GYM

PANT, PANT

C'MON LETS HAVE TWENTY MORE

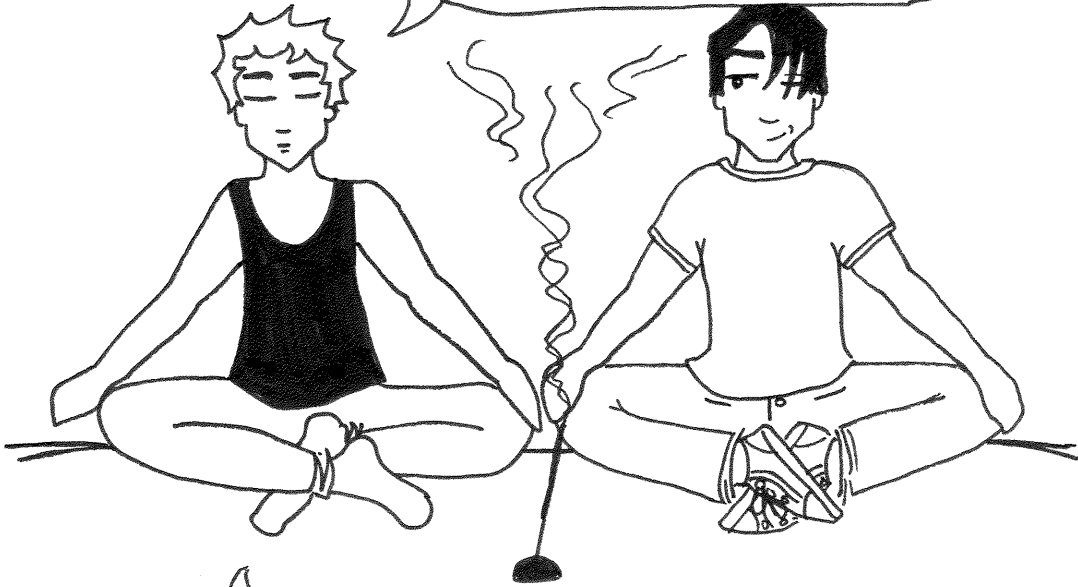


YOU CAN BRING EMBODIMENT TOGETHER WITH DIALOGUE BY SITTING AND TALKING FROM YOUR DIFFERENT SELVES



# MEDITATION AND IMAGINATION (37)

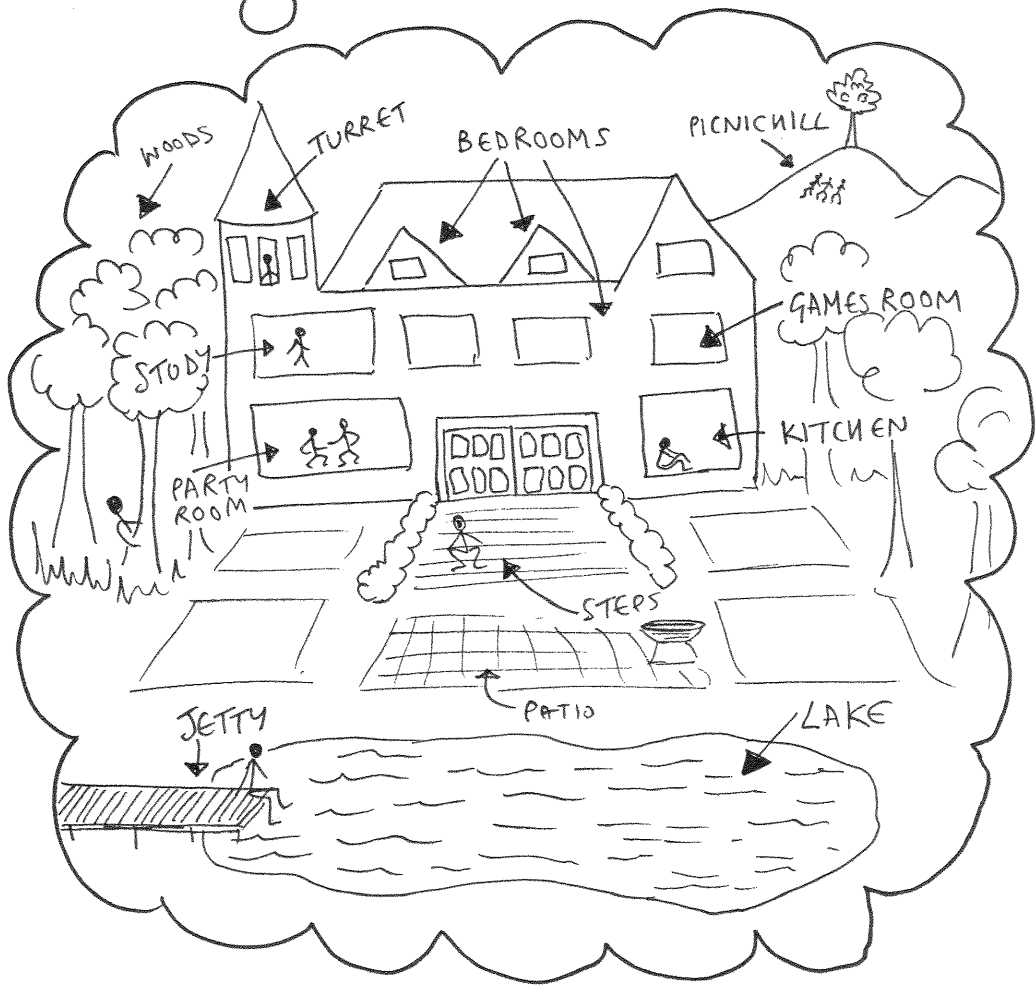
IF MEDITATION WORKS FOR YOU, YOU CAN SIT WITH THE ENERGY OF THE DIFFERENT SELVES, WHICHEVER IS LIVE. JUST STAY WITH THE FELT SENSE OF IT AND CURIOUSLY NOTICE WHAT IT IS LIKE \*



