

DO Therapy

Which Self Is Showing Up?

Different situations can bring forward different versions of ourselves. We may show up differently as a partner, parent, professional, friend, caregiver, child, leader, or when we feel confident, threatened, overwhelmed, responsible, or uncertain. This exercise helps you **notice which version of yourself is showing up and decide whether that is the version you want leading the moment.**

NOTICE

Choose a recent situation where you had a noticeable reaction.

Ask:

- Which version of me showed up?
- How did that version of me think, feel, or behave?
- What seemed to bring this version of me forward?
- Does this version of me feel familiar?

Give it a name if useful:

The Responsible Me

The Caretaker Me

The Anxious Me

The Independent Me

The Pleaser Me

The Protective Me

The Achiever Me

The Defensive Me

The Avoidant Me

The Fixer Me

Or simply: **“The version of me that _____.”**

REVIEW THE GAME TAPE

Get curious about this version of yourself rather than judging it.

- What was this version of me trying to accomplish?
- What was it trying to protect, get, or avoid?
- When might showing up this way have been useful?
- What does this version of me seem to believe needs to happen?
- What did it help with—and what did it make more difficult?

Then ask: **“Does this version of me fit what this situation actually needs?”**

Sometimes the answer will be yes.

Sometimes a familiar version of ourselves is simply taking the lead because it has taken the lead many times before.

PRACTICE

Consider another version of yourself that you already have access to. Maybe you need:

Curious Me

Confident Me

Boundary Me

Calm Me

Flexible Me

Capable Me

Direct Me

Playful Me

Courageous Me

Ask: **“Which version of me would I like to practice bringing forward?”**

Choose **one observable behavior** that would represent that version of you.

For example:

- Instead of immediately fixing → **ask one curious question.**
- Instead of agreeing to keep the peace → **say what you actually think.**
- Instead of withdrawing → **stay engaged for another few minutes.**
- Instead of taking over → **allow someone else to handle it.**
- Instead of defending → **listen before responding.**

Then make it specific: **“When I notice _____ Me showing up, I will practice bringing forward _____ Me by _____.”**

BUILD REPS

Notice other situations where the familiar version of you appears. You don't have to make it disappear.

Practice recognizing it sooner and intentionally deciding **who you want leading the moment.**

After a few reps, ask:

- Am I noticing this version of myself sooner?
- Is it becoming easier to choose another response?
- Which version of me seems useful in which situations?
- What happens when I intentionally bring forward a different part of myself?
- What should I keep practicing or adjust?

The goal isn't to discover your one “true” self.

It is to develop greater flexibility in **which parts of yourself you bring forward and when.**

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NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS → TEST & LEARN

Notice what's happening. **Review the game tape** with curiosity rather than judgment. Choose something to **practice**. **Build reps** by trying it more than once and noticing what happens. Then **test & learn**—keep what helps, adjust what doesn't, and try again.

The goal isn't to get it right. The goal is to learn from what happens.