



# boy Scotty

## Role Play: Meeting Your Alter Ego

Remember when you were a kid and you grabbed a dress shirt, tied the arms around your neck and became a superhero? Remember how good it felt to forget about your everyday life and transport yourself into a world where you had super strength and flew through the air like a jet plane?

Pretending and other kinds of imaginative play are believed by some to be critical to healthy childhood development. The world of make-believe speaks to a child in ways that an adult cannot, but who says all the fun is only for kids? As kinksters, we have elevated fun to new extremes. Imagine the possibilities if we added the element of pretending to our play?

Playing make-believe and dress-up allows one access to worlds and experiences that have never been available previously. Pieces of self esteem that have never surfaced suddenly appear when one takes on a new way of being. New perspectives emerge and one experiences a sense of unlimited possibility.

boy Scotty has developed a way to discover and transform into an alter-ego and will guide volunteer participants through this process. Join him and find out who is inside of you waiting to emerge!

## Introduction to the Technique

### Your Essence vs. Your Ego

- Your **ego** tells you who you are based on the circumstances you have lived through. This is actually who you "think" you are, and this limits us in our thoughts and actions.

- Your **essence** is who you are authentically. It is the place from which you naturally respond to things in the moment. It is who you "really" are.

- We have every emotion, thought, feeling and action available to us in every moment. This is the place from which we want to play when we transform into an alter ego.

### Transformation Exercise

- Start with an activity that sparks your creativity, like coloring or doodling. The goal is a sense that anything is possible.

- Ask yourself "Who do I want to become?"


- Name three qualities of this person - two that are close in feel and one that is opposing.

- **Walking Exercise** - start with the 1st quality you chose and walk around in a circle saying "\_\_\_\_\_ is..." Allow each descriptor to enter into your body and affect how you walk, hold your body, talk, etc. Layer the 2nd similar quality on top and see what happens. Finally, layer on the 3rd opposing quality and see what happens.

### Let's Meet a Few Alters in the Room - call for Volunteers

### Final Thoughts

## Contact & Follow Me

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