

Glossary of Voice Dialogue Terms and Concepts in Plain Language

Voice Dialogue Term/Concept	Definition of Voice Dialogue Term/Concept	Plain Language Term/Concept	Examples
Archetype	<p>A psychological pattern characteristic to all human beings that is linked to our instinctual energy and deepest functioning of our psyche.</p> <p>Ancient patterns, recognized human patterns and behaviors, established ancient roles, cross-cultural universal behaviors recognized in present time.</p>	Any human quality that has stood the test of time that is experienced in every culture on our planet.	<p>Soldier, warrior, CEO, king, queen, prince, princess, magical child, hero, scapegoat, victim, father, mother, matriarch, patriarch, pleaser, victim, controller, perfectionist, joker, con-artist, hunter, martyr, priest, priestess, rebel, miser, saint, etc.</p>
Aware Ego Process	<p>As we develop our capacity for an Aware Ego Process, we realize the Aware Ego is not a self but a process. The Aware Ego Process strengthens each time we become aware of a self, choose to separate from that self, embrace its opposite and choose the desired balance between the two selves.</p> <p>Applying the knowledge of polarity and conscious choice.</p>	The ability to choose between opposite sides of the same issue and to consciously choose between the strengths and weaknesses of both sides.	I want a new dress but don't have the \$200, so I don't buy the dress but put \$50 in a jar to start saving for it.
Awareness	In awareness, we are witnessing the 'selves' without feelings or attachment to the outcome.	Detached from achieving an outcome. The ability to step outside of myself and witness what is going on.	<p>*A "Wow!" moment.</p> <p>*An insight.</p> <p>*A settling feeling.</p> <p>*A knowing that everything is OK! As is.</p>

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Bonding Patterns	A Bonding Pattern is a re-creation of either a positive or negative psychological/emotional interaction that was experienced in childhood in a present relationship.	Term used to describe the type of feelings/emotions which either connects or repels us in any relationship. In a Positive Bonding a couple does not fight. In a Negative Bonding a couple fights all the time.	When Mary is bossy, she reminds me of my mother and then I avoid Mary. (Negative Bonding Pattern) I love being with Joe because we never fight; just like my Dad who never had a harsh word for anyone. (Positive Bonding Pattern).
Caretaker Self	Usually a Primary Self in the Operating System where the focus is to protect the individual by constantly taking care of others within the individual's circle or relationships in order to get acceptance and love.	A part who unconsciously meets the needs/wants of others while either suppressing, denying or devaluing their own needs with the intention of gaining love, acceptance, respect, etc.	A "Caretaker's" belief: If I take care of everyone I care about, then everything will be okay and run smoothly, and life will be good for me and everyone.
Confusion Between Judgments and Feelings	When a feeling or an emotion is masked by a judgment or behaviour and the head/ mind/rational self take over the individual. Usually it starts with a judgment: ("The story I tell myself is..."); followed quickly by the head/mind/ rational self's explanation of the facts; with the resulting effect of taking over the individual's experience; this may hide a fear, emotion or body reaction to an event.	When people think they are talking about their feelings but they are actually talking about a thought and/or judgment.	Question: "How are you feeling?" Response: "I think they exaggerate." The responding person in this exchange believes the exaggeration is a feeling but it is a projected judgment that belongs to the responding person.

