



Fall, 2009

Taking Stock and Making Choices . . .

In the fall, school begins and the season changes. This is a time of new beginnings, new people, new possibilities, and renewing connections with those we have seen less frequently during the summer months. This can also be a time to take stock.



Each of us has primary ways of doing things: maybe you are generally responsible and do what you say you will do, or you typically say you will do things that you don't end up doing; maybe you are on time -- or even early -- when you are supposed to meet someone, or you are usually late; maybe you are someone who has something positive to say to others, or you are the one to wait to receive a kind word from another person.

Each of us has primary aspects/voices/parts of us -- the main ways we express ourselves throughout our lives. These valuable parts shape who we are and how we function in the world. Frequently-occurring voices include: the pusher, the critic, the thinker, the psychological expert, the entitled or not-entitled, the rebel, and many others.

Each of us also has disowned, denied, or underdeveloped parts which were discouraged, thwarted, or pushed aside because they were not acceptable or desirable to our caretakers. Underlying each of our primary selves is a vulnerable part of us. For every primary self, there is an equally strong and opposite denied self. Our job as adults is to recognize our primary selves and learn about our denied parts.

● It is hard to know what we don't know about ourselves. Some ways to discover our lesser known, underdeveloped, hidden, denied, but necessary parts is to notice our positive or negative judgments of others, what shows up in our nighttime dreams, our daydreams, and in our longings.

● When you can find those elusive parts of yourself, you have more choices to be who and what you want to be in your life. As we move into the fall, look forward to the holiday season ahead, take time to take stock. Are you making the choices in your life that matter to you?

Wishing you a bountiful life!
Bonnie Bernell, Ed.D.

