



Episode Transcript – 021 – Letting Go of Aspects of Self Part 2

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

Hi, it's Jenn Shallvey and I'm back again to talk about letting go of aspects of self. I've already done an introductory podcast on this, and we talked about how there are different streams of development and how you'll be on one path externally and one path internally, and how that can be perceived differently from yourself as well as others. Because what people see on the outside is very different from what they see on the inside. Today I wanted to talk about what I mean by aspects of self. I wanted to go into more depth about that, and this is not from a pure psychological theory perspective or anything like that. This is coming from my perspective, integrating, learning over many, many, many years through whether it's study or my own personal development and so forth. So again, park that aside and remember that I'm sharing with you my insight to help you.

So aspect of self. The idea that you are an individual, a unique person is core to being able to then see what are the aspects of who you are. In a generic sense we can look at any person and apply a theory and make a judgement based on that. We can say, well, because you are of this demographic, you are there for this. And there will be a study that will probably support that. And then we begin to walk around with that theory. The problem with that for me is that you get a defining aspect of yourself because someone tells you that it should be there because they've researched it and found it somewhere else. And yes, that makes sense. Doesn't it. You look at correlation, look at trends. We look at all the, I would call it self evident, common sense out there.

I don't want to go down that path. I don't want to say, well, this is what everybody else goes through so therefore it must be, you know, we're not going there with aspects of self. I want to talk about you being a unique person. I want to talk about your own individual makeup and how you figure that out within you, because only, you know what that means. And we're going to obviously talk about in and out of self. So the part of you on the inside part of the outside. There's an aspect of you that will form as you travel through life.

So what might they be? Well, let's just brainstorm before I even say anything. If I asked you what you think an aspect of yourself is, what would you say? What would come up if you were starting to come up with a definition of that for you? And that's important, isn't it? So let's say you've got a few ideas. Let's work with this more. Do you have one aspect, two aspects, three?? Is there a limit, do you even have a limit of how many aspects of you are there? Once you have an aspect of self, does it ever go away? Are they there from the minute you're born or are they going to be accumulated over



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your lifetime? Can you see where this is going? It's like, it's very fluid. It's not so easy to say, this is who I am and define it in an objective clear way. Is it? And that's why I wanted to go through this because first you have to understand what they might be in you.

So let's pick your definition of aspect of self. What do you feel drawn to looking at within you? That will be different parts of who you are that you can see. And how do you define that? Let's pick an example. Let's say one of the aspects of me is my travelling self. Or maybe there's another aspect of me that I'm going to call my learning self. And there are parts of me that clamour and rise up sometimes for attention. They're parts of me that lead discussion around ideas or things that I'm interested in. They are parts of me that take a front seat in my life sometimes and other times don't. So they're just two examples, right? The travelling part of me, the learning part of me. And just naming them, gives me a chance to segment them, to begin, to isolate them from each other or from within other parts of me and say, let me just devote some attention to that part of myself.

And then, because we've done that segmenting, we can give it the attention it does deserve, and also not be distracted or overwhelmed by all the other aspects of our self. As opposed to, if we step back and say, wow, what are all the parts of me? And then we have all these things to deal with.

So we just pick one, let's just say, it's the travelling self. And in that travelling self, now I can say, well, what does the travelling self look like now? How did my travelling self show up in my life now? What does it want? What does it need? How would I describe it? If I were to have a conversation, what would it say? You can see, you can begin to give it kind of an identity almost. And then let's say I've looked at that part of me. And I've got a really clear idea of what it's like.

So my travelling self right now isn't going very many places, probably a lot of people in the world in that space right now, because we can't go over many places. But the travelling part of me that would hop on a bus or a plane or a train and just want to go somewhere. Isn't as loud as it used to be because other in my life are wanting attention. And it has nothing to do with whether or not I can actually get on a plane right now. There's an inner drive within me that maybe 30 years ago was on a scale of zero to 10 was a 10. I planned my holidays and my vacations a year in advance. I knew where I was going. I was always ready to travel to my next travelling destination. Maybe that's because I just had that travel bug in me. I don't know. But there was a part of me in my life that said, I've got a free weekend. Let's go skiing. Off we would go skiing. There was always something in me that made me want to go somewhere and explore and see places. And then I compare that to now. And it's very different. Very different.

Is one better or worse is one right or wrong? No, that's, what's so cool about it. The aspect of self that I would call my travelling self is different today than it was back then. And they suit me where I'm at in my life right now. And for all I know my travelling self might come back again in a different way. In fact, don't tell my family this yet. You might be the first to know, but I wrote in my intentions the other day of what I'd like in my next stage of life, and I wrote down camper van, or I wrote down big camper van one that I could enjoy living in and travel around the country. And so maybe that's out there now as an intention formally who knows. But my travelling self is beginning to maybe express itself again, who knows?

