

Feedback on 'Who are you?'

Ali: Well, I agree with what you said at the beginning. I definitely answered with what I think the standard answer most of us think about is defining ourselves by our profession or where we're from. But it really triggered me to... I think it actually put me in panic mode a little bit, because I felt like I had to answer straight away, because how could I not know who I am?

But yeah, it made me think a lot about what I like, dislike, what makes me who I am, what do I enjoy, what do I want people to know about me, and maybe that I don't know who I am totally yet, because I maybe when we were... I'm different today than I was yesterday. And I'm probably different tomorrow than I am today, so it's a good question to keep asking.

Jennifer Rosen: Yeah, absolutely. And how did you feel? What was comfortable? What was challenging, some you alluded to, but kind of digging deeper into that?

Ali: It was challenging to figure out how to answer a question such as that beyond the norm, so without sounding almost egotistical about me, because at one point, I was thinking maybe I want to big myself up a bit more. But then, is that also me trying to figure out who I am, whether that's the side of me that I gravitate towards? The thinker.

Jennifer: Absolutely. And that's the intention of the exercise is that we take this breath and we pause when we go, can you create some summary around myself and give all of these identifiers to be able to summarize who I am as a person? And as part of the exercise, after you have the person who is speaking give feedback about the experience, then the listener, who is just supposed to be an active listener, gives feedback as well. So I'm going to do that right now.

For me, it was challenging to keep prompting the same question, because it immediately gives this intention that I want to dig somewhere deep and I want to get this kind of baseline response. And I think one of the things with this exercise is to keep mindful and open to the fact that whatever the person responds is their truth.

So if someone keeps saying I am a PR and marketing consultant, then that's their truth and you don't need to strip that away. You just need to be open and responsive yourself. Because I found that challenging, to kind of keep probing and prompting and going for it. And obviously, there's an aspect of that intention, of manipulating the way you phrase the question to be able to prompt a deeper response.

But hopefully through the experience, you realize that it's quite a compelling question to ask, because it offers that self-reflection. And part of the intention and the goal is to strip away some of these identities and reconnect with what our deeper sense of truth is, in terms of who we are. And part of that could be I'm confused. And that's a good thing, because it means that you just turned a state of exploration.

Or you could find what you think is your truest, most fundamental identity. And for some people, that may be being a daughter. That is the deepest identity they connect with. Or being creative, that's the deepest identity they connect with. So go forth and try this exercise with other people. See how they feel. Get their feedback, and enjoy it.

Ali: I will.

Jennifer: Thank you. **Ali:** Thank you.