

## **Effective and Adaptive Modes**

If you're taking on the work of making behavioural changes, particularly when we're trying to remove the rigidity of those addictive, obsessive, and compulsive coping mechanisms, then adaptive and effective behaviours are what we're trying to create. These behavioural responses are heavily involved with Living the Life we Want to Live, being the person we want to be, in the areas of life that are important to us, according to our true authentic values and beliefs. Everything is geared towards living our lives this way, and while it is incredibly important to recognize and work on those parts of our personality that are behaving in ways that may or may not line up with this philosophy of life, we cannot ignore the parts that are already being this way.

In this work, these are what we know as the Effective and Adaptive Modes of Behaviour, and they are represented by what we call our Healthy Adult, and Playful Child parts. These extremely important parts of our personality are recognized in our system by the things we do that line up with our primary philosophies of Living the Life we Want to Live. They are probably already playing an important role within our personality system, and even if they aren't, it's important for us to start to recognize their presence so we can build motivation in them to take a more dominant role. To do this, it can be helpful to build what we call a Personality Map, and there are a couple of different ways to complete this task. In this PDF we will explore one of these ways, and later we can use this information to build a complete picture of who you are.

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**“Building a Personality Map helps us to see exactly what’s going on within our personality system. When we have a guideline for recognizing what it is that our parts are doing, we can work on building awareness for why they do it.”**

**~Steven Morris RP**

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Your personality map is a way for you to begin to label the many different parts of your personality, both the parts that are perceived as helpful, and possibly those that are currently perceived as unhelpful, and then connect them to the Modes and Schemas we will be trying to identify. We start by acknowledging that all parts of our personality are welcome in our system, they are all there for a reason or to paraphrase Richard Schwartz – there are no bad parts. At the same time, any lifestyle that has addictive, obsessive, or compulsive behaviour patterns as a way of coping is usually a life riddled with chaos and rigidity. The chaos manifests in the way we live, the imbalance in our thoughts, feelings, and bodily sensations. The rigidity plays out in a black-and-white mindset, an all-or-nothing thinking. This way of relating to the world around us is based on the filters through which we are seeing the world at any point in time. However, if we can learn the skills associated with unconditional acceptance of who we are and where we are in this present moment (which includes every part of our personality), then a state of internal balance and harmony is definitely achievable.

In the worksheet that are attached to this PDF, we will build a Personality Map by starting to identify the effective and adaptive personality traits associated with the modes of behaviour that you are currently aware of. This can be challenging for some people, as it is difficult to talk about the things we do well without feeling a sense of shame or self-loathing. For others, this is easy. Either way, the path to personal growth and building the life you want to live involves acknowledging and utilizing your own unique “strengths,” while working to accept, improve, and strengthen your perceived “weaknesses”. We begin by looking at the many things you do, the people around you, the things you like, and the places you go that have a healthy effect on you and your environment. This may be a struggle for you at first, but remember, if that’s the case, it is completely ok, it doesn’t have to be completed in one shot, and the beautiful thing about any recovery journey is being able to slowly ease into not knowing exactly where it’s going right away.

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~Steven Morris RP.

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When you complete this exercise, for some of you, there may be many blank spots on these worksheets at first. Again, remember, this is completely ok. These blank spots give us an idea of the areas we might need to focus on and provide a fantastic tool to use later on as you recognize and acknowledge the progress you have made. While this can sometimes cause some anxiety or fear in some people, it’s important to remember that looking at things with an open mind gives you a blank canvas to work with, as you build the life you want to live. Take some time to think about each of the sections below before you begin to complete the worksheets provided on the following pages. Begin by downloading the PDF and printing it out, this will give you a foundational document to work from.

Watch the video attached to the website page connected with this PDF and read through each section thoroughly. Taking you time with this exercise will make it more effective in the long run, and it will help you to identify the Healthy Adult and Playful Child parts as you move into doing that work. Once you have completed this exercise, click on the links for both of those modes and work through the exercises attached to them too. Completing each of these exercises is important. It will assist you by providing all the information you need to help you build your ability to Live the Life you Want to Live, being the person, you want to be, in the areas of life that are important to you, according to your true authentic values and beliefs.

## The Personality Map

### Start from where you are:

As you go through this first section, you are going to begin to get a sense of what your current support structure looks like, which is an essential part of any behaviour change, particularly if you are stepping out of addictive or compulsive coping mechanisms.