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Consciousness	<p>Drs. Hal and Sidra Stone, the founders of Voice Dialogue, the Psychology of the Selves and the Aware Ego Process define consciousness as having three parts:</p> <ul style="list-style-type: none"> • <u>Awareness</u> - comes first in the process to let us know that we are different from how we usually see ourselves. • <u>Experience of the Selves</u> – group of primary selves that operate our lives (operating ego). • <u>Aware Ego Process</u> - once we can separate from our primary selves (operating ego), the ‘I’ who is sitting separated from the primary selves is the beginning of the Aware Ego Process. 	<p>*Knowing there are 2 sides to any issue, we intentionally search for those 2 sides and then decide what best fits for us.</p> <p>*Making a choice that is a balance between the gifts and limitations of two opposite perspectives.</p> <p>*It is a universal truth which through awareness becomes available to the individual.</p> <p>*A behavior that is seen by the world but not recognized by the individual until it becomes available through awareness.</p>	<p>After the awareness moment, there is an internal knowing that is connected to the universe that fits for me as an individual given all the different perspectives internally and externally of the data, feelings, judgments, wants and needs of any situation.</p> <p>I was not aware that my voice was full of anger until someone told me I was yelling.</p> <p>I am angry at Rachel and want to yell at her, but I also realize she’s doing her best therefore, I decide to help her out with her difficulties.</p>
Controlling Self/Selves	<p>Usually a Primary Self in the Operating System where the focus is to <u>protect the individual by controlling others in the relationship by all and any means.</u></p>	<p>When the rules, values, behaviors, morals, etc. of a given society, community, family or individual are adhered to and followed without question.</p>	<p>When it is done my way then everything usually works out well.</p> <p>Father or Mother knows best.</p>

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Dialoguing	The process of talking to a self or sub-personality with the aid of a facilitator or by self-facilitating.	Providing an opportunity to discover the behaviours, values, gifts, limitations, etc., of each individual part of a person's personality through the Voice Dialogue process.	Like a reporter, interviewing without judgment a part of me with the aim of discovering the gifts, limitations, beliefs, behaviours, history etc. of that self.
Disowned self	The self that is opposite to the primary self and has been hidden, repressed, denied and/or buried in a person's life.	<p>The part of me that:</p> <ul style="list-style-type: none"> * I deny about myself. * I don't want to be. * I don't think I am. * I wish I could be. * Is long forgotten. * Is lost. * Missing. * Unexplored. * Is yearning or longing. * Holds untapped treasures. * Etc. 	<p>Wanting to be creative but too shy; for example: singer, actor, dancer, artist or musician.</p> <p>Don't want to be seen as: jealous, envious, perfect, powerful, or judgmental, etc.</p> <p>Do not want to be seen as: entitled or ordinary, aggressive or weak, demanding or needy, etc.</p>

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Dream Ego	<p>The “Dream Ego” in Voice Dialogue, can either be active in day dreams or night dreams.</p> <p>The “Dream Ego” represents the central position of a very fluid process which symbolical and energetically represents the ever-expanding Aware Ego Process.</p>	<p>The “Dream Ego” is the “me”; or the sense of “myself”; “my” identity in either a day or night dream.</p>	<ul style="list-style-type: none"> *I dreamt I was watching everything as it happened in the dream. *I dreamt that I was flying in the dream. *As a daydream I imagined I was dancing to the music.
Dualistic Thinking	<p>When the primary system of selves are the only parts that operate in the life of an individual.</p> <p>If the operating system for the individual is only through the dynamics of the primary system of selves, then this creates a dualistic world of ‘us against them’ for the individual.</p> <p>When there is no awareness or openness to discover the gifts that maybe available from an alternate source.</p>	<p>When there is an attitude that there is only a right or wrong.</p> <p>We only see the differences in others, without seeing that under those differences we are all the same.</p>	<p>Beliefs/Behaviours/etc. that perpetuate Dualistic Thinking:</p> <ul style="list-style-type: none"> *The world would be a better place for everyone if the world had my values, beliefs, behaviours, rules, etc. *In a disagreement, when one person says to another person: “No, you’re wrong” or “That’s not true”.
Ego	<p>In Voice Dialogue, ego is a combination of our operating ego and an ever-expanding Aware Ego Process.</p>	<p>This is “me”; the sense of “myself”; “my” identity.</p>	<ul style="list-style-type: none"> *The CEO of the personality. *The Chairperson of a Board of Directors. *“Me” as a human being.

