

## **The Starring Role Profile**

1. What was I most praised for when I was growing up?
2. What would I want to be remembered for at the end of my life?
3. What obstacles have I had to overcome?
4. Who have been my adversaries? Who were people who were challenging to me? Why?
5. What is my greatest character strength?
6. What would I not want others to know about me? Why?
7. Who in the past was wrong about me? Who would I like to recognize me as valuable now?
8. What is one thing I wouldn't want people to think about me?
9. For what was I shamed, scolded, or discounted as a child and teen-ager?

### **Starring Role & Theme**

1. What patterns do I seem to repeat?
2. What character in a movie or book do I identify with?
3. What is my "theme" song?
4. In answering the questions, what theme seems to emerge for my life role?
5. What image do I hold of myself?
6. What roles do I expect from others in my drama? (Admiration, sympathy, support, allegiance, love, etc.)

### **Benefits and Costs of My Role & Theme**

On the other side of this sheet list the benefits and the costs to myself and others when I play this role. In other words, what do you get out of this role and what do you lose?