General Semantics Formulations – Mapping (self!)

A Self-Perception Exercise

This exercise has been designed for use by managers or trainers in team or one-to-one review situations. It enables managers to understand how team members see themselves, either as a good fun activity or open discussion or as a people management tool for individual development.

If we are effectively applying an intention to accurately map our own pre-dispositions, outlook, assumptions, behaviours and how we might be seen by others, (I believe that) we should be willing to consider applying some labels, like those below (and others) to ourselves.

This is an exercise to have a go to determine:  
 a. How I see myself, and  
 b. How I think others might see me!

For some (eg 10) of the words below, give yourself a score between -3 and +3 for:  
 a. How strongly you think that the word (label) applies to you, and  
 b. How strongly you think that others might apply the label to you  
 (perhaps in a different colour).

This is also an exercise in dating / indexing: I might be “strong” one day and “vulnerable” the next!

And what about “either-or” – can I be “extremely bland” or “slightly outrageous” ?

And is there a danger of identifying with these labels: If I say to myself “I am clueless”, am I identifying the map with the territory, and perhaps planting the seed of a self-fulfilling prophesy?

Try to overlook any judgement of “good” and “bad” – try to be “objective” in applying these labels to some degree!

Some labels that I identify with, and/or that others might identify me with:

-3 / -2 / -1 / +1 / +2 / +3

|  |  |  |  |
| --- | --- | --- | --- |
| Accepting | Eloquent | Irritating | Proper |
| Afraid | Emotional | Invisible | Protective |
| Aggressive | Empathetic | Judgmental | Proud |
| Anxious | Energising | Knowing | Puzzled |
| Arrogant | Entertaining | Knowledgeable | Righteous |
| Benevolent | Fierce | Leader | Scientific |
| Bigoted | Focused | Logical | Sentimental |
| Bland | Forthright | Loving | Sharp |
| Brave | Friendly | Loyal | Soulful |
| Clueless | Glib | Mean | Strong |
| Confident | Gregarious | Misunderstood | Supportive |
| Conservative | Happy | Naughty | Tease |
| Controlling | Helpful | Normal | Understanding |
| Creative | Helpless | Outrageous | Unemotional |
| Determined | Hopeful | Paternal | Unflappable |
| Difficult | Hurt | Patient | Up-tight |
| Dignified | In denial | Persuasive | Vulnerable |
| Diplomatic | Individualistic | Philosophical | Wilful |
| Directive | Intelligent | Poor | Worldly |
| Effective | Intuitive | Powerful | Worthy |

**~0~**