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Emotional Self	A self that feels all and holds all human emotions and feelings thereby providing a container of protection for the individual for safety in relationship to external forces.	The part of me that has the ability to feel all and everything with no limits.	Being able to cry at a funeral or hug someone you love without reservation.
Energetics	Energetics is a generic term that describes the way in which energy runs inside and outside the body, between people and the universe.	The feeling or hit we get from another person. Everything and everyone contains energy, which is perpetually in dynamic motion and transformation.	Can cut the tension in a room. Can see and feel the love the boy has for his dog.
Harmonics	In relationships, we have an energetic harmonic with each other; that is, each self has its own vibration/energy and how we resonate with each other creates a good or bad, pleasant or unpleasant harmonic.	The “vibes”/vibrations between individuals.	With each individual person that I am in relationship with, there is a sense, feeling that I experience with only that person; for example: I feel really calm around Sue, but Cathy gives me the “jitters”.
Hidden Primary Selves	Selves that run/operate our life but are not readily seen by others. Also, the individual has little or no awareness of their internal existence.	The part of me that operates my life but I am not aware of its existence.	As a woman, not recognizing the power of the Matriarch’s rules, values, morals, gifts, limitations, etc., about her being a woman in the universe. The person who says, “I don’t know why I keep doing that”, isn’t aware of a buried fear of not being loved, so says yes to any request.

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<p style="text-align: center;">“I” Statements</p>	<p>A communication skill where the person takes responsibility for their data, emotions, thinking, wants/needs by expressing them in any relationship by starting with: “I”....</p>	<p>Taking responsibility for yourself and your truth at this moment; starting any statement with “I”....</p>	<p>“I” statements such as: *I see (hear; taste, smell)..... *I feel.... *I judge.... *The story I tell myself is.... *I want.... *I need as an individual... *I need in this relationship...</p>
<p style="text-align: center;">Inner Critic</p>	<p>A “self” within, which criticizes the individual, before anyone else does. The “Inner Critic” constantly points out personal inadequacy which shames the individual before an external source (others/people) have a chance to. The “Inner Critic’s” rationale for this behavior is to motivate and protect the individual.</p>	<p>The part of me that points out all my faults and may be vicious in doing so.</p>	<p>Common messages from the Inner Critic:</p> <p>What a stupid thing to say! You are fat! You will never get is right! You are too skinny! What is wrong with you? You are slow and hopeless! When will you ever learn? No one will ever love you! You are absolutely ridiculous! What an imbecile! You are a loser! Everything about you is bad! Etc....</p>

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Instinctual	<p>Genetics of our psyche which are linked to survival/instinctual needs, e.g., sexual, safety and belonging.</p> <p>An individual is often not aware of the power of this hidden primary self which operates in relationship to the senses, harmonics, energy, and archetypal values and rules.</p>	Our inborn desire to protect and preserve ourselves.	<ul style="list-style-type: none"> * When my internal senses indicate that all is well; or in the opposite case, when there is a sense of something missing or incomplete. * Holding my child's hand crossing the street * Being homesick * Having a home security system.
Judging Self	<p>A Self that projects an internal judgment on an outside source in the attempt to gain control and maintain the status quo.</p> <p>By judging things and others that are strange, different, uncontrollable, feared, not understood, etc., allows the individual/family/society/country to maintain the standards, values, beliefs, etc.</p>	Misinterpreting data; experiencing misplaced feelings; displaying negative behaviors towards others; making up stories; etc., which separate the individuals/families/societies or countries.	<p>Judging Self's statements:</p> <ul style="list-style-type: none"> * John is a loser. * Sally is so stupid. * Mom is selfish. * Dad just doesn't care. * Jim's family will never amount to anything. * Fat people are lazy. * The youth of today are irresponsible.
Judgments (three levels)	<ol style="list-style-type: none"> 1. Judgments from an internal source (the individual's internal judgments) of any of the attributes, behaviours, values, morals, etc., which the individual holds. 2. Judging from external sources (others) that are in relationship with the individual. 3. Judging areas or the whole of a society. 	Through judgments I create my individuality by determining if society's truths, rules, values and morals are going to be mine.	<p>Any and all judgements have one element in common: As a test and a boundary taken with the intent to determine if it is safe enough for the individual's needs to co-exist within the relationship or society.</p>