MEDITATION CAN BE USEFUL FOR CULTIVATING A WITNESS: A STILL, AWARE SIDE OF YOURSELF WHO CAN OBSERVE THE OTHER SELVES. THIS IS A GOOD PLACE TO RETURN TO AFTER TOUCHING IN WITH THE ENERGY OF THE OTHER SELVES

\* THERE'S MORE ABOUT HOW TO DO THIS IN THE 'STAYING WITH FEELINGS' ZINE ON [REWRITING-THE-RULES.COM](http://REWRITING-THE-RULES.COM)

IF YOU HAVE A VISUAL IMAGINATION YOU CAN DAYDREAM CONVERSATIONS WITH DIFFERENT SELVES. PERHAPS YOU COULD CREATE A PLACE TO GO IN YOUR MIND WHEN YOU WANT TO TALK WITH THEM, LIKE A LANDSCAPE OR BUILDING

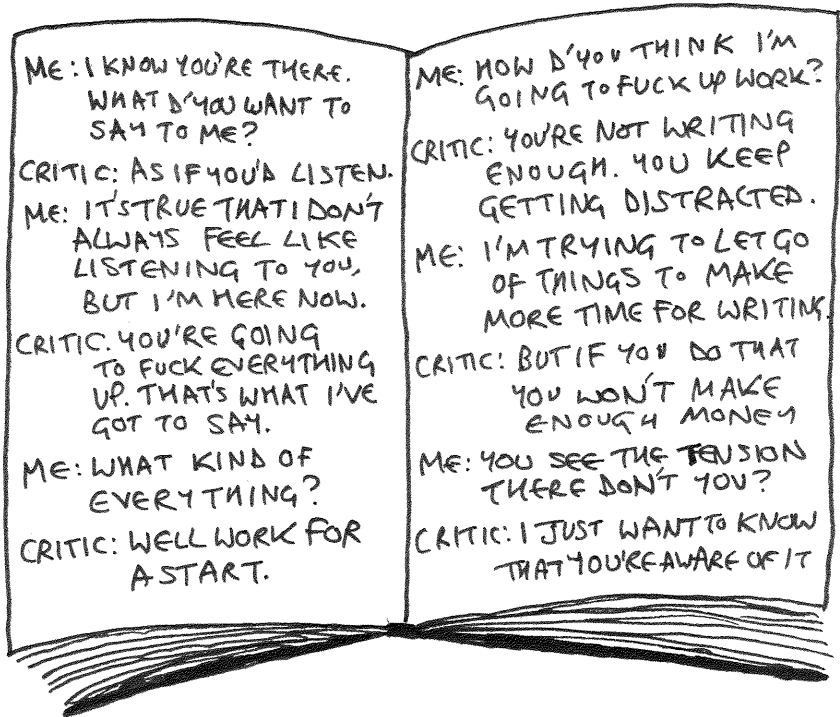


# DIALOGUE

34



