

# *P A T H:*

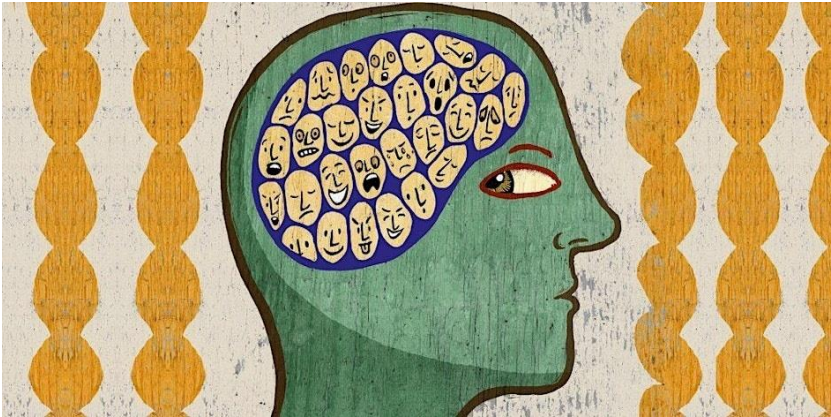
## *Programmed Approach To Happiness*



*A Handbook for Self-Leadership  
and Inner Transformation*

## Chapter 1

# UNDERSTANDING INNER PERSONALITY



*Self-talk, self-doubt, and self-judgment shape our relationship with ourselves. By recognizing and naming these distinct aspects of our minds, we can better understand, respect, and balance them.*

~ Internal Family Systems

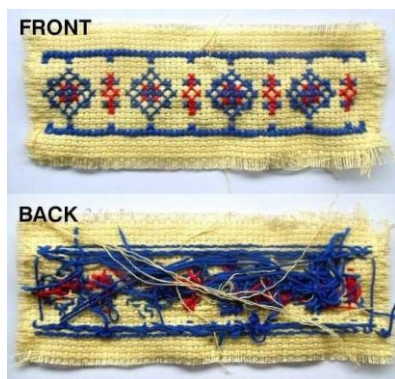
Have you ever stopped to think about what makes you who you are? Beyond the surface-level traits and behaviors that people see, there's a complex interplay of thoughts, emotions, and motivations that shape your personality. In psychology, researchers have long sought to unravel the mysteries of human personality, exploring the intricacies of the mind and how it influences our behavior.

One fascinating framework for understanding personality is the concept of subpersonalities. These are like different facets of your personality, each with its own distinct characteristics and tendencies. Picture it as a diverse cast of characters residing within your mind, each vying for attention and influence over your thoughts and actions.

In this chapter, we'll investigate the concept of subpersonalities, examining how they interact and shape your behavior. From the dominant persona that guides your everyday actions to the shadow-self lurking in the depths of your psyche, we'll uncover the complexities of your inner world, revealing the intricate threads that make you uniquely you.

Imagine your personality as a complex tapestry embroidered from different threads, each representing a unique aspect of who you are. These threads, or subpersonalities, form the intricate pattern of your thoughts, emotions, and behaviors.

At the front stands your dominant persona, the face you present to the world. This persona reflects your core values, beliefs, and aspirations, shaping how you interact with others and navigate the world around you. It's the persona that people recognize most



readily, the one that guides your actions in most situations.

Yet in back, beneath the surface lurks the shadow self and the super-ego subpersonalities, hidden in the depths of your psyche. The shadow self, in particular, represents the sub-parts of your personality that embody the aspects of yourself you may prefer to keep concealed — the fears, insecurities, and vulnerabilities you'd rather not acknowledge. It's the parts of you that whisper doubts in the silence of the night, casting shadows on your confidence and self-assurance, or insult and belittle you for all the mistakes you have ever made.

Meanwhile, the persona changes based on the setting and needs of the different roles you play in life: father/mother, husband/wife, worker, neighbor, friend, son/daughter, etc. All of these personas are being pressured by an inner judge and critic known as the super-ego. In response, the persona shifts and morphs to fit the contours of different social landscapes and every present demand being made by the super-ego. It's the chameleon within you, adept at adjusting its colors to blend seamlessly into various environments. The super-ego-driven persona enables you

to navigate the complexities of social interactions, but it also raises questions of authenticity and identity.