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Linkage	<p>Linkage is a generic term that describes the activation of an energy field with another person or thing.</p> <p>The feeling state that is generated from the energy between any two opposites when there is an understanding of co-existence.</p>	<p>Linkage happens when I choose to stay connected to someone or something even when I don't like what is going on.</p>	<p>Time stops between the two people with no agendas or things to do. It feels great if only for a split second, and then life continues.</p> <p>When I am arguing with my partner, I choice to keep listening to what they say, rather than tuning out and preparing my rebuttal in my head.</p>
Longing	<p>A desire for a fulfilling or live-giving experience.</p> <p>An organic wish that predetermines and is contracted on an archetypal level with each individual human being.</p> <p>An achievement or goal for an individual that provides value and purpose for their lifetime.</p>	<p>A deep desire or yearning for something that is missing in a person's life.</p>	<p>Individual's Longings:</p> <ul style="list-style-type: none"> * To be at peace with myself. * To be happy. * To understand myself. * To have my mind stop racing so much.

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Matriarchy (Inner)	<p>An internal archetypal female self known in the male realm as the Inner Matriarchy and in the female realm as the Matriarchy which holds the container of the female's existence. The Matriarchy holds the belief that female individuals can and are equal partners to the male counterpart. At present in the universe she holds the majority of vulnerable/sensitive human attributes of cooperation, the cycle of nature, love, family, feelings and nurturing attributes.</p>	<p>Female attributes commonly associated with maintain family, society and life itself. A woman's inner rules about what it means to be a woman, daughter, mother, wife, sister, granddaughter, friend, etc.</p>	<p>Matriarchy's beliefs:</p> <ul style="list-style-type: none"> * A mother's first responsibility is to her children. * A woman's job is to provide a stable, loving family. * A woman can't afford to be irresponsible. * Children need their mothers. * Women have to teach men about feelings. * Men may be stronger physically, but women are stronger mentally.
Mutual Respect	<p>An attitude that sets the intention to honour the differences between people without needing them to change. The experience and knowing that is felt between two individuals even though there are differences between the individuals.</p>	<p>The experience, feelings and exchange between two individuals of:</p> <ul style="list-style-type: none"> * Being heard and validated for your own truth and knowledge. * Being seen as an individual. * Not being judged by the other person's standards, values, perceptions, etc. 	<p>When one person is saying how s/he feels, the other person does not respond with:</p> <ul style="list-style-type: none"> * "No, that's not true". * "That's not how you feel".

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<p>Mirroring</p>	<p>To recognize one or many of your own attributes, behaviors, beliefs, values, etc., in someone or something else.</p> <p>What I see or don't want to see, feel or experience in someone else is a part of me.</p> <p>The "Golden Shadow" mirrored back; what I see in you is what I want for myself.</p> <p>The "Dark Shadow" mirrored back; what I see in you, I don't like and do not want to see in myself.</p>	<ul style="list-style-type: none"> * What repels or attracts an individual to someone else, reflects back either a negative or positive part of the individual. * What I don't like in someone else is also what I don't like in myself. * What I like is someone else, reflects back to me what I like or desire in myself. 	<p>Mirroring Statements:</p> <ul style="list-style-type: none"> *I understand where you are coming from. *I know exactly what you are feeling. *I have had a similar experience. *I hate Tom's bossiness because I don't see my own bossiness. *I want to work with Alice on this project because she is smarter than me. I can see I can offer a different perspective than Alice's which is just as valid.
<p>Negative Bonding Pattern</p>	<p>In negative bonding patterns, the parent-child or power-vulnerability interaction of the two people has turned negative from positive. Once it has turned negative, the two people are unable to nurture each other.</p>	<p>When the dynamics within the relationship become negative, the individuals are unable to carry mutual respect for each other or meet each other's wants/needs.</p> <p>When one person feels hurt, that person retaliates by either: criticizing, yelling or withdrawing from the other person.</p>	<p>Negative Bonding Exchanges:</p> <ul style="list-style-type: none"> *I get angry because my son is so stubborn, I yell at him and he yells back at me. *I tell my husband, that I am tired and he responds by saying, "Let's go to a movie, because it's Friday night". I go to the movie with him, but in conversation I give him short, curt answers to his questions.

