

Agreements of Projection

This activity and practice is designed to assist you in becoming aware of the agreements you have made with yourself based upon the projections of others, and to recover awareness of your authentic self. With this process you will unpack any agreements that limit the full expression of your creativity, happiness, contentment and love.

In this practice you are asked to reflect firstly upon your earliest memories of what those closest to you in your life told you about yourself. (Mother, father, siblings etc.) Then, secondly what others projected onto you (friends, teachers, people of faith etc.) This will be done through the posing of a number of questions designed to illicit such memories. It is important that you pay attention to any emotional response you have when addressing them. Which ones create distress/discomfort or fear and which illicit feelings of connection/contentment/peace or love.

Please record your thoughts and answers to the following questions – on a separate page or in a journal or notebook.

Images: What images did others project onto you

- When I was a child, I was told that I was (write as many sentence completions as you can)

Limitations: What limitations were you told you have

- When I was a child, I was told that my limitations were (write as many sentence completions as you can)

Gender: What were you told about gender roles

- When I was a child, I was told that girls should always
- When I was a child, I was told that boys should always
- Did you fit that ideal image of what it meant to be a boy or a girl at that time? How were you similar or different

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Gender (2): What beliefs do you hold today about women and men

- I believe that a woman should always
- I believe that a man should always

Personal Qualities : Make a list of all the qualities you were told you should have – personal and physical...

- I was told I should be

Personal Qualities(2): Make a list of all the qualities you believe you have – personal and physical...

- I believe I am

Personal Qualities(3): Make a list of all the qualities you believe other people think you have

- I believe others think I am

Personal Qualities(4): Make a list of all the qualities you lack but wish you had...

- I wish I could be like

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Our image of perfection is the reason we reject ourselves; it is why we don't accept ourselves the way we are, and why we don't accept others the way they are.

Image of Perfection: Describe your image of perfection. What would you look like? What type of personality would you have.....

- My image of perfection looks like

Changing Self: What would you have to change about yourself to live up to this image.....

- To achieve my image of perfection, I would have to

Impetus to Change: Are you willing to make these changes

- Why
- Why not

Reality Check: Is it humanly possible for you to attain this image of perfection

- Why
- Why not

Emotional Response: Does your image of perfection inspire you to

- Do your best
- Discourage or depress

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We judge others according to our image of perfection as well, and naturally they will fall short of our unrealistic expectations of them .

Image of Others Perfection: Review your image of perfection for

- My image of perfection for my partner is
- My image of perfection for my child/each child is
- My image of perfection for my parents is
- My image of perfection for my best friend(s) is....
- My image of perfection for my co-workers is ...
- My image of perfection for my boss is...
- My image of perfection (insert other important and influential people in your life) is

We know we are not what we believe we are supposed to be and so we feel false, frustrated and dishonest. We try to hide ourselves, and we pretend what we are not. The result is that we feel inauthentic and wear social masks to keep others from noticing this.

Social Masks: What social masks do you wear around others

- My social masks are

Social Masks (2): Do you wear these masks because you are fearful of others judgments

- I wear these masks because

Social Masks (3): What would happen if you took these masks off

- If I take off these masks then

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Authentic Expression: What would it be like to express who you really are.....

- If I expressed who I really am then

After domestication it is no longer about being good enough for anybody else, we end up not being good enough for ourselves as well, due to the fact that we don't fit with our own image of perfection.

On a scale of one to ten, with one being the distorted images you agree with, and ten being your authentic self, where do you presently reside on this scale?

- On the overall authenticity scale I currently reside at

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

New Agreements: List at least FOUR new agreements you can make with yourself to honour who you really are more fully

- I intend to honour my authentic self by

Practicing the New Agreements: What steps will I take to practice each new agreement.....

- One step I will take is