



Identity and Our Favorite Characters: Journaling Prompt



We all have characters we admire. Name one character you've either created or encountered that you really admire:

Next, write down what you really like about that character. It can be anything – the way they look, act, or speak, or what they do.

Now, think about their personality. What qualities do they have that you like? Are there any you wish you had, or had more of?

Next, write about a situation in your life where you weren't happy with how you handled it or with what happened: (Try to keep it short and simple, but use the back of the sheet if you need more room.)

Here's where it gets interesting: At this point, write about the same situation, but this time write about how your favorite character would have handled it, using their characteristics and personality:



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If you were this character, what parts of their reaction would you want to use? Write out a brief description of what that might look like: _____

Now, this next part might seem a little weird, but learning to do this is a *skill*, and skills take practice. Think about practicing a sport – there are many skills needed to learn to do the sport well, right? This isn't any different, and it needs the same kind of practice. Make sure you're with someone you feel safe with, though!

When you have someone you feel safe with (a partner, friend, therapist, etc.), practice going through it, using YOUR voice and YOUR words but bringing in your character's characteristics. Use as much detail as possible. If you don't have someone you feel safe enough with, visualize this practice in as much detail as possible. Consider the following:

- **What would you say? How loud or soft would your voice be? What tone of voice would you use?**
- **What does your body posture look like?**
- **What are you feeling? What do you think your character would be feeling?**

Now, in as much realistic detail as possible, either practice or imagine the other person's (or persons') response:

- **How would your character respond to their reaction? What can you use from that character's response?**
- **How would YOU respond to the other person reacting to you? Again – think about what you'd say and do in as much detail as possible, and imagine yourself handling it confidently and effectively**
- **How would you want to end the interaction? Would there be consequences for you or the other person?**

Write about your practice and/or visualization here: _____
