



Professional Certified Coach

Authentic Self vs. Persona Distinctions

Your self-concept moves up and down a continuum anchored on one end by your Authentic Self (who you were created to be) and the other end by Persona (who you and the world have told you to be). How you experience your life is directly related to the experience and expression of your self concept.

Authentic Self: Your Authentic Self is the part of you that “comes from” the highest place, and holds the best intentions for you and for others. Simply put, it is the part of you that “comes from” the energy of love and goodness in your thoughts, feelings, and behaviors. The energy of your Authentic Self is flowing, easy, and effortless.

Persona: Your personas are the masks that you wear to gain love, approval, and recognition. They “come from” the energy of fear and are designed to protect you, support you in coping with life’s difficult situations, and shield you from other people and how they might judge or treat you. The energy of Persona is hard, striving and effortful.

The following are character distinctions between Authentic Self and Persona.

AUTHENTIC SELF Transforms: Opens up possibilities and potentialities	PERSONA Protects/Copes: Limits possibilities and potentialities
<i>Guided by:</i>	<i>Guided By:</i>
Love and goodness	Fear
Authenticity	Image
Purpose	Safety/Security
Openness	Control – defensiveness, blaming, and justifying
Trust	Skepticism and suspicion
Creativity	Rigidity and narrow mindedness
Compassion	Self-Interest
Courage	Avoidance
Inclusion	Exclusion
Creating Value and Contribution	Winning at all costs
Balance/Centeredness	Distraction
Fluidity/Adaptability	Resistance to Change
Peaceful Presence	Uneasy Presence
Being > Supporting > Doing	Doing > Supporting > More Doing
Wanting to join and be connected with others	Wanting to be separate from others
Ease, Flow, and Genius	Stress, Striving, and Stagnation
Making decisions that create peace and harmony	Making decisions that create problems
Caring about and seeking the most loving approach for self and others	Caring primarily about self and own self interest
Perceiving high intentions from others	Perceiving attack from others
Knowing “I am fundamentally o.k.”	Believing “I’d be o.k. if only....”

For more information on the Authentic Self and Persona, see my article entitled “*The Journey Home... Living From Your Authentic Self vs. Persona*” (www.chrislucerne.com resource page).