The dynamics between these subpersonalities are intricate and nuanced, often playing out like a silent symphony within your mind. At times, harmony reigns as your dominant persona leads the ensemble, orchestrating your thoughts, emotions, and actions in alignment with your deepest values. But discord can arise when the shadow self seeks to assert itself, casting shadows of doubt and conflict across your inner landscape. And when the adaptive persona takes center stage, the melody of your identity may falter, leaving you questioning where your true self resides. In reaction to this, the super-ego begins to harshly criticize you for not living up to its required standards.

The consequences of these inner battles are profound. Conflict and turmoil brew beneath the surface, threatening to unravel the fabric of your being. Inconsistencies in behavior emerge, leaving others puzzled by the shifting shades of your personality. And decision-making becomes fraught with uncertainty as conflicting subpersonalities vie for control, pulling you in different directions.

Yet, amidst the chaos, there is an opportunity for growth and self-discovery. By unraveling the threads of your personality tapestry, you can gain insight into the intricate workings of your psyche. Through introspection and reflection, you can untangle the knots of inner conflict and forge a path toward greater self-awareness and authenticity. For it is in embracing the complexity of your

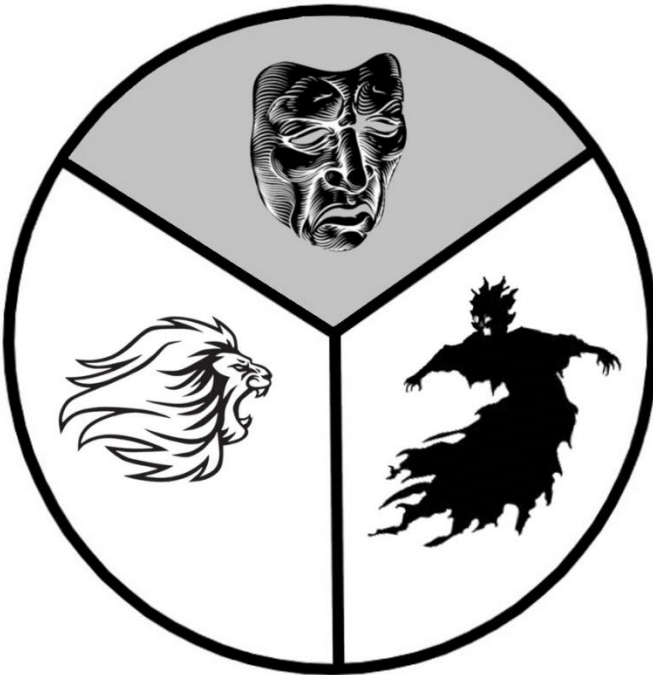
inner world that you truly begin to understand the richness of your human experience.

### 3-PARTS of PERSONALITY

1. **PERSONA** – (*social masks*) The persona is the mask we wear, in order to conform to society. We could describe it as the societal roles we “wear” in order to “fit in”, based on norms and ethics. An example is the definition of masculinity and femininity: what does it mean to be a man or a woman? Most cultures and subcultures propose certain criteria for this, and the persona is the product of us meeting these criteria to fit into society. The persona is nothing more than a superficial construct of how we wish to be perceived by our world.
2. **SUPER-EGO** – (*harsh critic*) The Super-ego is an internalized critical voice that can be harsh and punitive, leading to feelings of guilt, shame, and self-blame. It can develop from a variety of sources, including childhood experiences, cultural and societal norms, and trauma. The Super-ego represents an internalized moral and ethical standard that can become unrealistic, perfectionistic, or unattainable, leading to significant emotional distress and mental health issues such as depression, anxiety, perfectionism, or addiction.
3. **SHADOW** – (*childhood trauma*) The shadow lies in the unconscious and consists of undesirable characteristics that we have repressed and want to keep in the dark. This happens consciously as well as unconsciously. Jung stated that the less

the shadow is embodied in the individual's conscious life, the blacker and denser it becomes.

