**Exploring my own sense of self-differentiation**

 *As you read the aspects of self-differentiation, mark each with a symbol of some kind to indicate: 1. I think I am/do this 2. I need to work on this. 3. Not sure. This exercise is for your eyes only and will not be part of any discussion.*

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| symbol |  **Description of characteristic/aspect of self-differentiation** |
|  | Distinguish between facts and feelings (Both his/hers and theirs) |
|  | Know what I think, feel, and act like without requiring others to do the same or agree |
|  | Profess my beliefs without attacking or judging others |
|  | Take responsibility for my own anger, frustration, or distress w/out blaming others |
|  | Avoid an “either/or”, “all or nothing” attitude  |
|  | Respond with wide repertoire of behaviors (resiliency) verses rigidity |
|  | Examines own contribution to a problem |
|  | Contains, and restrains own reactivity in relation to reactivity of other people |
|  | Accepts anxiety, tension, and pain as part of the relationship continuum |
|  | Cultivates a vivid imagination in response to the conditions observed in the system |
|  | Develop and live by personally developed goals rather than expectations set by other people. |
|  | Form open, collaborative relationships with others, avoiding secrecy and/or coercion of others |
|  | Take a stand, expressing views with “I” statements |
|  | Admit and learn from my own mistakes |
|  | Articulate a clear vision and sense of direction |
|  | Accept differences between self and other people, believing differences enrich rather than impoverish the community |
|  | Be responsible for my own actions without taking responsibility for other people’s actions. |
|  | Remain calm in the mix of emotions found in an anxious system |
|  | Tolerate and manage conflict |
|  | Allow time for change in self and in others |
|  | Observe what is happening without distorting, denying, pretending |
|  | See and accurately name both individual and system functioning |
|  | Stand alone and be comfortable with solitude |
|  | Maintain boundaries, neither invading the space of other people or allowing other people to invade mine. |
|  | Express myself with clarity |
|  | Regulate myself |