Your Core Self

This is the part of you that is strongest, most mature, and most closely aware of and in touch with God.

> To tackle troubles, sort through confusion, and heal from past trauma, you want to know, understand, and be in your CORE SELF.

The **Core Self** is *open to* and *filled with* and *led by* the Holy Spirit. *Rom 8:14*

The **Core Self** draws on virtues: *faith hope, love.* *I Cor 13:13*

The **Core Self** draws on his gifts*: fortitude, understanding, counsel, knowledge, wisdom, piety, and fear of the Lord.* *1 Cor 12*

The **Core Self** brings these Fruits of the Holy Spirit to the world: "charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity." *CCC 1832 & Gal 5:22-23*

In our work together we will condense these into eight characteristics:

CLEAR * CONFIDENT * COURAGEOUS * CALM * CONNECTED * COMPASSIONATE * CURIOUS * CREATIVE

Exercise: Learn these "by heart."

Clear

This is when you *see* things clearly. It is also your ability to *think* clearly, logically, and rationally, without doubt.

You are not distracted, there is no confusion, and, drawing on all your intellect, instinct, intuition, understanding and experience, you are certain.

Exercise

List all the times you have seen things clearly. You knew exactly what was going on and what was necessary. You saw it quickly and with ease. Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Confident

This is when you know you are experienced or equipped, have things under control, and nothing can upset or cause you doubt. You know that if you come upon a roadblock, you have what it takes to figure it out. If you don't know the answer right away. You are sure you know where and how to find it.

Exercise

List all the times you have been confident. List the places, situations, and relationships where you are confident. Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Courageous

This is when you may feel some initial doubt or fear in a situation or with someone, but it does not significantly confuse or trouble you. Worry or even fear may be present, but you are the one in control—not it.

You know that whatever comes your way, you have the power given you by God to face it.

Exercise

List all the times you have been courageous, with specific people, in specific places, or in certain situations. Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Calm

This is a state of mind and a state of being. You are deeply assured of God's love for you. You know he is with you, in you, and will never leave you—even in time you may not feel him.

You always recall the '"big scheme of eternity" and have put all things in their proper place. You don't have to rush, get upset, anxious, or resort to anger to fix or control things.

Exercise

List all the times you have been (and remained!) calm, especially when others may have been spinning out of control. Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Connected

This is when you have a genuine desire to see, hear, and understand the other. It may not be a strong connection, but it is genuine, nonetheless. You also may not agree, and you may even have to create some space between you for safety or healing, but you remain connected to them in your heart.

Exercise

List all the times you have been connected to others; genuinely available to them, open to what they have to say, with your own needs or preferences temporarily set aside. Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Compassionate

This is when you have genuine *sympathy* for someone; you understand their suffering even though you may not necessarily feel or relate to it. You may feel *empathy* as well, where you do feel what they are feeling. You are detached enough from your own pain, suffering or triggers that you can see them with love and kindness.

It is not pity or a desire to rush in a relieve them of a necessary cross. It does not feel "bad" that you can't make them feel better.

Exercise

List all the times you have been compassionate and understanding without feeling compelled to fix, change, rescue. Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Curious

This is when you are available and engaged enough to take the time to know a person, or a situation, a little better. You take the time to ask questions because you genuinely want to know more.

Not to fix, rescue, or change them; not to look good, perform, or gain a stronghold, but to humbly and better see, hear and understand them or the situation.

Exercise

List all the times you have taken the time to be naturally curious. Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Creative

This is when you are willing to engage your mind and heart to see things differently; to find a new or better way—still within reason and morality—to build, change, grow, create, invent, help, or solve a problem.

It engages your imagination and draws from your experience. I often say it is "thinking *outside* the box, but still *within* the mind of the Church."

Exercise

List all the times you have been clever, surprising, and creative! Go back to when you were young.

- Use more paper if necessary.
- How did you feel during this reflection time?
- What did you discover or remember about yourself?

Congratulations!

You have gotten in touch with your Core Self.

Thank God for being made in his image, and for all the strength, beauty, power, and goodness he has given you.

Commit each day to walking with him … with him leading… and your Core Self not following behind but walking strong, confident, and alongside him.

Rose

rosesweet.com
760.831.6238
rose@rosesweet.com