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Operating Ego	<p>It is the combination or team of primary selves who believe, think and behave as: 'I' or 'Me'; as if they are the whole of the individual.</p> <p>How most individuals function and live in the world.</p>	<p>Certain traits, values, behaviours, rules, attitudes, perspectives, etc. which defines the individual's identity.</p>	<p>*Missionaries have the philanthropist self as a part of their Operating Ego.</p> <p>*Workaholics typically have a group of selves as team members, such as: the pusher, the perfectionist and an overly responsible self.</p>
Operating Selves	<p>A group of primary selves from which we define our individual identity as "I" or "Me".</p>	<p>The parts of me that give me certain traits, values, behaviours, rules, attitudes, perspectives, etc., which create my uniqueness.</p>	<p>"I see myself as: reliable, loyal, willing to work and learn."</p> <p>"I see myself as kind and caring so I relate to myself this way and am offended if someone thinks otherwise."</p>

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<p style="text-align: center;">Opposite Selves</p>	<p>A self or group of selves that are hidden, repressed or denied by the primary operating system. Usually based on the characteristics, behavior, values, and morals etc., which are judged as negative, opposite, misunderstood, unfamiliar, strange, etc., to the primary selves.</p>	<p>Every self, with its own set of behaviors, traits, rules, beliefs, etc., has an equal and opposite self with opposing behaviors, traits, rules, beliefs, etc.</p>	<p>When I have the experience of being opposed to whatever is being presented to me at the time, it is actually my Primary System of Selves' reaction to the Opposite/Disowned System of Selves.</p> <p>This interaction is commonly felt as:</p> <ul style="list-style-type: none"> * Better than * Different * In opposition or not agreeing * Not willing to comprehend * Not believing * Totally awestruck * Etc. (reacting to whatever behavior, value, characteristic that is being presented in the moment)." <p>Common relationships between the Primary self and its Opposite Self are: <u>Primary Self</u> /// <u>Opposite Self</u></p> <ul style="list-style-type: none"> * Pleaser /// Non-Pleaser * Responsible /// Irresponsible * Serious /// Playful * Sexual /// Stoic * Critic /// Teacher * Rebellious /// Conforming

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Patriarchy (Inner)	An internal archetypal male self within all humans that carries the ancient and present patriarchal traditions, values and rules that continue to hold the power of protection for the rules, value behavior and morals of society. The Inner Patriarch takes responsibility to ensure that the human race survives through imposing on society centuries of rules for males to be strong/powerful and caring for the more vulnerable parts of society.	Male attributes commonly associated with protecting family, society and life itself. A man's inner rules about what it means to be a man, son, husband, brother, grandson, friend, etc.	Common Patriarchy's beliefs: <ul style="list-style-type: none"> * A man's job is to protect those he cares for. * It is a husband's responsibility to provide for his wife and family. * Men can't be weak. * Men express their love through their actions. * It's a dog eat dog world. * Work hard, play hard.
Perfectionist Self	A primary self that is seeking approval from an internal and introjected source in which the standard for approval continually increases. If there is an out of control Perfectionist Self then the standards continually increase to the detriment of the individual.	A part of the individual which constantly strives for greater and better results for any and all achievements. Usually the "perfectionist self" is team member within a community of primary selves which include the inner critic, the judge, the pusher, the protector, the caretaker, etc.	<ul style="list-style-type: none"> * I know I can do this... better. * This is not quite right. * Something is unfinished. * There is a missing element. * This is not the standard that I expect and demand of myself and others.
Personality	Our personality is a composition of a team of 'selves' that emerge to help us live our lives and create what we call our identity or personality.	By the time we are 16 - 21 years of age the most dominant characteristics of how we will behave and believe have developed.	Extrovert characteristics can define one person while introvert characteristics will define another.

