

THE POWER OF PROJECTION

INTERRUPT HOW YOU ENDED UP

CORE EXERCISE

Who are you, for yourself?

The Foundational Identity Exercise

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ABOUT THIS EXERCISE

Before You Begin

This exercise is not part of a chapter. It is the foundation beneath every chapter.

Before you can understand what you have been projecting, before you can reclaim ownership of your self-definition, before you can choose the address you want to live from, you need to answer one question honestly:

Who are you, for yourself?

Not the version you perform for others. Not your job title, your relationship status, your achievements, or your failures. Not what your family decided you were or what society says you should be. Who are you at the core, in the quiet, when no one is watching and the internal voice is the only voice in the room?

Most people have never answered that question directly. They have described themselves through their roles, their accomplishments, their relationships, all external references. This exercise asks you to go beneath all of that and find the answer that belongs only to you.

There are no right answers here, only honest ones. Write exactly what comes up, not what sounds good. The rawness of your first response is the most valuable thing on the page. You can refine it later. Right now, just tell the truth.

This exercise has three rounds. Each one goes deeper than the last.

Work through each round completely before moving to the next. Give yourself real time and real space. This is not something to skim through in five minutes. It is the most important work in this book.

ROUND ONE

Who Are You?

Answer these questions without editing yourself. Write the first thing that comes. You can return and refine later, right now the goal is honesty, not polish.

1. Who are you? Not your name, your role, or your title. Strip all of that away. In your own words, at the most basic level, who are you?

2. What do you tell yourself about who you are when no one is watching? Write the actual internal voice, not the version you would share publicly. What does it say about your worth, your capacity, your potential?

3. How do you see yourself? If you had to write an honest description of how you view yourself, not how you want to be seen, but how you actually see yourself right now, what would it say?

ROUND TWO

Honoring Truth or Honoring the Lies?

Now look at what you wrote in Round One. Source's Intended Truth is your inherent worth, love, joy, and capacity, the foundation of who you are before the world began layering its definitions on top of you. The lies are the false beliefs about yourself that you absorbed from family, culture, experience, and circumstance and have been honoring as true ever since.

With that distinction in mind, go back through your Round One answers.

For each thing you wrote about yourself in Round One, ask: did this come from alignment with my inherent worth, or did it come from something that was handed to me? Mark the ones that feel like yours. Circle the ones that feel inherited or imposed.

1. Which of your Round One answers came from Source's Intended Truth, from your genuine sense of your own worth and capacity? List them here.

2. Which came from the lies, from beliefs that were handed to you by someone else, absorbed from your environment, or reinforced by circumstances you didn't choose? List them here.

3. Look at the lies you listed. At some point, in a moment, a season, a relationship, a definition of yourself was decided. Not necessarily chosen, just decided, from circumstances or from what someone else projected onto you. You absorbed it and began honoring it as true. You don't need to revisit who was involved or assign blame. This is not about the source. This is about the definition that got decided. What was the definition? And can you see now that it was never Source's Intended Truth, it was a conclusion drawn from circumstances? Name the definition. That's all. Just the lie itself, separated from everything it arrived with.

4. Now here is the reframe: that definition was never yours. It was decided, by a moment, a person, a circumstance, before you had the awareness or the language to question it. You honored it as true because that's what we do with definitions that arrive early and arrive with weight. But honoring it was never the same as it being true. Source's Intended Truth, your inherent worth, your capacity, your right to flourish, was never touched by that definition. It was always there underneath it. What does it mean for you to recognize, right now, that the lie was a conclusion drawn from circumstances and not a reflection of who you actually are?

ROUND THREE

Who Are You, For Yourself?

Now answer the question again. This time without the inherited definitions. Without the lies. Without the external references. Strip it all the way back to what is actually yours.

This is your Source's Intended Truth. It may feel unfamiliar. It may feel too simple, or too large, or both at once. Write it anyway.

1. Who are you, for yourself, when the lies are removed and only Source's Intended Truth remains? Write it in the first person, present tense, as though it is already true. Because it is.

2. What is the difference between the person you described in Round One and the person you just described in Round Three? What changed when the lies were removed?

4. What would your daily life look and feel like if you lived from the answer you gave in Round Three, consistently, as your operating reality? What would be different in your relationships, your work, your choices, your sense of yourself?

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This is your living document. The answer you wrote in Round Three is not your final answer, it is your current readout. Return to this exercise after you finish each section of the book. Return to it again when you finish. Each time, your Round Three answer will go deeper, become clearer, and feel more like home. The work of this book is the work of making that answer the one you live from. Every day. Not perfectly, consistently.

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