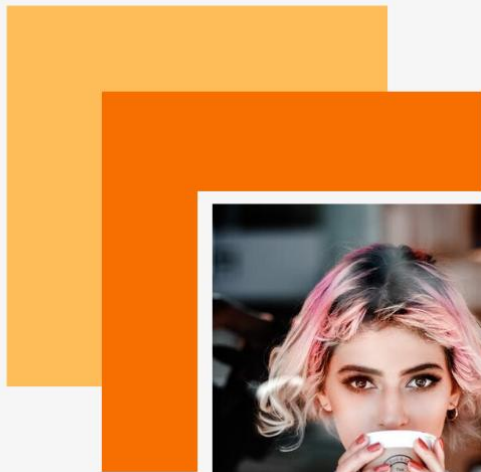




#SELF-ACADEMY
with Irina Romanenko



УРОК 3. ИДЕНТИЧНОСТЬ

**ТЕМА 1.
ТЕКУЩИЙ
СЦЕНАРИЙ**

Online course Master of Games
Topic 1. Current Scenario
Lesson 3. Identity



Subject

In this lesson, we will look at Carl Gustav Jung's ideas about Identity or SELF and talk about the main archetypes that we inherit at birth.

Archetypes are unconsciously present in the psyche of every person. Understanding the essence of archetypes and the principles of their work helps to balance parts of our psyche, gain integrity, realize one's uniqueness, and become the master of one's destiny.

Identity

The video for this lesson summarizes the theory of Carl Gustav Jung about the main archetypes that we inherit at birth, and which unconsciously live in the psyche of every person:

- Persona is our guide to the social world;
- Shadow is a guide to the unconscious part of our psyche;
- Anima (for men) or Animus (for women) - a guide to the collective unconscious;
- Self - the true essence of a person.

The center and link for all parts of our psyche is SELF or Identity. Very often the Persona, Shadow, Anima or Animus are inflated or suppressed by our consciousness (inflated or deflated). However, they still unconsciously seek to express themselves in the outside world, which leads to problems in relationships with other people and harms our success in life.

Jung argued that if parts of our personality are conscious and accepted by us, then our psyche is balanced. The process of finding a balance between SELF and other parts of the psyche, Jung called the Individuation process or the process of realizing our Identity (author's translation).

It is important to accept and balance all parts of our psyche so that they work as one team. In this case, a person acquires integrity, realizes his uniqueness, and also realizes himself to the maximum in this world.



Video

[Playlist. Theme 1](#)

Additional materials

Additional materials for those who know English. Watch a video about the archetypes and parts of our personality according to Carl Jung: Carl Jung - Individuation, the Persona, the Shadow, and the Self.

<https://www.youtube.com/embed/uhAeXyVDDTc>

Assignment

Exercise 1: Identity.

Answer the following questions:

- What kind of person am I?
- How would you describe me?
- What is my uniqueness?
- Who inspires me among the historical figures of the past?
- Who inspires me among mythical heroes or gods?
- What animal could be my totem or could be placed on my coat of arms?
- What symbol could be placed on my coat of arms?

If you find it difficult to characterize yourself and answer the first 3 questions, ask 5 close friends or relatives to name your 5 brightest and best characteristics, as well as one unique feature that is key characteristic of you personally. Choose the answer that you think best describes you.

Exercise 2: Fairy tale therapy.

Think up and write a fairy tale in which you are the main character. Think over the introduction, storyline, conclusion.



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Start your story with one of the typical phrases for fairy tales of the ethnic group with which you identify yourself. For example, you can start with phrases typical of Russian folk tales:

- In the faraway kingdom, in the faraway state, there lived ...
- There once lived a king and a queen, and they had...

For the Arab ethnic group, you can focus on the texts from the "Thousand and One Nights":

- During the time of Harun al-Rashid, Caliph in the city ..., there lived a man, a very noble merchant, ... and he had a son named ...
- In ancient times and past centuries, there was in the city of the Persians and in the land ... a king named ...

You need to come up with and develop a storyline with you as one of the main characters in your story. Also pay special attention to the final part of the tale. As a conclusion, you can use typical phrases from the fairy tales of your ethnic group.

To do:

- 1) Upload the file with answers on the Facebook. Copy the link to the file in the reply box. In the name of the file, indicate the topic, lesson and your name.
- 2) Describe how you felt when you did the exercises.
- 3) Write what you liked, what can be improved in this lesson.
- 4) Rate the lesson from 1 to 10.