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Pleaser Self	<p>A primary self who strives to meet the needs/wants of others with the unconscious intention and belief that if those needs/wants can be achieved then the approval, acceptance and love which are held by others will fill the individual's void within.</p>	<p>A part of me that is seeking from others to gain approval, acceptance and ultimately love.</p>	<ul style="list-style-type: none"> *What can I do to make it easier for you? *What do you need from me to make this happen? *How can I help you to...? * Yes! (When the person really means NO!). * Absolutely, I agree! (When the person wants to avoid conflict). * I'll take care of that... (When the person is exhausted). * You're so tired! Let me do that for you.
Positive Bonding Pattern	<p>In positive bonding patterns, each person meets the other person's needs. However, there is no room for conflict, growth, or change. A very strong desire to meet the needs/wants of the other person in the relationship which creates a dependency and an avoidance of conflict.</p>	<p>In the relationship there is no conflict, they never fight. However, life can feel boring.</p>	<p>The wife won't tell her husband how annoyed she is when he doesn't pick up after himself for fear of upsetting him.</p>

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Power Selves	The dominant selves of a primary system of selves that take the lead in operating the individual's life.	The description of the characteristics of an <u>automatic</u> : response; behavior; thought; feeling; judgment, body reaction; to any event in an individual's life.	<p>Any primary self that runs the whole primary self system. The most common are the:</p> <ul style="list-style-type: none"> * Rational Mind * Controller * Manipulator * Pleaser * Avoider * Planner/Organizer Self will go over ever minute detail to ensure all goes smoothly.
Primary self/selves	It is the self or group of selves that runs our life and believes it is who "I" am. They are the status quo team members of our personality; the most influential and seem natural to the individual.	The parts of us that others see and believe this is who the person is.	<p>People would describe a person as:</p> <ul style="list-style-type: none"> * Jane is such a "nice person". * Joe is so "stubborn". * Sally is a bit "crazy". * Jack is very "conscientious". <p>(In these descriptions, people are recognizing the dominant Primary Self and it's supporting system of primary selves):</p>

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Projection	The unconscious transfer of one's own impression or feelings to an external object or person.	<p>Accusing someone of something that you do not recognize is also a part of you.</p> <p>Also, accusing someone as being like someone else even if what you're accusing them of is not absolutely true.</p>	<p>* Being frightened or disgusted by another person's anger but not able to acknowledged or recognized my own angry.</p> <p>* Impressed by or want to be like a person that is confident but not acknowledging the part of me that is confident.</p> <p>* Hearing from your partner: "You are just like your father".</p>
Protecting Self	<p>A Self that holds the energy to protect the individual at any and all cost. This self has the ability to project far and wide.</p> <p>The Protector self has the ability to elicit The Blamer and direct the fear of shame onto someone else in order to excuse and protect the individual from feeling the pain of doing something wrong.</p>	Behaviors, thoughts, emotions, etc. which strive to protect the individual from anything negative.	<p>The "Protector" won't let you cry just in case someone thinks you're weak.</p> <p>The "Protector" will not let you say anything so you don't get in trouble for...</p>

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Psychology of the Aware Ego Process	Drs. Hal and Sidra Stones' theory of the active energy exchange of the Aware Ego Process which takes place through conscious awareness between the Primary Selves and Disowned Selves or Sub-personalities of any and all individuals.	The internal process of holding the moments of tension between two opposing sides of any issue while balancing the gifts and limitations of the opposing sides through awareness.	The question of who we are is never settled. If we choose to rise to another level and we allow ourselves to imagine ourselves anew and open to opposite perspectives, we incorporate the gifts from a pair of opposite selves: Introverted.....Extroverted Including.....Excluding Accepting.....Fighting Human.....Spiritual
Psychology of the Selves	Drs. Sidra and Hal Stone's theory of how the human psyche functions through the Primary and Disowned System of Selves.	The study of the many parts which are either active or inactive in defining our personality and identity.	I can consciously choose to create more wholeness by incorporating the gifts from; for example: Thinking.....and.....Feeling
Responsible Selves	A primary self that is linked energetically to the survival and growth of the individual's family/group/community/society/etc. A part that holds the beliefs and understandings from its perspective that it holds the ultimate container for	A part of the individual that feels obligated to ensure everything turns out okay.	*The only way I perceive an end to this is.... *In order for success we need.... *The data is...therefore the action will be....

