

A **FRAGMENTING** role people perceive me play.  
A Fragmenting role diminishes me as a person and negatively affects the other person/people involved.

A **CONSTRUCTIVE** role people perceive me play.  
A Constructive role develops me as a person and positively affects the other person/people involved.

ROLE PLAYED

COUNTER ROLE

WHERE DID I LEARN THIS ROLE SYSTEM?

ROLE PLAYED

COUNTER ROLE

WHERE DID I LEARN THIS ROLE SYSTEM?

### Self-Representation Technique Directions and Recording Sheet

1. We're going to look at the way others see you, not necessarily how you are. We will look at two areas: What people see in you that they love and what people see in you that they don't like.
2. Choose a figure that represents you in a way that shows how other people see you in a Fragmenting role; a role others do not like. A Fragmenting role is one that diminishes both you and the other person involved. Place the figure on the left side of the template. Choose another figure to represent the other person/people involved in an interaction wherein you play that role. Bend and shape the figure(s) to show how they feel when you exercise this role. Bend and shape the figure representing you to show how they see you. Record the role you are playing and the counter role (the role played by the other in response to your role).
3. Where did you learn this role system? Record your answer in the space provided.
4. Now, choose another figure that represents you in a way that shows how other people see you in a Constructive Role. This may or may not have anything to do with the situation or people you depicted previously. A Constructive role makes us a better person and positively affects the person(s) with whom we play this role. Place and position the figure representing you on the right side of the template. Choose an/other figure(s) to represent the other person/people involved in that interaction. Bend and shape them to show how they are feeling in response to the Constructive role you are playing. Record the Constructive role you are playing and the counter role (the role played by the other in response to your role).
5. Where did you learn this role system? Record your answer in the space provided.
6. What percentage of time do you spend in the Fragmenting and Constructive roles respectively? In what role do people see you more of the time? Record the percentages in the boxes on the template.

Fragmenting Role: How do People See you?	Constructive Role: How do People See you?
(Sketch)	(Sketch)
Role Played	Role Played
Counter Role	Counter Role
Where did you learn this role system?	Where did you learn this role system?
Percentage    %	Percentage    %
Practitioner Notes:	