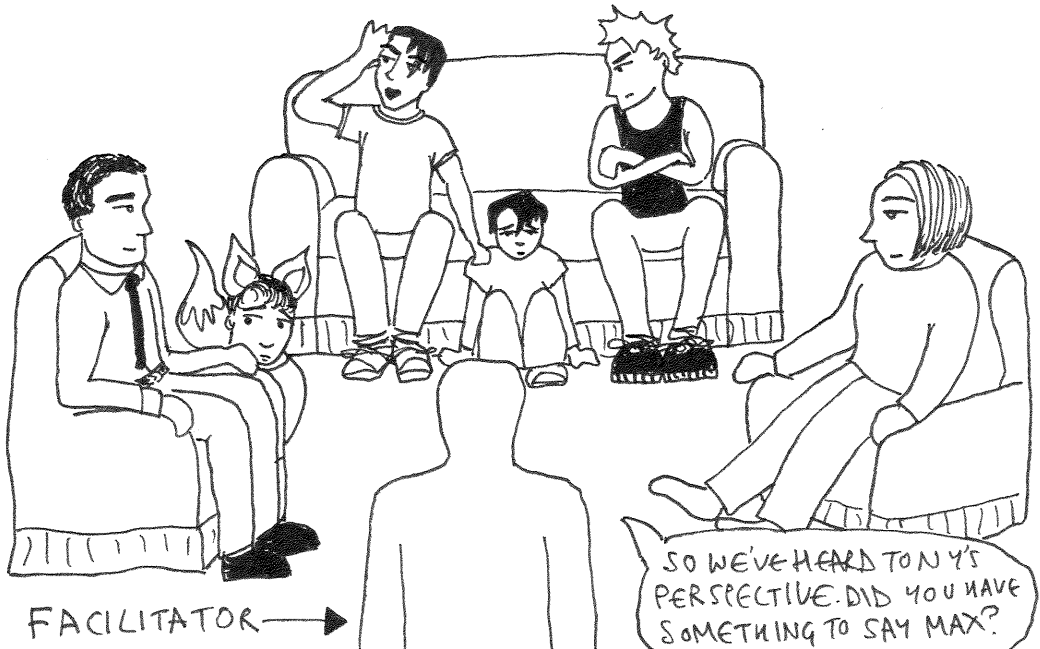
THIS BRINGS US TO DIALOGUE. THESE CAN BE WRITTEN DOWN OR SPOKEN OUT LOUD - BY MOVING BETWEEN DIFFERENT SEATS FOR DIFFERENT SELVES. YOU CAN DIALOGUE BETWEEN YOUR WITNESS AND EACH SELF, OR BETWEEN SELVES.





SOME PEOPLE FIND IT USEFUL TO HAVE A THERAPIST OR OTHER PROFESSIONAL - OR A FRIEND WHO'S ALSO INTO THIS STUFF - TO FACILITATE THE DIALOGUE YOU CAN EVEN RECORD IT TO WATCH OR LISTEN BACK LATER

IN REALITY OF COURSE THIS WOULD BE ONE PERSON FACILITATING AND ONE MOVING BETWEEN DIFFERENT CHAIRS TO EMBODY DIFFERENT SELVES AS THEIR VOICES CAME UP