- **You:** Everything on this journey starts with you. Write your name clearly in this section.
- **Special Person:** Who is it that's special to you? Is there a partner, a close friend or a supportive person that is there for you when you really need them? This doesn't have to be a romantic relationship, and even if you've never told this person how important they are to you, you can address that later on, just write their name in the space provided.
- **Family:** Who are you closest to in your family? Write a few names, remember if family is not important for whatever reason, or if they are simply not available to you, that's ok, it doesn't mean you can't complete this section. You can create your own "chosen family" which can be made up of the people you feel a real sense of connection to, so use this space to list the people in your life that *you* consider to be your family.
- **Friends:** Who are your closest friends? This list may be similar to your "Chosen Family" and if that's the case there is nothing wrong with that. Write as many names as you can in the space provided, it can be a few or a lot, but keep in mind that most people cannot maintain more than 5 healthy relationships with close friends. Outside of that are the people that form the many different aspects of your community.
- **Pets:** It is SO important to write them in too, particularly if they play a special role in your life. Pets often become a huge part of the family, to some people they are like their children, and they can be a valuable part of any recovery journey. Research shows that pets can provide emotional support, a sense of connection, and even create responsibility and purpose for people where there was none before.

**After you have watched the video, and gone through the material in detail, complete the exercise by filling in as many of the boxes as you possibly can on the next page.**

**PERSONAL DETAILS**

**NAME:**

**SPECIAL PERSON:**

**FAMILY:**

**FRIENDS:**

**PETS:**

### **Finding your favourite things:**

Figuring out what some of your favourite things are is so important when it comes to building the life you want to live and understanding your personality. When we recognize this aspect of who we are, we can gear the structure and schedule that we are trying to create toward incorporating these things into our daily routines.

- **Foods:** What makes your mouth water? List your favourite food, but keep in mind if food is one of your addictive or compulsive coping mechanisms, we need to be careful what we list in this area because balance is essential in creating the life you want to live.
- **Books:** Which books are page-turners for you? List the ones you can't put down or you keep coming back to. Try to use this space to access your imagination and listen to the parts of you that are creative, as this is an important part of building the life you want to live, particularly if you have a history of trauma.
- **TV Shows:** Which shows do you really like to watch? What captures your imagination and allows you to switch off from the current outside stressors you might be struggling with? Keep in mind that binge-watching TV shows can be an escape mechanism that can become addictive, so we want to be careful to create a structured lifestyle that includes balance in this area too. List all your favourite TV shows in this box.
- **Movies:** Which movies can you quote lines from, or which scenes come to mind at random points during the day because they hold a positive meaning for you, and you love the way they affected your life so much? What films connect with your soul and help you get through emotional times? List every movie that you find helpful to watch in this box. However, as with TV shows, remember you will use this information for a healthy, and balanced structure in your life, and we want to make sure this type of entertainment does not become a compulsive coping mechanism that has you avoid living life.
- **Music:** Which songs or artists have you been playing your own version of carpool karaoke with? Which songs come to your mind when you are looking for inspiration, or when you want to switch off and relax? It is also important to pay attention to this part of your list because we must keep in mind that not all music is helpful, some of it can be emotionally triggering and take you down the proverbial "rabbit hole," so be aware of what you add here.

**After you have watched the video, and gone through the material in detail, complete the exercise by filling in as many of the boxes as you possibly can on the next page.**

**FAVOURITE THINGS**

**FOODS:**

**BOOKS:**

**TV SHOWS:**

**MOVIES:**

**MUSIC:**

### **How you like to spend your time:**

Developing an awareness of how you like to spend your time gives you an inkling of the things you can do for your Self-Care. Many people struggle with this aspect of their personality because they include things like meetings, groups, or working out to the point of exhaustion in this part of their life. Self-care is all about recharging your batteries, and learning how to relax in a healthy way, so take your time with this one, and don't worry if it's incomplete at first, you can come back to this as you discover new things along the way.

