

Known to self

Not known to self

Known to others

Friendly Organised
Caring Trustworthy
Thoughtful Hardworking
Open
Inclusive Energetic

Outgoing
Trusting Strategic Busy
Calm Capable Clever
Blind Spot
Opinionated Focused

The Johari Window

psychsafety.com

Not known to others

Focused Fun Adaptable
Hidden
Awkward

Unknown

The Unknown Self

Jessica J Manson



The Unknown Self:

The Unknown Self Georg Groddeck, 1929 **The Unknown Self** George Frankl, 1990 Introduces the complex processes which occur in the psyche from the first days of a person's life and shows how a range of mental and somatic disorders originate The findings are based on a method of hypnoid analysis which facilitates recall of infant experiences and emotions with their physical responses **The Unknown Self** Georg Groddeck, 1950 *The Unknown Self* Georg Groddeck, 1937

The Unknown Self. (Authorised Translation by V.M.E. Collins.). Georg Walther GRODDECK, Virginia Mary Elizabeth COLLINS, 1951 **Depending on Strangers** David P Levine, 2021-03-01 We live in a world where our livelihood depends on our ability to relate to strangers The central quality that defines strangers is that they are unknown Because strangers are unknown they represent in the world outside the unknown self within The unknown self is the core of the personality considered as a potential to become something yet to be determined To be already known is to be determined prior to and independently of our presence in our lives At the outset of the process of taking form the individual is in a sense a stranger to self and to others The more this is the case the greater the openness of the process of self formation and the more marked the role of freedom from predetermination in that process Freedom from predetermination exists along three dimensions the free movement of thoughts and ideas or inner freedom the freedom to relate which is also the freedom not to relate and freedom in relating which is the possibility of maintaining secure self boundaries in relations with others In exploring freedom understood in this way Professor Levine considers such topics as the nature of inner freedom and its relationship to deliberation and choice stranger anxiety and its connection to group dynamics and social connection the internal factors that enable us to make the decisions that shape our lives and through our actions realize the ends embedded in our decisions how our memories shape our thought processes and therefore the choices we make and the lives we lead that result from them what makes it possible for us to live comfortably with and depend on people we do not know concern for the welfare of strangers and how our welfare can be secure in a world where we do not care about others and they do not care about us

Exploring the unknown-self Natacha Dimovska, 2000 *The Unknown Reality, Vol 2* Jane Roberts, 2011-07-08 From the Bestselling Author of Seth Speaks In this second volume of The Unknown Reality Seth radically expands our conceptions of self by showing us that the human personality is literally infinite in its scope and potential He discloses precisely how probable realities combine to create our waking lives and how our higher selves make decisions regarding our everyday existence In a far reaching exploration of the dynamics of desire and free will he asserts that each atom molecule and cell has its own consciousness and powers of choice With humor and simple analogies Seth leads us beyond our ordinary level of awareness into a spectacular discovery of the multidimensional nature of the self including Consciousness units as the basis of our universe The relevance of extrasensory perception in understanding our world The worlds we visit in dreams and out of body states Dreaming as a science to create present and future realities Families of consciousness we choose to belong to

Practical methods for exploring your own unknown reality There is an unknown reality I am part of it and so are you Each individual is a part of the unknown reality To explore the unknown reality you must venture within your own psyche travel inward through invisible roads as you journey outward on physical ones I hope that in this book the reader can see the greater dimensions that touch ordinary living and sense the psyche s greater magic Jane Roberts Speaking for Seth