# DREAMS AND FANTASIES (36)

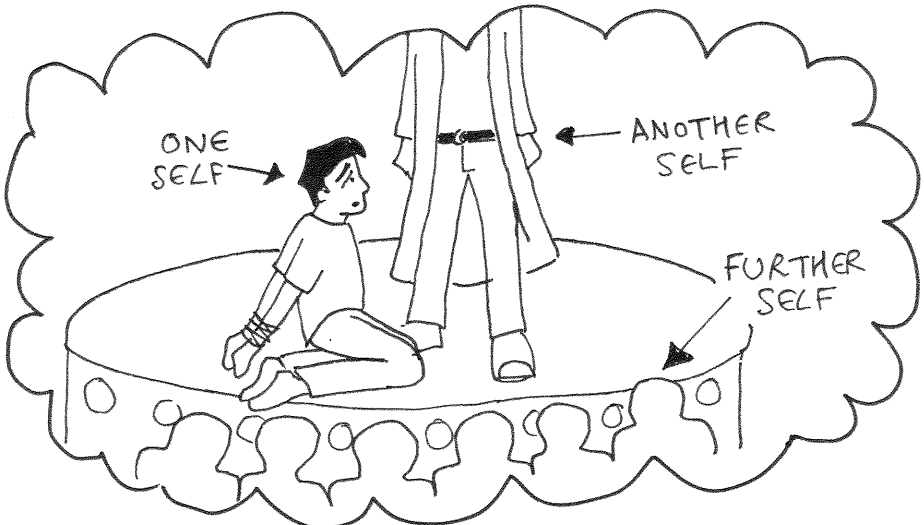


FINALLY SOME PEACE! THERE'S A THEORY THAT EVERYTHING IN A DREAM REPRESENTS SIDES OF YOURSELF. SO IF YOU REMEMBER YOUR DREAMS THEY'RE A GOOD PLACE TO LEARN ABOUT YOUR SELVES AND HOW YOU FEEL ABOUT THEM. TRY SKETCHING OR WRITING ABOUT DREAMS WHEN YOU WAKE UP





AW! THAT'S BETTER. WHAT'S TRUE FOR DREAMS IS ALSO THE CASE FOR EROTIC FANTASIES AND DAYDREAMS. THESE ARE A PARTICULARLY JUICY PLACE TO EXPLORE OUR SELVES AND YOU CAN ALSO DELIBERATELY BRING DIFFERENT ONES IN CONTACT AND SEE WHAT HAPPENS \*




VERY TELLING! YOU CAN TRY RECORDING FANTASIES IN SIMILAR WAYS TO DREAMS TO SEE WHAT THEY REVEAL. REMEMBER THAT ANY OBVIOUS 'YOU' CHARACTER IS A SIDE OF YOU, BUT SO ARE THE OTHER CHARACTERS! PERHAPS MORE DISOWNED SELVES

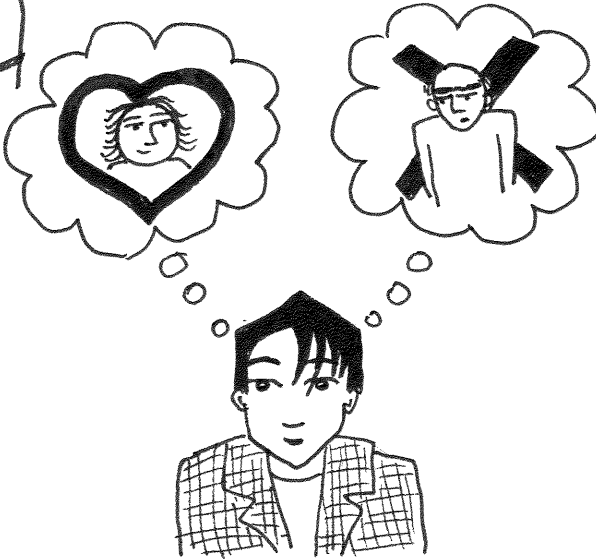


\* MORE ABOUT THIS IN THE EROTIC FANTASY ZINE ON MEGJOHNANDJUSTIN.COM

# RELATIONSHIPS WITH OTHERS (38)



IT CAN BE USEFUL TO NOTICE WHO YOU'RE DRAWN TO AND REPELLED BY: BOTH PEOPLE IN YOUR LIFE AND FAMOUS PEOPLE OR CHARACTERS. THIS CAN HELP YOU TO IDENTIFY FOREGROUNDED AND DISOWNED SELVES