- **Hobbies:** What activities do you enjoy doing? If you can't think of any, try listing things that you have always wanted to do, but never had the time, or things that you used to do but stopped doing as a result of the addictive or compulsive behaviour patterns you created as coping mechanisms for yourself.
- **Travel:** If travel is something that appeals to you, where have you been in the past that brings happiness or peace of mind when you recall the experience? If you have never travelled before, but it's something that you want to do, where do you want to go? Even if finances mean you can't travel right now, spend some time considering where you would like to go if you were able to, be realistic, we don't want to create unreachable or unobtainable goals, but feel free to elaborate if it helps.
- **Adventure:** What is on your bucket list? What gets your heart pumping? List those things that you've always wanted to do, get creative here and search your soul for the things that get you excited.
- **Fun:** This is usually one of the most challenging things to come up with for many people that are moving into a new way of living after using substances or processes to cope in the past. It can be a difficult question to tackle, but try asking yourself, what do I like to do for fun? What recharges my batteries? This information is what you will use, inside of your structured lifestyle, to build your own unique plan for self-care, so think long and hard about this one, it's really important.

**After you have watched the video, and gone through the material in detail, complete the exercise by filling in as many of the boxes as you possibly can on the next page.**

**HOW YOU LIKE TO SPEND YOUR TIME**

**HOBBIES:**

**TRAVEL:**

**ADVENTURE:**

**FUN:**



**How you like to present yourself:**

I thought long and hard about including this section. In the end, I decided to do it because we must acknowledge that there are parts of our personality that place importance on the way we look, and it's worthwhile to acknowledge this. If I didn't include it, it would mean ignoring a part of our personality that may need to be heard. However, I also acknowledge that this section might be quite challenging for some of you to complete, and this is totally understandable and quite common. Take some time to think about the things that are listed here, and if you are someone who struggles with self-presentation, don't worry, you can work toward completing this section at a future date. Remember, the process of getting to know yourself, and what you like, is fluid and constantly changing.

- **Appearance:** A "Wise Mind" perspective is required for this section in order for it to be done from a non-judgmental perspective. How would you describe yourself? What do you like about your appearance? Please keep in mind, if you struggle here, don't worry, it's perfectly natural for people stepping into this lifestyle change to have some challenges with this aspect of getting to know yourself. If you can't think of anything right now, remember that this is a fluid process, you can leave this until later, and work through it with someone you trust.
- **Style:** What is your personal style, do you have a particular look you go for, and if so, how would you describe the way you like to present yourself? Take some time to think about your vibe. Unconditional self-acceptance revolves around embracing who you are, each and every part of you. This is a pretty wild concept for some people to get their head around at first and if that's the case for you, don't worry we will be working toward this goal as we move forward.

**After you have watched the video, and gone through the material in detail, complete the exercise by filling in as many of the boxes as you possibly can below.**

**HOW YOU LIKE TO PRESENT YOURSELF**

**APPEARANCE:**

**STYLE**

### Going a little bit deeper:

If you didn't know this already, building the life you want to live, and developing your own unconditional self-acceptance means looking under the surface at what's really going on. While we are not diving into the deep emotional work just yet, it's important to begin planting seeds for later on. Take some time to think about each section here, as it will give you some insight into the more complex aspects of your personality as a system.

- **Interests:** What topics are you interested in? These subjects can be serious or lighthearted, based on what's happening in "real life" or revolving around your love for a particular non-fiction author or book. What really turns your gears in the world, if you could involve yourself in a conversation that goes beyond the usual social fluff, what would it be about?
- **Self-Soothing:** For those of us that are coming from addictive or compulsive behaviour patterns associated with the use of substances and processes to cope, we rarely know how to self-soothe in a healthy way. This is an ongoing process for us to develop because healthy self-soothing is a skill we have to develop to live life on life's terms and develop the life we want to live. Ask yourself the question, what do you do to self-soothe, what calms you down? Think about the things you do that are healthy ways to self-soothe, and if there is nothing you can think of, this is an area you may want to spend some time exploring some new things to try.
- **Coping Style:** For most of us, our dominant coping style is avoidance, and we use a substance or behavioural process, or both to make this work. However, when we start to build the life we want to live, we have to look at healthy ways for us to deal with our daily stressors. So, what do you do to cope with distress? Do you physically or emotionally avoid things, do you try to control everything that's happening around you to change the way you feel inside, or do you sit in a space of denial? Whatever the case may be, let's start with how you cope right now, which gives us the opportunity to explore the areas we need to work on. List the ways you deal with stress right now in the box provided, and it's ok if there are things that are not full of positivity.
- **Contribution:** This section is all about the way you currently present within your different environments. This includes your family, friends, school, or work, and even within your local community. Ask yourself, how do I contribute to others? What is my role at home, at work or in the community? This will help when we look at your values later on, as it is linked to a number of different areas we will explore at that time.
- **Characteristics:** When it comes to your personality, the only thing we are born with is a unique temperament or nature. As we discussed at the beginning of this worksheet, this nature can fall into a number of different characteristics. In this section, ask yourself, what is my nature, or my temperament like? One of the questions that helped me to begin my exploration of this aspect of my personality is "What would other people say about me if I wasn't in the room, or how would others describe you in a reference letter?"

