

Self-Assured! Gestalt Wholeness

Using the identity prompts, describe 10 aspects of your identity and list them along the Gestalt Star. Consider how each aspect of your identity relates to the other aspects. Consider what occurs in the space between your different aspects. Consider how the outside world influences the aspects of your identity. Consider what you allow to flow from the inside space to the outside and from the outside to the inside. Consider just how complex you are and how your many parts make you special.

