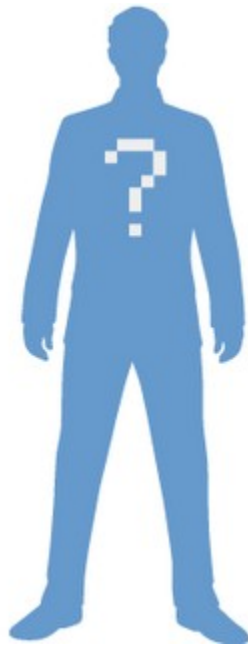


TCK Academy's Expert Interview Series

“The TCK Selves”



Presented by Kellie Poulin & Terry Kinnard of
The Emergent Coach and Brice Royer of TCK Academy

<http://tckacademy.com/>

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More about the Interview with Terry Kinnard & Kellie Poulin of The Emergent Coach.

From: Kellie Poulin

Hello everyone – Terry and I thoroughly enjoyed our time with you on Saturday, August 31 and based on requests from participants during and after the call, we wanted to illuminate some of the Selves or parts of you that we mentioned as being specific to the TCK experience.

As a reminder and for those not on the call and reading this, Selves or parts of us constitute what we define as our personality and they show up in our lives in response to our life experiences, family dynamics and developmental process. For TCKs, many Selves become predominant as a way to cope with the moving, grief and loss, trying to fit in. These issues are part of the human journey and are much more poignant in the TCK world due to the repeated mobility of the lifestyle.

During the interviews prior to ours, we recognized a number of Selves that are predominant for TCKs and would like to briefly share them with you. Any one of these Selves can be predominant (Primary) or inaccessible/put away as inappropriate (Disowned). It depends on your particular life circumstance and what your personality needed and still needs to survive and feel safe.

Additionally, as we listened to TCK Academy's Expert Series Interviews, there were common questions that seemed to fall out of almost all of the sessions:

- **How do I deal with grief and loss?**
- **What can I do about my restlessness –I just don't seem to be able to stay in one place too long?**
- **How can I engage in satisfying relationships with non-TCKs and have them understand me?**
- **I don't feel like I have 'home' anywhere – how can I find that?**

As we heard on the Grief and Loss Interview with Tom Gray, it is important to get in touch with the parts of you that are experiencing these life-stopping blocks so that you can manage your life more resolutely and more resiliently. Through the lens of Voice Dialogue, what we know is that the emotion itself is not the problem – *it is the Self (or part of you) that is experiencing the emotion that needs to be heard or given a voice separate from the inner chaos that the emotion creates.*

Thus, in Voice Dialogue, when emotions such as loss, grief, depression, anger are felt, it is important to ask – “Who (what part of me) is feeling this?” The unique technique of Voice Dialogue allows for profound connection to that “Who” in you and helps resolve the associated emotion. When you listen deeply to yourSelves, things change within you and in your external world.

Following are a few Selves that we mentioned in our interview with a short possible explanation of how they might show up in your life. We hope you find parts of you in the following list and encourage you to work with them using the template of questions provided at the end of this information.

NOTE:

*We have presented the Selves in potential pairs of opposites to give you a sense of what might **not** be accessible to you right now and how access to that opposite might support a different view and resolution of issues you face. Everyone has a unique set of circumstances so each part will vary from person to person. It is the work of Voice Dialogue to speak to each part, hear them and teach YOU to be in choice about their presence in your life. When that occurs, it is possible to feel more empowered and in equilibrium with all of your behaviors and beliefs. As we said, you become the conductor of your whole orchestra of Selves, rather than just one section of it.*

As Paul from England so diligently pointed out – “we are driven around in our lives by our loudest inner voices.” The

gift of Voice Dialogue is to have your hand on the volume control!

It is also important to note that the Selves never go away, they just re-align within you in a way that supports your present life circumstances and desires.

TCK List of Selves

Restless vs Rooted

Restless Self:

This part when predominant in you causes you to always want to move, not to commit to anything including relationships, friendships and career. This Self often just wants to travel, explore and is always looking for more. For TCKs, its origins are in early childhood experiences of having to move frequently and experience loss of friends and the familiar. Because of the choiceless, powerless (vulnerable) feelings that these early moves created, the Restless Self steps in to make sure that no attachments ever happen and thus no pain is experienced.

Rooted Self:

This is the opposite of the Restless Self and may be either predominant or inaccessible to TCKs. If it is dominant, you may find that you want to stay put wherever you are and are traumatized at the thought of moving anywhere – from home, work, relationship etc....even when, moving might be necessary. Too much of the Rooted Self can cause you to become stuck with no ability to respond flexibly to your life. The Rooted Self likes to feel safe in the familiar and feels threatened by the Restless Self that keeps wanting change and mobility. The Rooted self likes the idea of comfortable surroundings and continuity.

Having some access to the Rooted Self blended with the Restless Self may allow a sense of peace, stability and potentially the ability to follow-through on projects, to pursue career development and stay in a relationship rather than sabotage it.

