



The Stage™ Self-Guided Tool

*Recognising How the
Constructed Personality Forms*

A gentle self-guided version of The Stage™ Tool
for recognising what has shaped your life-by-default.

A space to recognise.

A space to understand.

A space to become aware.



The Invitation

You are not here because something is wrong with you.

You are here because something you have been performing, protecting, repeating, or carrying has become noticeable.

Perhaps it is a pattern that feels familiar.
Perhaps it is a role you keep stepping into.
Perhaps it is an expectation you never consciously chose.
Perhaps it is a reaction that feels older than the present moment.
Perhaps it is a way of being that once helped you belong, survive, succeed, or stay safe.

The Stage™ does not ask you to fix yourself first.

It asks you to recognise what helped shape you.

Not blame.

Not shame.

Not judgement.

Just one honest beginning:

What have I become aware of?



What Is The Stage™?

The Stage™ is both a metaphor and a Tool.

As a metaphor, **The Stage™** is where the **movie-of-life** or **theatre-of-life** plays out.

Your movie-of-life is the life being performed.

Your stage-of-life is the environment it plays out on.

As a Tool, The Stage™ helps you recognise how your Constructed Personality may have formed.

It invites you to look gently at what shaped you:

- ✦ the roles you learned to perform
- ✦ the expectations you absorbed
- ✦ the behaviours you adapted to
- ✦ the emotional conditions you normalised
- ✦ the patterns you repeated
- ✦ the ways of being that helped you belong, survive, succeed, protect yourself, or stay safe

The Stage™ begins when something that was operating automatically can no longer remain unnoticed.

Once this becomes conscious, The Stage™ helps you recognise how your Constructed Personality formed, how it has been performing in your movie-of-life, who and what have influenced it, and what can no longer remain unconscious.



Who Helped Shape Me?

Your Constructed Personality did not form in isolation.

It was shaped through what you repeatedly observed, heard, felt, absorbed, resisted, copied, or adopted in your early environment.

You may have been shaped by:

- ✦ the people around you
- ✦ the emotional climate you lived inside
- ✦ the expectations placed upon you
- ✦ the roles you were rewarded for performing
- ✦ the behaviours that were normalised
- ✦ the needs that were dismissed or ignored
- ✦ the ways love, safety, approval, success, conflict, rest, money, work, and care were demonstrated

The Stage™ does not ask you to blame who or what shaped you.

It asks you to recognise who and what was shaping you before you had the awareness, language, or choice to question it.

What once helped you belong, survive, succeed, protect yourself, or stay safe may now be part of what continues automatically.

This is where recognition begins.

Not with judgement.

Just one honest question:

Who did I learn to become?



The 5 Areas of Life

Your Constructed Personality was not only shaped by what people said.

It was also shaped by what was demonstrated, repeated, avoided, feared, praised, dismissed, normalised, or expected.

The 5 Areas of Life help you recognise where this formation may have taken place:



1. Health

What did I learn about the body, illness, rest, care, pain, vulnerability, strength, and asking for help?



2. Wealth

What did I learn about money, giving, receiving, security, scarcity, abundance, value, deserving?



3. Work

What did I learn about effort, responsibility, performance, success, over-functioning, contribution, and purpose?



4. Relationship

What did I learn about love, approval, conflict, belonging, boundaries, care, silence, and emotional and physical safety?



5. Spirituality

What did I learn about meaning, inner truth, intuition, faith, trust, purpose, and connection?

**You do not need to explore every area at once.
Begin with the area where something has become noticeable.**

What was demonstrated to me here?



Constructors

Constructors are the people, environments, systems, and repeated experiences that helped construct the world you first learned yourself inside.

They may include parents, caregivers, grandparents, siblings, teachers, communities, cultures, religions, schools, workplaces, social expectations, family stories, emotional climates, absences, silences, and repeated conditions.

Constructors do not need to intend harm to leave an imprint.