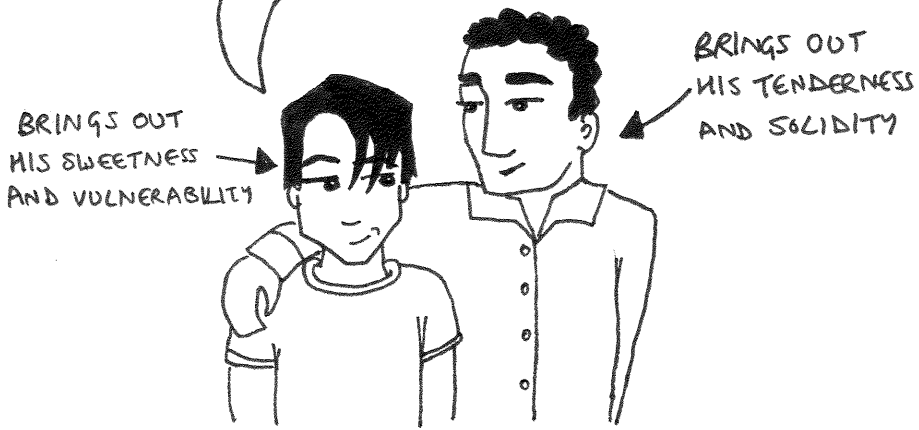
YOU CAN ALSO NOTICE WHAT QUALITIES YOU TEND TO PROJECT ONTO OTHERS, OR WHAT THINGS YOU REALLY HATE OTHERS SEEING IN YOU. WHEN YOU FEEL TRIGGERED BY SOMEONE ELSE YOU CAN ASK 'HOW IS THIS PERSON MY TEACHER?' IT GENERALLY MEANS THERE'S SOMETHING USEFUL TO LEARN HERE ABOUT YOUR SELVES\*



\*THERE'S AT LEAST A WHOLE FURTHER ZINE TO BE WRITTEN ON HOW OUR SELVES PLAY OUT IN RELATIONSHIP DYNAMICS & POWER STRUCTURES



WE CAN EVEN INTENTIONALLY CULTIVATE RELATIONSHIPS AND SITUATIONS WHICH BRING OUT VARIOUS SIDES OF OURSELVES, TO GIVE THEM SOME ROOM IN OUR LIVES

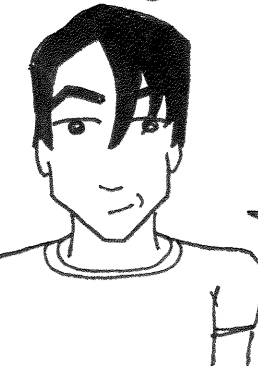


OF COURSE WE ALSO NEED TO RECOGNISE THAT THE PEOPLE IN OUR LIVES HAVE MULTIPLE SELVES TOO... THAT MEANS WE CAN EXPLORE WHICH OF OUR SELVES ARE A GOOD MATCH FOR WHICH OF THEIRS, AND WHICH LESS SO. INSTEAD OF LOOKING FOR ONE OTHER PERSON WHO CONTAINS THE DISOWNED SELVES WE'D LOVE TO EXPRESS OURSELVES, WE CAN DEVELOP PLURAL RELATIONSHIPS OF ALL KINDS TO EXPRESS OUR PLURAL SELVES. THIS HELPS US TO STOP TREATING PEOPLE AS THINGS\*

\* MORE ABOUT THIS IN MEG-JOHN'S BOOK 'REWRITING THE RULES'

# BALANCING OUR SELVES

40

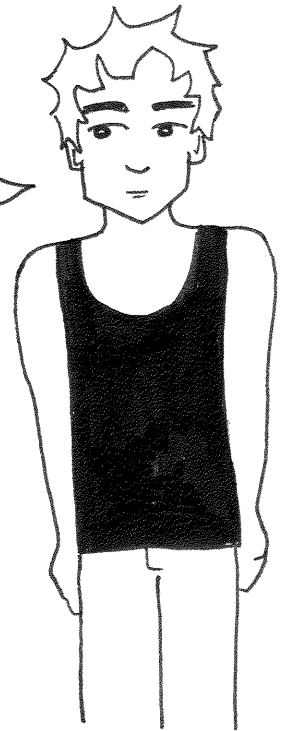


THE KEY WORD IN ALL THIS IS BALANCE. WE SAW EARLIER IN THE ZINE HOW UNBALANCED WE TEND TO BE WHEN WE FOREGROUND SOME SELVES AND DISOWN OTHERS. THERE ARE MANY WAYS TO CULTIVATE DIALOGUES TO BALANCE THINGS OUT

HAVING CAPTURED YOUR FOREGROUND SELVES CONSIDER WHAT THE OPPOSITE WOULD BE FOR YOU OF EACH OF THEM, AND THEN TALK TO THOSE ASPECTS

E.G.

