

My Properties

Ray Slade

Properties are words that define or describe what something is like

Think of a tennis ball. What are some of the properties that make it what it is?

- It has a round shape
- It can be any colour
- It's soft to touch
- It feels and sounds hollow
- It bounces when you drop it
- It is hollow inside
- It has air inside
- If you press in the side, it springs back into shape

Of course, there are other things that define it, but these are some common things.

Properties can change over time, but they generally identify something rather accurately, even though different people will have different ways of describing the same thing.

People also have properties

It shouldn't be any surprise that people also have properties. And as you would expect, everybody's properties will be different. This is what makes us all unique.

The list of properties below, is not a complete list, but should give a good

idea of what our properties are.

As you look through the list, try to think of all the different ways, these properties are unique... for you!

My Properties

My Appearance

I like to wear clothes that are ...

Colors I like to wear most include ...

I like to look...(how?)

Things that I wear that I think are unique are ...

How I make decisions

Do I decide with my head or my heart?

Do I make decision based on experience or possibilities?

Do I weigh up all the facts or am I more concerned with people's feelings?

I like to make decisions based on fact/logic/sentiment/values/

Do I deliberate when making decisions, or just plunge right in?

How I see the World (people/community)

I see the world as ...

I see the world as a place to be changed or improved / enjoyed as it is.

I see this in the way I ...

How I take in information

I like to learn by ...

I learn best by ...

If I need to remember something, I need to ...

Am I a practical person or an intellectual person? I know this because I like to ...

My body

One thing I like about my body is...

The part of my body I enjoy using most is...
I think I have nice...(body part)

My Collections

What things do I like to collect?
What is the last thing I would want to part with?
What do I consider my most valuable possession?

My Dreams

I have a dream to ...
A broken dream I once had was ...
My dreams or visions are usually about ...
A dream I have fulfilled is ...

My Favourite Places

My favourite place is ...
If I wanted some time alone, I would go to ...
Places I don't like are ...
Places that make me feel good are ...
A place that motivates me is ...
A place I find inspiring is ...

My Favourite Things

What things do I find pleasure in?
Something I would not want to part with is ...
Something of mine that I look after is ...
A favourite ritual/celebration of mine is ...

My Feelings

I have strong feelings about ...
My strongest feeling is ...
I like feeling ...
My feelings are stirred most strongly by ...

How I see myself in a social setting

Am I a rather private person or more of an open person? And in what ways?
In groups, do I like to mix with others, or be more of an observer?
Do I like to talk about lots of things, or talk more in depth about few things?

My Friends

I like friends who ...
I choose friends who have ...
I would like to think my friends liked me because I ...

My Habits

My good habits include ...
My unusual habits include ...
I have a habit of ...
According to those who know me, my bad habits include ...

My Hobbies

My hobbies include ...
I have a rare aspect to my hobby which is ...
I would like to take up ...

My Interests

I have many interests. They include ...
I have a particular interest in ...
When I read the paper I mostly read ...
People I find interesting are people who are ...

My Artistic Side

I like films about ...
I like (type of) music. An example is ...
Some of my favourite music includes ...
If I look for a book to read, it would need to be ...
If I were looking for a painting to hang on my wall, I would like something ...

My Likes

I like ... (create a list)
I really like ...
I am passionate about ...
I don't like ...
I really don't like ...

My Preferences

What are some areas of my life where I have definite preferences ...?
I prefer to ...
My preferences in the areas of my life of food, recreation, entertainment, work, include...
I often find myself doing things the same way ... like...

My Principles

I always...(do what?) on principle.
A principle that keeps me safe is ...
A principle that I use often is ...
A principle that I am aware I live by is ...

My Sense of Humour

Things that really make me laugh are...
I sometimes laugh at things that are...
I have a (type of) sense of humour.

My Sexuality

I get really turned on by...
I would find it really sexy to...
A sensual experience for me, would be to...

My Skills

I am good at... (list as many as you can)
(You don't have to be an expert to be able to do something)
Things I find easy to do include... (cooking, computers, driving, negotiating, finding my way around...) what?
My skills are mostly practical / people / academic / ... what?

