

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** — Avoids decisions and responsibility; lets life “happen” instead of steering it.
—

_____ **The Pleaser** — Puts others first to avoid conflict; says “yes” even when overwhelmed.
—

_____ **The Lone Wolf** — Pulls away from others when stressed; relies only on themselves.
—

_____ **The Tough One** — Stays guarded; hides vulnerability; avoids asking for help.
—

_____ **The Escape Artist** — Distracts, numbs, or runs away when emotions get too big.
—

_____ **The Overthinker** — Analyzes everything; hesitates to act; fears making the wrong choice.
—

_____ **The Perfectionist** — Feels things need to be done “right” — or not at all.
—

_____ **The Controller** — Tries to manage people or situations to reduce anxiety or uncertainty.
—

- _____ **The Underachiever** — Holds back potential; fears failure — and sometimes
— success.
 - _____ **The Helper** — Tries to fix others to avoid looking at their own needs or pain.
—
 - _____ **The Rebel** — Rejects expectations, rules, or structure, even when it might help.
—
 - _____ **The Dreamer** — Has big ideas but avoids real-world steps; lives in “someday.”
—
 - _____ **The Chameleon** — Changes personality or opinions to fit in with whoever is
— around.
 - _____ **The Joker** — Uses humor or sarcasm to avoid being serious or vulnerable.
—
 - _____ **The Critic** — Points out flaws in everything to stay in control.
—
 - _____ **The Minimizer** — Downplays problems, feelings, or consequences to avoid
— facing them.
 - _____ **The Victim of Circumstance** — Feels life is happening *to* them; avoids choices
— by blaming the situation.
 - _____ **The Narrator** — Explains instead of feeling; talks *about* emotions rather than
— experiencing them.
 - _____ **The Glazer** — Acts differently depending on who they want to impress.
—
 - _____ **The Historian** — Lives in past failures or old identities; struggles to see current
— progress.
 - _____ **Create Your Own** — *Can you think of a role or identity not listed here?*
— _____
-

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.

- | | |
|--------------------------|---|
| ☐ | 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?

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