**Worksheet: The Many Roles Played**

“Role playing is prior to the emergence of the self. Roles do not emerge from the self, but the self, but the self may emerge from roles.”

~Jay Moreno

***Think about your behavior and roles in the past and present as a member or important groups throughout your life. Answer the following 6 questions for each of the groups listed.***

**GROUPS**

FAMILY OF ORIGIN

SOCIAL GROUPS

FRIENDSHIP GROUPS

OTHER SIGNIFICANT GROUPS (e.g., sports teams, clubs, Conservatory, group therapy)

**QUESTIONS FOR EACH GROUP**

1. What role do you play in this group?
2. Why do you play this role?
3. What behaviors are associated with this role?
4. What do you feel you are/were able to say/do/feel in this role and what feels/felt unacceptable?
5. Has your role changed in any significant way? (Explain how and why.)
6. As your role changed over time, are/were you aware of any patterns that may have emerged?

**AFTER ANSWERING ALL OF THESE QUESTIONS CONSIDER AND ANSWER THESE QUESTIONS.**

1. Do you think that other members of your groups would agree with your assessment of your roles?
2. Do you recognize patterns across the groups?
3. How are your roles similar/different in each group?
4. Why do you think they are similar/different?
5. Were you surprised by any of your answers?

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