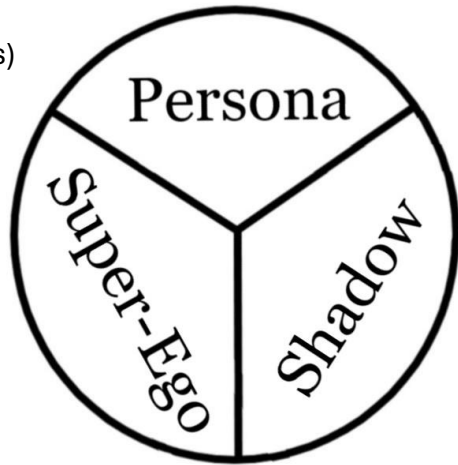
*"If the repressed tendencies, the shadow as I call them, were obviously evil, there would be no problem whatever. But the shadow is merely somewhat inferior, primitive, unadapted, and awkward; not wholly bad. It even contains childish or primitive qualities which would in a way vitalize and embellish human existence, but—convention forbids!" ~ Carl Gustav Jung, Psychology and Religion: West and East (1938), Psychology and Religion, p 134.*



Many people aren't even aware that they have a shadow. When parts of it inevitably come to the surface, they tend to brush this off as something outside themselves.

## Ego State of Functioning

- **Persona** - social personalities
- **Super-Ego** - critical inner voice
- **Shadow** - painful past  
(and primal desires)



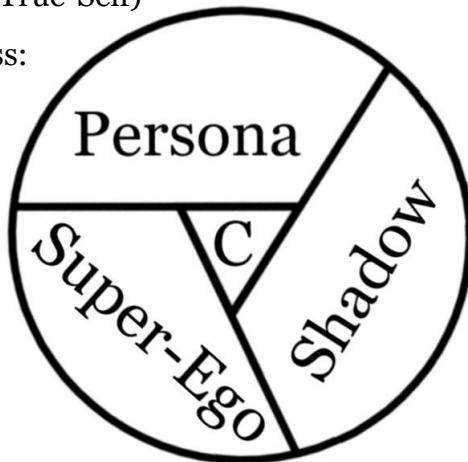
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## Emergence of Intellectual Humility

**C** = \***Consciousness** (True-Self)

**HOPE** of \*Consciousness:

Honest  
Open  
Peaceful  
Empathy



**\*Consciousness** [*Inner Leader and Self-Counselor*] It serves to mediate between the Persona, Super-Ego, and Shadow, fostering balance and reconciliation of internal conflicts.

## RECOGNIZING CONSCIOUSNESS IN YOURSELF

The Consciousness role in your personality is Self-Leadership, guiding and mediating conflicts that arise from the different parts of your personality.

**HOPE:** for recognizing your Consciousness/Psyche (Your Higher-Self, Consciousness of Spirit)

**H – Honest:** You will feel your inward thoughts as being honest and truthful; no deceptions or excuses being made about thoughts.

**O – Open:** You will experience a sense of openness when examining your traumatic memories or the feelings they evoke.

**P – Peaceful:** This may take longer to identify due to the current situations you are experiencing. In the beginning, it may be a passing moment when sitting quietly that you feel “okay”, not happy or sad, angry or love..., just “okay” with the world. As you process through your Shadow Work, this sense of Peace will be easier to recognize and know that it’s your true-authentic Self.

**E – Empathy:** This will be the hardest of them all for you to identify in yourself, especially if you do not normally feel empathy for others. This is not Sympathy, like feeling bad for another person; it is understanding another’s situation without experiencing it yourself. The best way to think about it is when you “feel the willingness to help” without being asked because “you know what they are going through”.

## PURPOSE FOR UNDERSTANDING PARTS

The approach used in PATH is Integrated Self-Realization which is based on a combination of Internal Family Systems (IFS) therapy and Carl Jung's Individuation process of analytical psychology.

Richard Schwartz's IFS uses the concept of the "internal family," which refers to the various sub-personalities or "parts" that make up a person's psyche. According to IFS theory, these parts are organized in a hierarchical system, with some parts serving as protectors or managers that help us navigate the world, and other parts serving as exiles or wounded inner children that carry emotional pain and trauma.

