

The Boardroom Exercise

Purpose: To broaden and deepen the understanding of different aspects that make up the self, provide a foundation for conceptualizing and working with polarities and expand self-awareness of how one makes decisions.

Instructions: On a piece of paper or whatever medium you find the most useful, I want you to draw a large rectangle or oval, representing a conference room table. On this piece of paper, reflect visually what your internal executive board may look like. Reflect on all the different aspects of yourself that influence your behavior in a specific situation or context. Decide who is the head of the board, and then the remaining aspects or characters that are on the board. This can be as detailed or as surface level as you please. The goal is to develop greater self-awareness of how behavior is influenced.

While engaging in the activity, ask yourself if there is room for new spaces on the board? Who on the board should be retired? (Inner critic, intrusive thoughts?) You can even go as far as giving descriptions on what each board member does.



(Example: Inside Out, the Mother's Emotional Board – Pictured (left to right is Fear, Joy, Sadness, Anger and Disgust)