Messages Matthew McKay,Martha Davis,Patrick Fanning,2018-08-01 Many people assume that good communicators possess an intrinsic talent for speaking and listening to others a gift that can t be learned or improved The reality is that communication skills are developed with deliberate effort and practice and learning to understand others and communicate your ideas more clearly will improve every facet of your life Messages has already helped thousands of people build communication skills and cultivate better relationships with friends family members coworkers and partners With this fully revised and updated fourth edition you ll discover new skills to help you communicate your ideas more effectively and become a better listener Learn how to Read body language Develop skills for couples communication Negotiate and resolve conflicts Communicate with family members Handle group interactions Talk to children Master public speaking Prepare for job interviews This new edition features a much needed chapter on digital communication Effective communication can easily be compromised when you re not able to read your conversation partner s body language facial expression or vocal tone This chapter teaches you how to express yourself well via phone email texting and video all the skills you need to thrive in the digital age *The Unknown Reality, Volume One* Jane Roberts,2011-07-08 From the Bestselling Author of Seth Speaks and The Nature of Personal Reality In this mind stretching journey into the very frontiers of consciousness Seth reveals the multidimensional nature of the human soul In Seth Speaks Seth introduced the concept of probable realities in which our idle daydreams and unfulfilled impulses do take place in which all possible choices are fully experienced by other portions of the self Now in this first volume of The Unknown Reality Seth explains the dazzling labyrinths of unseen probabilities involved in any decision and how our awareness of these can enrich the waking life we know In a fascinating exploration of the cosmic web of our existence Seth reveals The purpose of dreams and how they are often fulfilled unconsciously Misconceptions about death and the afterlife How different probable realities intersect and influence one another The relationship between physical health and inner reality A series of exercises to help you discover the unknown portions of your greater identity The self is multidimensional when it is physically alive It is a triumph of spiritual and psychological identity ever choosing from a myriad of probable realities its own clear unassailable focus When you don t realize this then you project upon life after death all of the old misconceptions The fact is that in life you poise delicately and yet perfectly between realities and after death you do the same Jane Roberts Speaking for Seth **The Most Important Thing** Adyashanti,2019-01-01 From esteemed teacher Adyashanti a collection of writings on the search for the ultimate reality beneath the narrative of our lives Our inner lives are every bit as astonishing baffling and mysterious as the infinite vastness of the cosmos Adyashanti We all define our

lives through the lens of stories Whether we see ourselves as heroes or victims good people or bad everyone lives according to interwoven strands of narrative And yet teaches Adyashanti the truth is bigger than any concept or story Drawn from intimate deep dive talks The Most Important Thing presents writings devoted to the search for the ultimate reality of a self that exists beyond the bounds of storytelling Here you will find vivid anecdotes and teaching stories that illuminate the felt experience of Adyashanti s teachings those moments of grace in which every stone tree ray of light and fraught silence reveal that none of us is alone and no one is ever truly isolated from the whole of existence These selections consider Exploration of the true meaning of birth life and death Why grace can arrive both through struggle and as an unexpected gift Meditation as the art of listening with one s entire being Why a good question can be far more powerful than a concrete answer How the things you choose to serve shape your life Discovering the wisdom found in surprise sadness and uncertainty Embodying your innate and inextricable connection with the total environment The nature of ego and the ways it manifests The moments of grace upon which all great religions pivot What is the story of your life Is it happy or adventurous Sad or lonely In The Most Important Thing Adyashanti shows you how to look past your personal narratives delve inward and connect with the truths that fundamentally animate all of us

Psychiatric Mental Health Nursing Mary C Townsend, Karyn I Morgan, 2017-10-19 Clearly written comprehensive coverage of psychiatric mental health nursing delivers what nursing students need to meet the challenges of health care today Its evidence based holistic approach to nursing practice focuses on both physiological and psychological disorders Designed to be used in longer psychiatric mental health nursing courses this text provides students with a comprehensive grounding in therapeutic approaches as well as must know DSM 5 disorders and nursing interventions

Walker Percy's Search for the Unknown Self Richard Nicholas Flynn, Guilford College, 2002

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SMEs as the Unknown Stakeholder Massimiliano Di Bitetto, GianMarco Gilardoni, 2013-05-27 Investigates how and to what extent the self employed and micro enterprise workers can be represented in the social arena A cross sector approach to responsibility for government as well as private businesses

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