FOREGROUNDED SELF	OPPOSITE
CRITIC	NURTURING
PUSHER	KINDNESS
PERFECTIONIST	BEACH BUM
AMBITION	CREATIVE PLAY
PLEASER	GROUNDING
	SPIRITUAL
	COCKY
	SELF-BELIEF



IT'S NOT ABOUT GOING FROM ONE EXTREME TO THE OTHER, BUT LEARNING TO HEAR FROM BOTH/ALL SIDES. THE QUESTION 'HOW WOULD YOU RUN THINGS IF YOU WERE IN CONTROL?' IS OFTEN GOOD TO OPEN UP NEW IDEAS AND POSSIBILITIES

WITH CHILD SELVES IT CAN BE HELPFUL TO 'REARENT' THEM BY CULTIVATING THE MORE DOMINANT OR PARENTAL SIDES THAT THESE PARTICULAR CHILDREN NEED

FOR EXAMPLE...

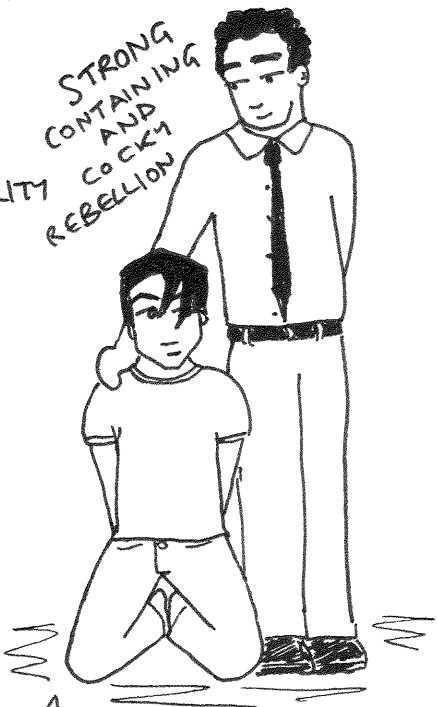
KIND NURTURER AND FRIGHTENED SURVIVOR



PROTECTOR AND VULNERABILITY



STRONG CONTAINING AND COCKY REBELLION



HANG ON, HOW COME YOU GET TO BE A PARENT AND I'M A CHILD HERE MAX?

IT IS WHAT IT IS TONY. AGAIN IT'S ABOUT BRINGING THESE SELVES INTO COMMUNICATION. WHEN YOU DO SO YOU MIGHT FIND YOU START TO FEEL THESE QUALITIES SIMULTANEOUSLY E.G. STRENGTH + VULNERABILITY INSTEAD OF STRENGTH OR VULNERABILITY

HM. ANYWAY THIS METHOD CAN HELP YOU TO LOVE YOURSELF MORE THROUGH FINDING LOVE BETWEEN YOUR DIFFERENT SELVES. NICE

# WORKING WITH OUR CREW

42

GOING BEYOND DYADS, WE CAN USE THE METHODS IN THIS ZINE TO EXPLORE WHAT OUR SELVES ARE LIKE IN ALL POSSIBLE COMBINATIONS, FOR EXAMPLE DRAWING A TRIAD OR MAKING A PLAYLIST FOR A GROUP. THE MORE AWARE WE ARE, THE MORE IT BECOMES LIKE THE TV SHOW SENSE8, WHERE THE WHOLE GROUP IS TUNED INTO EACH OTHER, AND EACH ONE CAN COME TO THE FORE WHEN THEIR QUALITIES ARE NEEDED



sense8

YOU MAY DISCOVER THAT EACH SELF IS, ITSELF, COMPLEX AND MULTIFACETED. AND THEY MAY SHIFT AND CHANGE OVER TIME AND DEVELOP DIFFERENT RELATIONSHIPS WITH EACH OTHER. EMBRACE THE PROCESS.

HERE'S A LIST FROM JOHN ROWAN TO HELP DEVELOP A DETAILED SENSE OF YOUR SELVES. IF YOU'RE GEEKY IT MAKES A GREAT SPREADSHEET