The goal of IFS therapy is to help individuals identify and get to



know these different parts of themselves and to facilitate communication between them to resolve internal conflicts through collaboration and promote healing. Utilizing self-leadership serving as a guide, helps you to access and work

with different parts in a compassionate and non-judgmental frame of mind.

In Jungian psychology, the shadow refers to the unconscious parts of our personality that we repress or deny because they do

not align with our conscious self-image or values. The shadow is a natural and necessary part of the personality, but it can also contain aspects that are considered negative, destructive, or "dark."

The dark aspect of the shadow refers to the parts of ourselves that we find unacceptable or shameful, such as our aggressive impulses, sexual desires, envy, greed, or other taboo emotions. These aspects can be seen as negative because they go against our conscious beliefs or societal norms, and we may feel ashamed or guilty for having them. It is the 'monster' we are capable of becoming, but bury these thoughts in the hope of preventing the creation of this beast from happening.

When we repress or deny these dark aspects of our shadow, they can manifest unconsciously in harmful ways, such as through projection, where we see our negative traits in others, or through destructive behaviors such as addiction, self-harm, or aggression towards others.

To understand the concept of the shadow, it is important to first grasp the idea of persona, or what I refer to as your mask. Persona, or mask, is the version of yourself (as discussed before) that you present to others when you want them to accept and like you. For example, if you go to a party and try to impress the people there, you might go along with their jokes and laugh even if you don't find them funny. Later, you might feel bitter and resentful about being "put down" at the party, leading to aggressive and vengeful thoughts.

The problem here is that you were too much in persona at the party, keeping your “social mask” on and sacrificing your true self to gain acceptance. Later, you refuse to acknowledge the existence of the parts of you that could have protected you from doing so. The bitterness and resentment you feel at home reveal the aggressive shadow part of you that you actually need. If you had successfully integrated that part of yourself into your personality, you would have presented a more assertive and determined face and stance, which would have prevented people from putting you down in the first place.

However, you may have adopted a moral code that emphasizes being likable, avoiding conflict, and never hurting anyone's feelings. This causes you to present yourself as a punching bag, which doesn't lead to the integration of the shadow. Ultimately, being a good person doesn't mean sacrificing yourself or denying parts of yourself. It means integrating all aspects of yourself, including the shadow, into a cohesive whole (united self).

The pathway to completion as a human being is through the embodiment of the monster, the realization of the shadow. Jung did not believe that you could be a good person until you comprehend your capacity for evil. He does not intend for you to act it out in the world, but to understand that it is possible. Then, not only to understand it is possible but then bring it under your control. In essence, you need to become a “Civilized Monster.” The morality comes when you are a monster, and you can control it, and that is the union encounter with the shadow.

## PATH TO HAPPINESS

Achieving happiness through PATH typically involves a process of self-exploration and growth. Here are four key steps in the process:

1. **Self-awareness:** Developing a deep understanding of yourself is a crucial first step towards integrated self-realization. This may involve exploring one's personality traits, values, beliefs, emotions, and life experiences. Self-awareness is achieved through various practices such as journaling, meditation, therapy, or self-reflection.
2. **Self-acceptance:** Accepting yourself (flaws and all) is a critical step towards integrated self-realization. This involves embracing all aspects of yourself, including the shadow self, and acknowledging that every experience and trait has contributed to your unique identity. Self-acceptance will be accomplished through practices such as self-compassion, forgiveness, and reframing negative self-talk.
3. **Integration:** Integrating all aspects of yourself, including the unconscious and shadow aspects, is a crucial step towards achieving wholeness and completeness. This may involve working through past traumas, healing emotional wounds, and developing new ways of relating to yourself and others. Integration can be supported through

practices such as therapy, Shadow Work, and spiritual practices.

4. **Authentic living:** Living in alignment with your true self is a key aspect of integrated self-realization. This involves expressing your unique talents, values, and life purpose in all aspects of life, including work, relationships, and personal pursuits. Authentic living can be fostered through practices such as goal setting, mindfulness, and creative expression.

The process of achieving integrated self-realization is unique to each individual and may involve a combination of these and other steps. It is an ongoing process that requires commitment, self-compassion, and a willingness to embrace change and growth.



*“You are blind to your own weaknesses, but you are also blind to your own strengths” ~ Jordan Peterson*

