



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 38 Transcript: Original identity

This week, we continue our discovery of the layers of identity and take a look at our Original Identity and how to bring our Whole Self together as one.

But first, let's review the model of the layers of identity. Our Idealized Identity is the unattainable projection of perfection we want people to believe is who we are so we can receive love and acceptance.

Our Adapted Identity is the layer that supports our Idealized Identity. It's the expression of how we've adjusted to defend ourselves in an unsafe world. Protected by these two layers is our Wounded Identity which is the tender, vulnerable part of who we are.

At the center of our being is our Original Identity. This is who we've always been, from the very beginning, and where our deepest dream lives. It holds what's most important to us. Our core values are unique to each individual and when these values are expressed they embody the truth of who we are.

Our Original Identity epitomizes who we are being in the moments when our heart feels alive and our soul feels nourished. You know, those experiences when you feel the most "like yourself."

Also, it's all the big and little things that bring our life meaning – what we are doing, and how we are being, when we are living our life on purpose.

If we are fortunate enough to have had at least one person see us for who we truly are, our Original Identity is the truth that's been reflected back to us from these loved ones, teachers, coaches, and friends throughout our life.

It also expresses the burdens we carry for the world and the causes we feel passionate about, as well as the impact and influence we feel called to leave as our legacy.

When we live from your Original Identity, we feel security and significance simply by being who we are. The love that is experienced here is unconditional and full of acceptance.



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Nothing missing, nothing broken. Here, we are open to experience the abundance of love from God, ourselves and others.

Integrating this Layer of Identity requires courage to own and embrace our original design – who we were created to be. Remember the Joseph Campbell quote, “The cave you fear to enter holds the treasure you seek.” Our Original Identity is the treasure buried in the cave we fear to enter.

Even though this is the most primary expression of who we truly are, the fullest expression includes each layer of our identity. The experiences we’ve had that shaped our Wounded, Adapted and Idealized Self are all parts of the whole that make up who we are.

That’s what integration is – embracing all of the aspects of ourselves, not just what we perceive is acceptable and worthy of love. When we integrate all the layers of our Identity, we become our whole self and are able to express our life through the sharing of our authentic story. We become whole and resilient.

Our sense of ourselves lives inside our story, yet we abandon parts of our story, and portions of ourselves, that don’t fit with how we think we should be perceived. We either own all of our story or we disown parts of it and feel disconnected and separated from our worthiness.

Brené Brown said that: “Owning our story can be hard, but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky, but not nearly as dangerous as giving up on love, belonging and joy – the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

Oftentimes, we get to this part of our identity exploration - discovering our Original Identity - and feel blank. We have a lot of information about how we self-protect or what our fears and wounds are. But, knowing who we are, at the core, may feel elusive.

Throughout Module 3 I will support you in discovering what your Original Identity truly is. It’s a process that requires courage to receive the truth of who you are, that it is good, that it’s more than enough and the world absolutely needs what you uniquely have to bring.



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Let's be courageous as we own our stories and the fullest expression of who we truly are. Be sure to download the action guide to support this process and share what you are learning on our group page.