

The Personas We Play

A worksheet for recognizing the roles we slip into — and why

We all slip into certain **personas** — temporary roles or identities we've learned over time. They aren't who we truly are inside, but they shape how we react, cope, protect ourselves, relate to others, or avoid discomfort. This worksheet is about identifying the personas that show up most often in your life and what they may be trying to tell you.

Your Instructions:

Read through the list below. Next to each persona, write one or more of these codes — or leave it blank if it doesn't apply:

O — This persona reminds me of someone **else** in my life (*parent, partner, friend, coworker, etc.*)

P — I showed this persona in the **past**, but not so much today

T — I still struggle with this persona **today**

The Personas List

____ The Passive Passenger

—

____ The Pleaser

—

____ The Lone Wolf

—

____ The Tough One

—

____ The Escape Artist

—

____ The Overthinker

—

____ The Perfectionist

—

____ The Controller

—

_____ **The Underachiever**

_____ **The Helper**

_____ **The Rebel**

_____ **The Dreamer**

_____ **The Chameleon**

_____ **The Joker**

_____ **The Critic**

_____ **The Minimizer**

_____ **The Victim of Circumstance**

_____ **The Narrator**

_____ **The Glazer**

_____ **The Historian**

_____ **Create Your Own:** _____

Reflection Questions

Choose the **one persona** you relate to the most — or the one that causes you the most trouble.

My persona: _____

1. What is this persona trying to protect you from?

Examples: rejection, vulnerability, responsibility, failure, judgment

2. When does this persona show up the most?

With family? At work? When stressed? During conflict? When things are going well?

3. What does this persona “cost” you?

Think about: time, opportunities, confidence, relationships, peace of mind

4. What would your life look like if this persona stepped back a little?

What becomes possible? What opens up?

5. What is the healthier alternative to this persona?

Example: The Passive Passenger → learning to be more assertive and speak up

6. What is one small, realistic change you can make moving forward?

“The personas we carry are not our true selves. They are protective roles we learned along the way. Real change begins when we notice them — and choose healthier ways of showing up.”

Part 2: The Healthy Personas

Growth-focused roles worth building toward

Below is a list of healthy personas — ways of showing up that lead to better outcomes. Put a **checkmark** next to any you feel you're already building, and a **star** next to any you'd like to work on.

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|--------------------------|---|
| ☐ | The Grounded Self — Responds instead of reacts; stays present without panicking. |
| ☐ | The Boundary-Setter — Says no when needed; protects time, energy, and emotional space. |
| ☐ | The Realist Dreamer — Has goals in mind <i>and</i> takes steady action toward them. |
| ☐ | The Connected One — Reaches out for support; lets people in; builds and maintains healthy relationships. |
| ☐ | The Observer — Notices thoughts and feelings without getting pulled into or controlled by them. |
| ☐ | The Self-Advocate — Speaks up, asks for help, and stands up for their own needs. |
| ☐ | The Compassionate Self — Treats mistakes with patience; learns instead of shaming themselves. |
| ☐ | The Accountable Self — Shows up, follows through, and takes ownership of choices — even bad ones. |
| ☐ | The Steady Builder — Uses small routines and productive habits consistently to create long-term growth. |
| ☐ | The Authentic Self — Shows up as who they truly are — not as a role, mask, or performance. |

Discussion Questions

- Which healthy persona(s) are you already making progress with today?

- Which healthy persona(s) stand out as something you want to work on more going forward?

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- What are a few small actions that could help you grow in these areas?