They may simply demonstrate what they were taught, what they inherited, what they feared, what they valued, what they avoided, and what they believed was necessary for survival, safety, approval, or success.

Through your Constructors, you may have learned:

- ✦ what was safe to say
- ✦ what needed to stay hidden
- ✦ how love was given or withdrawn
- ✦ how conflict was handled or avoided
- ✦ how emotion was expressed or suppressed
- ✦ how rest, money, work, health, care, and responsibility were understood
- ✦ who you needed to become to belong, succeed, protect yourself, or stay safe

The Stage™ invites you to recognise these influences without blame.

Not because they define who you are.

Because they may help explain what your Constructed Personality learned to perform.

Who or what helped construct the world I first learned myself inside?



Reflection Practice

Constructor Mapping Part 1

A Constructor is anyone who played an important role in constructing your world during your formative years.

This may include parents, caregivers, older siblings, grandparents, or others who played an influential role.

Begin with one Constructor.

Constructor's Name: _____

Begin to notice the characteristics that first come to mind when you think of them.

Refer to The 5 Areas of Life for assistance:



HEALTH



WEALTH



WORK



RELATIONSHIP



SPIRITUALITY



Reflection Practice

Constructor Mapping Part 1 continued

You may begin by noticing:

- ✦ how they cared for themselves, or not
- ✦ whether they demonstrated self-worth or self-love
- ✦ how they spoke when stressed or angry
- ✦ how they expressed their feelings
- ✦ how they handled conflict
- ✦ how they made up after conflict
- ✦ how they expressed love through words or actions
- ✦ how they related to health, money, work, responsibility, rest, care, and safety
- ✦ what emotional patterns, behaviours, roles, or ways of being they repeatedly demonstrated

You are not looking for blame.

You are noticing what was demonstrated.

Gently list what you notice about this Constructor.

Write freely

_____	_____
_____	_____
_____	_____
_____	_____



Reflection Practice

Constructor Mapping Part 2



Next revisit the characteristics you listed for this Constructor.

And enquire: **What do I recognise in myself?**

This is not about whether you repeat the pattern in exactly the same way.

A learned pattern may appear through a different behaviour, tone, relationship, environment, or area of life.

For example:

You may not express anger in the same way, or may do the opposite and avoid conflict all together.

You may not address your health in the same way, but you may still be self-neglectful in some manner.

You may not relate to work in the same way, but you may still equate usefulness, responsibility, or achievement with worth.

You are not looking for blame.

You are recognising what may have been learned, adapted, resisted, copied, or unconsciously continued.





Reflection Practice

Constructor Mapping Part 2 continued



Return to the list you created at the bottom of Page 8, and ask:

Do I display a version of this?

Place a ✓ for **Yes**, a ✗ for **No**, and a ? for **Unsure**

Then ask:

Where or how might this show up in me? *Write freely*



Finish with one honest recognition:

What might I be continuing that I did not consciously choose?



Gentle Closing

This Self-Guided Tool is a doorway into The Stage™.

It has invited you to begin recognising how your Constructed Personality may have formed.

Through one Constructor, you have begun to notice what was demonstrated, what was learned, what may have been adopted, resisted, copied, or unconsciously continued.

This is not the whole story.

It is one honest beginning.

You are not what shaped you.

You are not wrong for having adapted.

Your Constructed Personality formed for a reason.

It may have helped you belong, survive, succeed, protect yourself, or stay safe.

And now, because something has become noticeable, it can begin to be held in awareness.



Gentle Closing continued

Remember:

**Everyone is doing the best they can
with the knowledge, information,
and experiences they have had.**

This includes your Constructors.

This includes you.

This Self-Guided Tool is a place to begin.

It does not replace the depth of a guided workshop,
personal session, or retreat experience.
To explore guided support, visit:

www.docjo.online

**The Stage™ begins with
recognition.**

Not blame.
Not shame.
Not judgement.

Just one honest question:

Who did I learn to become?