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Self /Selves	Each self is like a person who lives within our psyche and has its own perceptions, energy, beliefs, values, world-view, expressiveness, behaviors and voice.	Each self, which is only one part of our personality, is like an individual that lives inside of us with its own unique qualities.	<p>A few examples of an infinite number of Primary Selves and their possible opposites/disowned selves:</p> <ul style="list-style-type: none"> * Pleaser, Narcissistic * Adventurer, Placator * Martyr, Warrior * Victim, Hero * Judge, Criminal * Saint, Devil * King, Queen * Caretaker, Revolutionary * Protector, Freedom * Inner Critic, Inner Guide * Patriarchy, Matriarchy * Father, Mother * Grandfather, Grandmother * Homemaker, Provider

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Selves (Levels)	<p>There are three levels of selves: instinctual, personal and archetypal.</p> <ol style="list-style-type: none"> 1. <u>The instinctual level</u> is linked to our survival/instinctual needs, e.g., aggression, protection, procreation/sexual and territory/boundaries. 2. <u>The personal level</u> results from a combination of our genetics and conditioning by family and culture, e.g., pleaser, pusher and perfectionist. 3. <u>The archetypal level</u> refers to the universality of characteristics we all share as human beings from the past to our present lives, e.g., the Greek and Roman gods influence on our present lives. <p>The many levels of an infinite number of possible characteristics which are available in the human culture.</p>	The Selves reveal the many different faces of humanity.	Depending on my awareness level, I can consciously choose to access a number of different levels of selves at any one time.
Shadow Self	<p>Is a term used to describe a system of selves that are referred to as “Disowned Selves”.</p> <p>The shadow elements in a personality are those that are repressed or unlived sides of a person’s total potentiality.</p> <p>The parts of an individual/family/society/country that hides, represses and denies unlived elements.</p>	The parts of myself I don’t like, are afraid of, etc., and therefore do everything I can so they won’t exist.	<p>* Customs, beliefs, etc. that are judged with ridicule because they are different and strange.</p> <p>* I gossip about others but think I am not harming their reputation.</p> <p>* I don’t sing even though I’d love to because I am afraid I will be judged and laughed at like the kids did in school.</p>

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Slap Theory	<p>In the slap theory, the Aware Ego Process has <u>not</u> made the choice/decision; a self has made it. At some point after the decision has been made, an opposite self comes in, usually an inner critic and gives the slap, e.g., How could you have...?</p> <p>When there is only dualistic thinking and behaviours between selves will bounce back and forth to access the gifts of the separate selves without the knowledge of the limitations of those same selves.</p>	<p>When one part of me is used to doing things a certain way but somehow (almost magically) it all works out, even though it may have been done differently; the part in me that relied on the former methods, reacts.</p> <p>The internal experience which feels like there is a battle between parts of me who are active in operating my life.</p>	<p>* When my partner disagrees with me, I hear it as a “Yes - But” which triggers the rational self in me to provide all the data possible that makes my case right and true and his wrong and unreliable. I receive the “Slap” when I become aware that the data he was presenting has merit.</p> <p>* I don’t usually speak up for myself. One day I do and then I feel scared that I sounded stupid at the meeting.</p>
S.U.D.’s Rate (Low 0–10 High)	Subjective Unit of Disturbance on a scale of 0 being low and 10 being high. This scale offers a tool to track and validate the therapeutic treatment.	A personal, subjective rating of how distressed I feel about an issue on a 10 – 0 scale: with “10” being the measurement on the scale that indicates that I am most distressed and “0” on the scale that indicates I am not distressed at all.	When I think about flunking a course, my distress level is at a “4”. After treatment; in reference to the passing or failing of the course, I rate my distress level at “0”.

