

Our Inner Personalities

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At different stages of our life personalities are born. Sometimes around the issue of a traumatic event. These personalities are called “ego states.” Each of us has a cluster of personalities that reside in our unconscious until one or more of them is triggered.

When triggered, the personalities sometimes take over, which is called disassociation. Other times we are aware of the personality that comes out and we can intervene. Control over the personalities will come with recovery and maturity.

The following is a list of typical personalities.

Inner Child: This child was wounded by neglect or abuse. You will recognize her when you break out in tears and feel powerless.

Inner Teenager: This ego state gets born when you are neglected, abused or bullied at school. She gets angry and fights with people. She is triggered when you are unjustly criticized or feel rejected for no good reason.

Adult: This personality takes care of business and is usually even tempered and under control. She is in recovery.

Enlightened Adult: This personality was born in recovery. She is spiritual, kind, generous and loyal.

Each person has their own cluster of personalities of all ages. Once you recognize them, you can comfort, play, and get them under control. The inner child is usually your love addict personality.