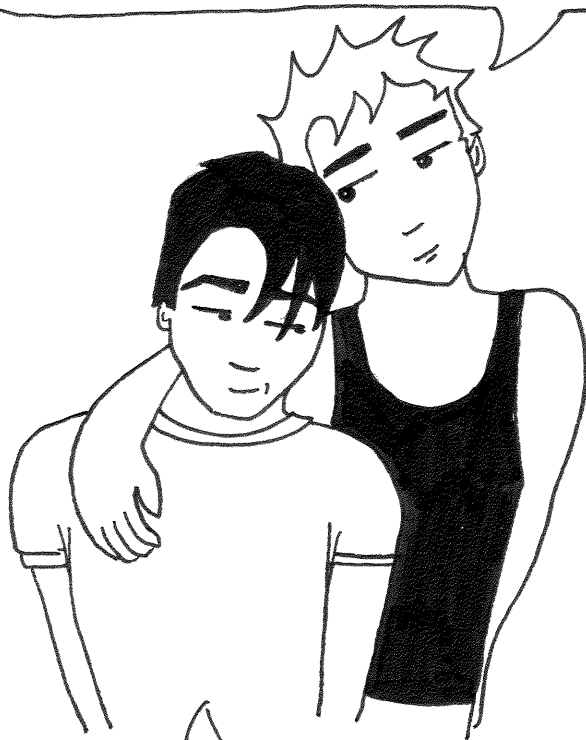


NAME	WHERE GAVE FROM	WHEN THEY EMERGED	SITUATIONS THAT BRING THEM OUT	BLOCKS TO FUNCTIONING	IF THEY WERE IN CONTROL...	WHAT NEEDS THEM GROW
TONY	==	==	==	==	==	==
MAX	==	==	==	==	==	==

NAME	DEFINING TRAIT	SUPER POWERS	SHADOW SIDE	WANTS...	NEEDS...	OFFERS ME...
TONY	==	==	==	==	==	==
MAX	==	==	==	==	==	==
INNER CRITIC	==	==	==	==	==	==
INNER CHILD	==	==	==	==	==	==
PROFESSOR	==	==	==	==	==	==

# SUPPORTING THE PROCESS

WE HOPE WE MADE IT CLEAR THAT THIS CAN BE PRETTY DEEP WORK - EVEN THOUGH IT CAN ALSO BE FUN AND PLAYFUL AND VERY HELPFUL. DO GET ANY SUPPORT YOU NEED AROUND IT, ESPECIALLY IF IT GETS SCARY. THERE'S NO RUSH. TAKE IT AT YOUR OWN PACE



IT CAN DEFINITELY HELP TO WORK WITH A SUPPORTIVE FRIEND OR PRACTITIONER. SOMEONE WHO KNOWS YOU WELL IDEALLY. WE HOPE YOU'VE FOUND THIS HELPFUL

# FURTHER RESOURCES

45

## John Rowan ([www.johnrowan.org.uk](http://www.johnrowan.org.uk))

Rowan, J. (2013). *Subpersonalities: The people inside us*. London: Routledge.

Rowan, J. (2013). *Discover your subpersonalities: Our inner world and the people in it*. London: Routledge.

Rowan, J., & Cooper, M. (Eds.). (1998). *The plural self: Multiplicity in everyday life*. London: Sage. (a more academic collection of essays) \*

## Hal and Sidra Stone ([delos-inc.com](http://delos-inc.com))

Stone, H., & Stone, S. (2011). *Embracing Our Selves: The Voice Dialogue Manual*. New World Library.

Stone, H. (2011). *Embracing your inner critic: Turning self-criticism into a creative asset*. London: Harper Collins.

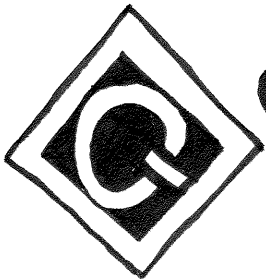
Stone, H., & Stone, S. (1994). *Embracing All Our Selves. Psychotherapy, Australia*. Freely available from: [www.bahaistudies.net/asma/embracingourselves.pdf](http://www.bahaistudies.net/asma/embracingourselves.pdf)

Stone, H., & Stone, S. (1985). *Voice dialogue*. Freely available from: [voicedialogue.org/articles/The\\_Psychology\\_Of\\_The\\_Aware\\_Ego.pdf](http://voicedialogue.org/articles/The_Psychology_Of_The_Aware_Ego.pdf)

\* THIS ONE IS MORE ACADEMIC

[WWW.REWRITING-THE-RULES.COM](http://WWW.REWRITING-THE-RULES.COM)

[WWW.MEGJOHNANDJUSTIN.COM](http://WWW.MEGJOHNANDJUSTIN.COM)



QUEER SQUARE  
ZINES