When we talk about self though, there are multiple areas like this. I've picked a safe one and I feel it's not too difficult to go through ones that are safe. So maybe start with that when you're starting



Episode Transcript – 021 – Letting Go of Aspects of Self Part 2

to identify the aspects of yourself, according to the way you want to see who you are and how you're made up. I'm not imposing somebody else's definition. In fact, I'm not even going to give you a list. The last thing I want to do is tell you, here are the 10 aspects of self that you need to analyse, or here are the top five aspects of self that will help you navigate your life. Now that's not me. What I'd love to do though, is say what comes up for you right now when you even asked yourself the question? Because based on that, you'll figure out what's most important for you. I can't tell you that it's your life, it's your view of the world for therefore you need to identify what that is for you.

So if you have all this information, how is this going to be relevant in this series of letting go that I've been talking about? Well, we hold on to some of these things a bit don't we? So we might actually give ourselves a bit of grief over it. So for example, let's say you're travelling self used to go away every year. And you had these destinations planned and your passport was stamped all over the place and you had tickets going everywhere. And maybe right now you think, Oh, shouldn't I be doing that? Or why am I not doing that? Or I miss that. Or someone else might come up to you and start to say, Oh, you don't travel. Like you used to travel to or travel. What are you doing about that? It's an expectation that no longer is relevant that you may adopt from somebody else or yourself. You might create it yourself. There's no, as I said earlier, right or wrong here. And the secret here is to accept that, to say, well, now that I've identified that what's working for me right now in that aspect of myself. So what's right for me in my travelling self, as an example, and what isn't relevant anymore, what do I need to let go of?

So maybe you need to go back and look at some old travel photos and say, gosh, that was really fun. We celebrate that trip and what a wonderful thing that, that was in my life. And yes, my body was very different. I was able to hike that mountain back then and not do it now, but I could do it back then. It was really good. Or I did that bike trip, or I did this. You can celebrate it. You can see it as a part of your life that you can celebrate and acknowledge. And then take from that what you got out of that, what you learned from it, what you gained from that. How did that travelling self aspect of you give you a gift of your life? What did it show you?

So can you see how it's an iterative process and exploration of within of how you are now, how you were, and what's relevant to keep going with now and what you don't need to hold on to anymore. And it's all around how you see yourself.

So I'll give you an example. Um, I used to windsurf a lot back in the, was this late eighties, early nineties, and somewhere back then. And I've written about this so if you want to go to my website search on my website for windsurfer you'll probably find the post about it. But the idea that I had in my sense of self from a very early age was I'm a windsurfer. Only I didn't have a board yet. And I remember going off to university and the very, very, very first thing I did was saved up some money and bought myself a windsurfer and took classes and learned how to wind surf. It was such an achievement for me was such a dream of mine. And I was so happy and I kept doing that. I never got super, super good, but I got good enough to be able to go out and come back and not get lost. I found it a exhilarating rewarding sport for me so much so that when I was working full time, I took the board on the car with me, where I went and then would go after work.

Then I changed life. I moved, I went somewhere else. I didn't win surf anymore, but I still defined myself as this wind surfing girl. And I didn't know how to let go of that. I was very attached to the



Episode Transcript – 021 – Letting Go of Aspects of Self Part 2

definition of it, the identity of it and all that. And I realised how it came up in me was through the gear I had. I'd collected all this gear over the years and I carry it with me. It was like a weight on my shoulder because I thought, oh, aren't I meant to be this wind surfing person? But I'm not, I don't do it anymore. And I talked like I did and I carried it around with me like I did.

And then there was this realisation, well, that's actually a part of my life I don't do anymore. And it's a part of my life that I didn't want, or have a strong enough desire anymore to do. So this aspect of myself that I saw in me of the windsurfing girl wasn't there anymore. It was an older part of me. It was one I had to let go. It was an identity within me that no longer was relevant. It was past. But it was very emotional and very challenging for me to let go, because I'd worked so much to get to that place and then realised that it did, it had dropped down the scale of priorities. I call it that.

Isn't that interesting, it's just one little thing. And I'm sure you have that in your life where you say, Oh, I used to be this person and I used to do this and the story keeps going and you're like, but I'm actually not that person anymore. That's what I'm talking about. When I'm thinking of aspects of self, is that you're living through parts of you that aren't relevant anymore, that aren't serving you. They informed you and helped you be who you are now, but that's not who you are now.

So with this episode, this time that I'm taking with you right now to think about this, I want you to step back and go look at your own life and just very objectively go, well, what are some aspects of myself and what are the top that come up for you? And then as you go through that begin to define them more, clarify what they mean for you and give them some, I guess, boundaries. And you might even have a piece of paper in front of you where each aspect of self is like a bubble and maybe some of them cross over like a Venn diagram. And you begin to have this emerging sense of yourself. And what I'd love to do if I had you with me is have us, then look at those aspects of self, maybe colour them, or shade them in different colours based on how relevant they are today versus how they were in the past. So if I had wind surfing self on my diagram and I had to pick a colour and shade it, let's say it was fully bright twenty-five years ago, and now it's not, that would be an example, really simple, easy example. My travelling self might be shaded halfway because I'm still a travelling person, but maybe not the same as I used to be.

Anyway, enough details, ideas, thoughts. I just wanted to give you something to play with to get you thinking. And I'll be back again with another episode to take us further into letting go of aspects of self. Enjoy.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."