My Space

How do I like to arrange the space around me?

Would I rather live in a valley or on a mountain top?

I would prefer to live... (where?) for what reasons?

I prefer the country /the city/ a garden/ the seaside/ the bush/ the hills/ ... what?

How do I like my living space? Do I know where everything is? Do I care?

My Spirituality

How do I like to imagine God?

What special thing would I like between God and myself?

My characteristic that most reminds me of God is...

I see God in me mostly through my ...

A personal experience that helped me to understand something about God was when...

I like to worship God by ...

I feel closest to God when I ...

I like to talk to God when I'm ...

My Thoughts

I often argue with myself

I share most of my thoughts with others.

I often think about...

Today, I have been thinking about...

I have very definite ideas about ...

Few people would know what my thoughts are.

My time

How do I like to spend my spare time?

If I had more time, I would like to take up...?

Do I like to organise my time, or just let things happen?

I'm / not very jealous of my time. I can see that in the way I...

My Values

Things that I value greatly include...

Life values that I hold include...

Values that I take for granted include...

One thing I particularly value is ...

Most of my values are flexible/rigid. I can see that in the way I ...

My Ways of Doing Things

I like to before ...

I always

I love to ...

People say I have a unique way of ...

I wouldn't think of without....

My Wisdom

Helps me in life by...

I feel I have wisdom mostly in the areas of ...

My wisdom has come about through,
experience/reading/listening/observing?

My Words

I tend to say things straight from the shoulder/..round about/..softly../ how?

I use lots of analogies.. similes.. descriptions... what?

I use few words... lots of words...

I always voice my opinion on things that are..

How I see things

I tend to see things just as they are.. or read into things

I try to find meaning in things and events..

I see the glass half empty / half full?

My approach to life

I like to organize my life and can see that in the way I...

I like to live life as it comes along. I'm excited about the possibilities of ...

My Work

(not necessarily paid work)

The unique qualities that I bring to my work include...

I like work that is...

If I had my time over again, I would like to work as a ...

The Way I Energize myself

In what unique ways do I like to recharge my energy batteries?

What activities do I find particularly invigorating?

What do I like doing to relax? What's the best way for me to relax? What do I prefer to do when I need to relax?

What do I do about this list?

If understanding your own uniqueness is a struggle for you, get yourself a blank exercise book, and write out your thoughts on each of the properties listed above.

Go through each one at a time and think of the ways that the property applies specifically to yourself. Write them down. Be very specific.

Don't just say, I like to go to the beach. Say exactly what you like doing down there. Some people go to swim, others for rock climbing, surfing, diving, sun baking, walking, and many other reasons. What are yours?

You should end up with a list of properties that is a really good indicator of who you are as a person.

Enjoy your properties... read them often until they become familiar to you.

What to protect

This list of properties is fundamentally a description of who you are. Clearly this list of definitions is important to protect. However, many of those things on the list can and will change from time to time. That's part of life.

It is essential to identify which of those things on the list, either cannot change or ought not to change. This is difficult. How do you decide? What things are flexible and which ones are not?

A few clues

Things like our favourite places, music and movies can change quite easily and won't fundamentally change us. What is more important to recognise is perhaps the type of places, music or movies that we like. These would tend to identify us more accurately.

There are some things however, that need thoughtful consideration. For example, my values or my principles. If some of my values are inconsistent, or questionable, maybe they should change.

If the things I value are very significant to me, these might be some of the things that I need to protect at all costs. These values might include, my right to express myself or my right to worship God.

I might also highly value being able to speak freely to someone else about these things without fear of intimidation, retribution or violation of government law.

There are countless people that we have known about, who have given their lives as martyrs for refusing to abdicate values, beliefs or principles that they hold onto dearly.

How to protect my uniqueness

The way to protect the properties that I think are essential to being me, is the application of the laws of Boundaries.

Other things to read on this topic

Identity and Uniqueness, understanding what and who we really are, Ray Slade

An Introduction to Boundaries, Ray Slade

Boundaries, Cloud & Townsend