

# “How Do I Find Out Who I Am Inside?”

Sue Bohlin

**I have a question.....I've been struggling lately with my identity. Not my identity in Christ, but who \*I\* am! I know what I want to do, I know what ministry I want to get in, I know my strengths and my weaknesses! But I've been trying to figure out who I AM!!! I'm not shy or timid, I just lack a persona, a character. I feel like sometimes (and I know this isn't true) that God has written the script for my life and forgot to write the character background. IT'S KILLING ME INSIDE, I FEEL SO EMPTY AND HELPLESS....How do I find myself, how do I figure out how I'm supposed to act, feel, think. People say "Well, you should be more like Jesus in what you do in your life and your personality" but I don't trust that response. How do I find my personality, I FEEL LIKE A SKITTLE WITH NO FLAVOR, I find it impossible to be me. Help!**

A very wise man was teaching on boundaries and provided the most wonderful chart:

## **Who Am I?**

*I AM:*

*What I think / What I don't think*

*What I feel / What I don't feel*

*What I want or need / What I don't want or need*

*What I will do / What I won't do*

*What is acceptable to me / What is not acceptable to me*

“Who I am” is the answer to these questions. It's not like a test where you sit down and fill in the blanks; it's more of a grid through which you pass the

moments of your life, with these questions in the background. It takes a while to come up with a picture of who you are by finding out the sorts of things you like and don't like, what you think and what you don't think, what you want or need and what you don't want or need, etc.

For instance, there was a time in fourth grade when someone asked me who I was rooting for in the World Series. I didn't have a clue, not being a baseball fan. So I found out what team John Witten was for, since he was the love of my life at that point in time, and that's who I was for. But I really wasn't: the REAL me didn't care about baseball and couldn't care less who was in the World Series. But I didn't know that that was an acceptable answer. I do now! ☐

I would suggest you write these questions on an index card and carry them with you, and as your personal beliefs and preferences and surface, make a note of them. I think you'll discover who you are.

I hope this helps—I am very confident that it should at least help you get started!

Warmly,

Sue Bohlin

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