

## **The Theater of the Mind**

The psyche is not what the individual recognizes as the personal self, but rather an apparatus of self parts that each one has a different character. For example, the psyche of a random student at the age of 24 comprised of a young man with self achievement, an older adult that criticizes and asks for more (some will say that this character is the internalization of the father figure), a child at the age of six that is afraid of social rejection (perhaps a fixation of an unresolved experience from the first grade), a female artist with an apparent drawing talent, a romantic sixteen years old seeker of true love, and ct. (Benjamin, 1995). Each of these characters has an expression in one time or another in the student's personality. The self part that has an expression, in one time or another is the character that is in the interface with the aspect that is identified as the personal self. Thus, in another example, for a person with suicidal thoughts, the self part that wishes for suicide is, in fact, a potential murderer of the other self parts.

The experience of self is mobile and dynamic and moves between the self parts to the self part that receive the interface position. These self parts may be perceived, also, as archetypes that have forces of their own and a drive for expression through the psyche (Hillman, 1976). In addition, these self parts may be roles. For example, an individual may be in the role of a teacher, father, neighbor, friend, partner, and ct. all of these are different roles that are being played simultaneously (Moreno, 1969).

At the theater of the psyche self parts moves around, as well as, archetypes and various roles. The freedom of movement and the awareness to it allows for the connection with the experience of the collective unconscious.