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<p style="text-align: center;">Stages in the development of the Aware Ego Process</p>	<ul style="list-style-type: none"> * Usually, awareness precedes the Aware Ego Process. * In the early stage, the Aware Ego Process is very weak and cannot offset the power of the primary self. * In the middle stage, the Aware Ego Process has strengthened but the primary self is still substantially stronger. * In the late stage, the primary self and the disowned self are more equal and there is more choice in the Aware Ego Process. 	<p>With each conscious choice between opposite perspectives the individual develops increasing awareness of the balance between the gifts and limitations of opposite perspectives.</p>	<p>With time, practice and awareness of judgments, etc. and choosing a balance between the gains or losses of opposing sides of any and all issues, the Aware Ego Process strengthens. Similar to muscle development; the more it's used the more it develops.</p>
<p style="text-align: center;">Sub-personalities</p>	<p>A part/self that exist within the individual's personality. Has the same meaning as 'self/selves' of the operating system.</p>	<p>The characteristics that identify the individual as well as how others see and experience that person.</p>	<p>Characteristics, such as: warm, personable and inviting identifies the person with characteristics of their unique personality as well as how others see and experience that person.</p> <p>Refer to: "Self/Selves".</p>

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Theoretical Foundation of Voice Dialogue	The Psychology of the Selves and the Psychology of the Aware Ego Process.	The study of the parts of an individual's personality and the development of the conscious choice through the balance between the gifts & limitations of the perspectives to an issue.	A framework which allows the individual to separate from the power of the status quo and integrate the separate/opposite perspectives to find a balance in creating a greater wholeness for the individual.
Triggers	The felt, excessively intensive or masked emotional response that the individual can experience with any event within a relationship.	An interaction that affects the individual either negatively or positively. This interaction can either be: hidden, repressed, denied or acknowledged by the individual.	Anytime I am emotionally upset or enthralled by an interaction with someone or something. <u>Example of a Positive Trigger:</u> * When I see a beautiful sunset I feel calm and serene. <u>Example of a Negative:</u> * When I hear anger, I start to feel sick to my stomach.

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Trinity thinking	Through awareness, the Aware Ego Process is able to embrace opposites. We can now move from dualistic thinking of 'us vs. them' to Trinity thinking where the Aware Ego Process is the mediator.	Consciously choosing the middle between two opposites dealing with the same issue.	Choosing to say, “Let’s not make a quick decision on this difficult situation now, but let’s wait until tomorrow”. One part may want to say “Yes” and another part wants to say “No”, but/and we can make a choice with all the data at that time later.
Undeveloped self	Is a self that has not become a part of the person's life because the person is not interested, or in need, or has not been exposed to the qualities of that self.	The qualities of a particular self are not developed in an individual because of unfamiliarity or an unknown experience to the gifts and limitations of that self.	The qualities of an unfamiliar self which are not readily available to an individual, such as: * “Singer” to the person that has never sung * “Mother” to the woman that has never carried a child * “Father” to the man that has never protected/embraced the essence of his child.

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Voice Dialogue	It is a consciousness tool that can help us to become aware of our many different sub-personalities or 'selves' and how to consciously choose given the strengths and limitations of these selves.	A psychological facilitation method which accesses the energetic connection of the Psychology of the Selves and through awareness further develops the Aware Ego Process of consciousness.	Access the energetic connection through dialoguing which increases the awareness of the gifts and limitations of the many separate parts of an individual's personality.
Vulnerability	<ul style="list-style-type: none"> * Able to be physically or emotionally feel all emotions. * Being open and receptive to the totality of our human existence. * Fear of being harmed in some way. 	<ul style="list-style-type: none"> * Open to all experiences in life. * State of being open. * Being open to the wonder and fragility of being human. 	<ul style="list-style-type: none"> * Sensitive to being available and open to life's experiences: * Being open to exhilaration and/or terror of a roller coaster ride. * Looking into your partner's eyes and holding their gaze for even a few minutes. * Fear of flying, snakes, tornadoes, failure, etc.

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