**Size: small group, Duration: 30-45 min**

**TITLE: HONEY CAKE**

**AIMS**:

* To recognize our own desires
* To develop self-observing techniques
* To recognize different parts of our own personality

**DESCRIPTION**:

This exercise is intended for recognizing different parts of our personality and the intensity of meeting our needs.

The games played by ‘’subpersonalities’’ within ourselves can often be destructive, especially if we are not aware of them or if we let their conflicts to make us feel hopeless. One of the goals of self-observation is to become aware of this inner process.

Through this exercise, the students/users meet different parts of themselves; in implementing the exercise, the group and its dynamics has a constructive, interpersonal-interactive impact.

Step 1: Make a list of your wishes (at least 20). Write fast and note down everything that comes to your mind from material to non-material things. In any case, note down everything that you enjoy in at the moment and would like to enjoy it also in the future.

Step 2: Now, think about your emotions while reading the list. Does one of your ‘’subpersonalities’’ suggest that you do not deserve some of the wishes to come true or that you could have wished for more?

Step 3: Once you have written at least 20 wishes (or when you have a feeling you have nothing to add), read the entire list and chose 5 or 6 most important ones.

Step 4: Now draw a circle with 35 to 55 cm in diameter onto a large piece of paper. Put in 5 to 6 ‘’subpersonalities’’ in the form of your wishes. In the very centre draw a small circle that represents you (your inner self).

Step 5: Using wax crayons draw a symbol to each one of your wishes in the circle. Draw and colour the symbols that come to your mind fast.

Step 6: Once your drawing is done, give names to each one of your “subpersonalities’’ (e.g. Healer, TakesCareofEverything, Mary WantsToBeUnderTheSpotlight, Adventurer etc.). It is essential to come up with your own group of names that mean something to you.

Step 7: Now colour your inner self with a colour of your choice.

Step 8: A guided debate and conversation within a group: What does my inner map look like at the moment? What symbols and what colours make up the map? Have I learned something new about myself?

**MATERIAL:**

* Paper, pencils of different colours, wax crayons, crayons

**PREPARATION:**

The trainer/teacher explains the meaning of ‘’subpersonalities’’ and gives examples of some names. However, he/she encourages the participants to come up with their own/original names.

Examples of ‘’subpersonalities’’: parent/teacher (Berne), winner/looser, Poor me, WhatWillPeopleSay, Clown, Teaser, Mr. Success, Mr. Rich, Pinocchio and alike.

**COMMENTARY:**

The trainer/teacher should be careful with exposing the individuals within a group; each one of the participants should feel safe within a group. Only those should be invited to participate in the debate, who want to do so and only to the extent that still gives them the feeling of safety. Please, take into consideration and respect the “Joker’’ that every person has the right to and might use it in case he/she does not want to participate in the debate.

Hence, prior to the exercise, the trainer/teacher hands out the so called “Jokers’’.

The exercise is appropriate for all age groups of users/students and can be implemented either individually or in a small group.

**EVIDENCE:** Evidence Based

**AUTHOR:** Sonja Bercko

**SOURCE**: Psychosocial Rehabilitation Workbook (Psychosocial Rehabilitation – workshops)

<http://www.theberne.com/main.htm> The Berne Institute

Parfitt, W. (1990). The Elements of Psychosynthesis. Glastonbury: Element. <http://www.willparfitt.com/>