

True self/False self expanded version

True self	False self
Authentic. Doing and saying what is in accord with your values, beliefs and identity without fear.	Wears a mask/ puts on a show. Pretending to be what we/others want us to be.
Secure in one's position and identity. Strong and mentally resourceful. Focused more on finding solutions than the problems themselves.	Insecure. Needing to be somebody more or somebody else. Fragile. Easily paralysed by fear. Focused on problem.
Able to Be. Able to be still in God's presence without the need to perform or say all the right things.	Always needing to do. A need to say or do something to please God/others.
Has faith/trusts/facilitates. Relaxed, trusting and letting go of control. Allowing God and others to determine directions and outcomes.	Needs to be in control. A need to ensure everything is said and done my way.
Peaceful/stable. Hard to upset.	Temperamental. Feelings of shock, anger, self-pity, woundedness easily triggered.
Desire to experience it. Willing to try new things, taste and see, experiment.	Cautious/Don't believe it. Unwilling to keep an open mind to new ideas, suggestions or behaviours.
Confident.	Defensive and unsure of oneself.
Needs less and less. Thankful and contented with what you already have. Able to give increasingly.	Needs more and more.
Mercy. Judgment/falling short.	Radical grace. Giving others what they truly don't deserve. Going against a moral and societal need for punishment if it can bring, repentance and healing and life. Legalism. Compliance with the letter of the law.
Endless growth. Always changing for the better, developing character, wisdom, knowledge, understanding and healing.	Stuck/stunted growth. Resisting change.
Overcomes problems and injustices	Victim attitude towards problems and injustices
Creativity/spontaneity/lateral thinking. Making unusual connections, thinking outside the box, open-minded (but not gullible). Sensitively questioning and challenging accepted wisdom or methods.	Sticks to societal conventions. Ensures pre-existing outcome or fixed agendas. Sticking to normally accepted conventions and traditions. Safe behaviour that does not rock the boat or do anything risky or that involves breaking cultural, religious or political hierarchical rules and norms. Engages in groupthink.
Mature. Acting age.	Childish/Immature. Reverting to ways of behaviour inconsistent with stage of personal development.
Loving self and others.	Criticising self and others.
Dying to self. Because I have a self I am secure enough in love, identity and purpose to be able to give of myself.	Building ego/status. Protecting or hiding a poor and delicate self-image/self-worth.
Depends on God. ¹	Qualifies, justifies, strives. Earns God's

	provision and persuades him of our worthiness.
Appreciates affirmation.	Needs affirmation. Desire for recognition, accolade and reward.
Requires deep honesty. Prepared to ask difficult questions that ultimately lead to truth and justice.	Colludes with own/other's lies. Sweeping awkward facts or injustice under the carpet.
Happy despite imperfect reality.	Needs to change reality to be happy.
Lives mainly in the reality of present moment.	Regrets past and worries about future.
God's way.	My way.
Accepts self as is.	Compares self unfavourably.
Tolerant of difference.	Intolerant.
Can say anything in love.	Has taboo subjects, suppresses freedom of speech and hides difficult truths behind walls of silence or political correctness.
Allows for imperfection, weaknesses or mistakes without the need to rebuke, blame or retribution.	Needs and expects perfection. Critical. Gives little praise or affirmation. Focus is more on what is wrong rather than what is right.
Asks for help.	Pretends all is okay.
Seeks win-win.	Needs win-loose.
Centred. Balanced. Easy to be around.	Eccentric. Difficult to be around. A need to be radically different. Embarrassing to others.
Free.	Trapped. Held by the expectations of others or own misguided belief about self.
Lets go of past regret. Lives mainly 'in the now'.	Looks back/holds on. Analyses past failings repeatedly.
Allows for changes/surprises. Plans seldom work out just as expected. Therein lies new opportunities.	Needs predetermined outcomes. Disappointed and angry when things don't go exactly as planned or imagined.
I am me.	I am defined by what I do.
Accepts what is.	Negatively labels, judges, sorts and compares.
Takes calculated risks and sees mistakes as good learning feedback for future reference.	Eliminates risk. Seeks to remove possibility of mistakes. Does not allow for experimentation.
Listens and clarifies asking questions. Accepts the truth even if it is awkward. Looks for potential	Rejects, distorts or over generalises what is said.. Quickly dismissive of ideas or people.
Glass half full. Thankful.	Glass half empty.
Experiments.	Does what has always been done and always gets the same results.
Consults.	Dictates.
Challenging.	Safe.
Emotionally honest.	Emotionally closed.
Focused on life. Comfortable with death's inevitability and ultimate healing.	Obsessed with death. Frightened of life.
Accepts ones own false self imperfections, but determined to work on them.	Feels condemned by false self imperfections and hates self for them.