- **Passion:** Sometimes people get stuck in a space of limited motivation. This lack of motivation is completely natural, particularly when making some significant life changes, and we can often find ourselves lacking direction. Take some time right now to think about what you're really passionate about. What drives you into action, what is your cause? For example, if you were to start a charity, what would it be for?
- **Purpose:** Obviously, this is a very philosophical question, but purpose in life is a massive part of building the life you want to live. It is important to remember that your own individual purpose doesn't have to be this grandiose life journey of saving the world or curing an incurable disease. Why you feel you're here is your own personal belief, and understanding your own purpose comes down to how would you like to be remembered, and what you want your legacy to be. As I said, this can be a really deep question, so it's ok if you don't know the answer right now. However, taking some time to contemplate this question at this point in time can often plant seeds for a later conversation with yourself, or shed some light on what might happen in the future.

**After you have watched the video, and gone through the material in detail, complete the exercise by filling in as many of the boxes as you possibly can on the next page.**

**GOING A LITTLE BIT DEEPER**

**INTERESTS:**

**SELF-SOOTHING:**

**COPING STYLES:**

**CONTRIBUTION:**

**CHARACTERISTICS:**

**PASSION:**

**PURPOSE:**

It is really important that you take your time when completing these worksheets. Keep in mind that it is a fluid process that can, and definitely will, change as you grow, get to know yourself more, and develop new interests on this journey of self-discovery. You may even like to do multiple versions of these worksheets at different points in time, so you can acknowledge and reflect on the ways you're changing. For example, you might complete one for how you see yourself now and another in 6 months' time to see how your insights have changed about who you are and what you do. You might also try completing these worksheets from the perspective of how you'd like to see yourself in the future and to help you set some goals to work toward. Whatever works for you. Ultimately, this should lead to asking and reflecting on how well you know yourself; I mean really know yourself? How have you changed over time? Who are you now?

Remember, everything we do in this exercise is a fluid process that is designed to get you thinking about who you are right now, at this particular point in time. Don't worry if there are gaps, it's perfectly normal for this to be the case. If everything in your life was exactly as it was supposed to be right now, we wouldn't be doing this work together. Also, please keep in mind that this is the beginning of your journey of self-discovery, nothing you write here is cast in stone, so take your time with this exercise, there's no need to rush through. If you need to use additional paper feel free to do so, don't be restricted by the space provided in the boxes. This is the time to let go and express yourself and begin your exploration of who you are now and identify each and every part of your personality.

Some of you may find that some parts of your personality are skeptical about this process. You may be having thoughts about this exercise being pointless or stupid, and there may be parts of you asking questions like, "Why do I have to do this?" or "How is this going to help me change?" Please remember that changing behaviour is not all about focusing on the "negative" aspect of your personality, it's about embracing everything about you and moving toward unconditional Self-Acceptance.

Remember if all you do is sit in the negative aspect of the recovery journey, trying to explore nothing but guilt and shame, your system will eventually burn out, and fall back into old behaviours, trying to cope with this overwhelming negative emotional experience. This doesn't mean that we ignore this aspect of our past, far from it. We want to explore the things we have done and understand the reasons why we did them so that we can accept what has happened and move forward with life.

This exercise helps you work towards building the life you want to live, and for many people this is something that they have never considered. Without knowing what we have and who we are right now, we cannot plan for what we need to do, so completing this exercise will show you what you have to work with, what is missing, and what you need to figure out to live a life worth living and not stay stuck in the old way of doing things. Sometimes you have to trust in the process you have chosen and have faith in what the outcome will be!