Chameleon vs 'This is ME' / Less Flexible

Chameleon Self:

When a Chameleon is predominant in your personality as a TCK, you adapt easily to any circumstance and become adept at blending in to any situation. Often this results in your suppressing or 'dumbing down' your global experiences for fear of ridicule. This can cause you to feel loss and sadness because the true YOU may be lost in the process of hiding. It also may surface as a need to please others so that you are accepted...so you will go to the mall with your friends rather than listen to a news event on TV, sadly betraying what you really want to do. In its healthiest, balanced presence in your life, your Chameleon's ability to adapt to change is a great ally!

'This is ME' Self:

'This is ME' confidently moves in the world no matter where you are. He/She has clear knowledge and appreciation of personal exposure to life experiences and is not ashamed to share them. This part in a TCK's life can hold treasure because it not only has the life experience that many peers know nothing about, but it also can teach and contribute to the perceptions of the Global Citizen. This part may have been shut down when the sharing is not well timed or deemed appropriate by the receivers. Often a painful judgment by others has caused it to be put away.

*The ability to have a choiceful access to both of these energies allows you to adapt and change to circumstances that **you choose** rather than what others choose for you. You have the option to be relaxed and follow or lead without feeling like you are giving up part of yourself when 'This is ME' can share more of your life experiences.*

With awareness of the importance of appropriate timing a blended version of these two Selves can help create deeper relationships and friendships that are both expansive in knowledge and satisfying in connection.

Special vs Ordinary

Special Self:

Perhaps other cultural and expatriate experiences allowed for many special perks that are not a part of the repatriate experience. This Special Self thrived in the expatriate lifestyle and may try to reinvent it in some way in the new environment with the end result of being judged as arrogant or superior. In truth, being Special feels good – and most of all it feels important...that you matter and are taken care of. Special Selves can appreciate and be elaborate about life experience – They may be the ones at a party creating the huge life event from the tiniest of experiences.

Ordinary Self

This part is able to fit in and be OK as part of the crowd. It is not important that he/she stand out or receive recognition for life experiences and may see his/herself as just one of the group. Often in the TCK experience, this is difficult due to the global nature of life experiences (for example) and focus on world events vs the ability to be less aware of events beyond the local venue.

Blending and choice over Special vs Ordinary gives TCKs the ability to once again share their life experiences in a way that is appropriate. It also allows appreciation of the Ordinary in each of us and perhaps lets you 'off the hook' from always needing to stand out and perform. Ordinary offers the ability to appreciate the daily rituals of life and accept their innate gifts.

There are many more Selves that play out in the TCK community such as

Hider vs Confident

Risk-Taker vs Timid

Self-Controlled vs Wild

Isolator vs Social

Rebel vs Pleaser

Explorer/Adventurer vs Stay Small/Stay Home

Leader vs Follower

Hidden Immigrant vs Citizen

Ethnic Selves – (eg) French Self vs American (or Canadian or ?)

Each of these can set up as we demonstrated above and each one holds the gift of both **perspective** and **empowerment** when used in your present life.

5 Questions You Can Ask Your TCK Selves.

Here is a short list of questions you can ask any Self:

- Who in me is feeling _____ (sad, loss, happy, special...)
- How do you show up in my life ? When and Why now?
- When were you first born – do you remember?
- What message do you have for me?
- What do you want or need from me right now?

The work of Voice Dialogue is to hold non-judgmental conversation with all parts of you that are at play in your life issues. For TCKs whose issues are a direct result of their early life, uncovering the Selves that were born at critical developmental times offers the ability to understand, support and change the beliefs and behaviors that no longer serve.

We at [The Emergent Coach](#) would like to offer the TCK community a further exploration of the magic and revelations that the Voice Dialogue process can unfold for you. We are offering our 10-week, 1 hour per week teleclass, [Path to Choice](#) exclusively for TCKs.

During that time together, we will explore *in depth* the Selves that we talked about and mentioned above and any others that show up. We will assist you to find the freedom of the middle ground that offers more choice, more joy and greater ability to navigate relationships with greater compassion for yourself and greater facility in handling the challenges of your particular TCK life issues.

The Path to Choice allows you to individually focus on a particular goal that is important to you and then brings to consciousness the parts of you that both help and hinder the achievement of those goals. When we speak of goals, that includes such things as – letting go of my grief, engaging in relationship, learning to stay rather than exit, how to use the gifts of my life experiences...because for each one of these goals, there are a number of parts of you that need voice as well as healing.

Whenever we have taught this course, the results have been life-changing for participants. We invite you to check out the Testimonials on our website as a way to imagine what this course can hold for you.

For your information, we offer one-on-one Voice Dialogue facilitation and life coaching also. If you are undecided about joining the TCK Path to Choice class, we would be honored to support you with a free information/Voice Dialogue session as a way to introduce you to the work and the teleclass.

We look forward to helping your feet find the **Path to YOUR Choice!**

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Terry Kinnard and Kellie Poulin
[The Emergent Coach](#)

TCK Academy's Interview with The Emergent Coach
<http://tckacademy.com/class/006>

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