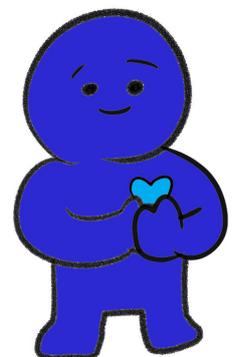
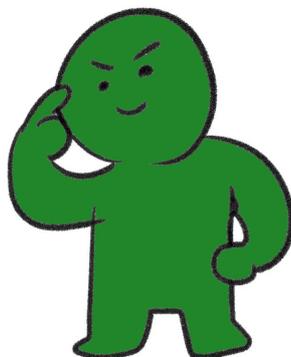


Meet Your Character Team



Who Are The Different
Character Parts In You?



By Dr. Diana Chavez Ketterman
www.characterchampions.org

Hi, my name is Dr. K



Do you know that we all have many sides to our character that make up our personality?

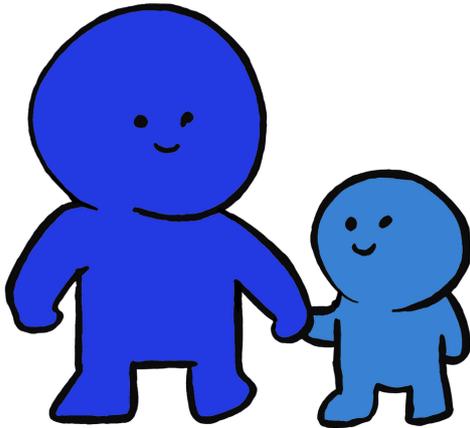
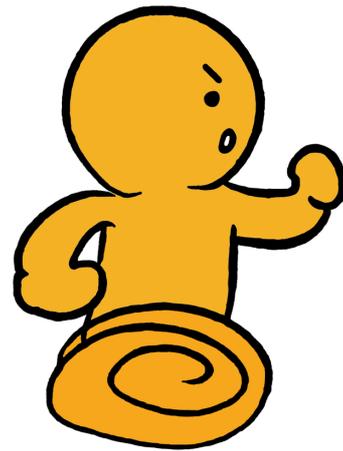
There are different parts of me and there are different parts of your personality too.

These parts are valuable, lovable, capable and important parts of you and me. These different parts make me who I am and they make you who you are as well.

There is a part of me that likes to be organized, work hard and act safe.

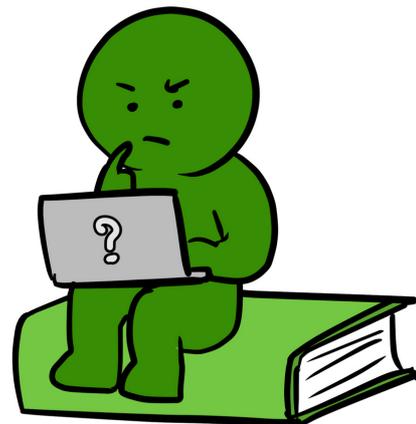


While another part likes to be brave, take risks, run fast, and have fun.



I have another part of me that thinks a lot, ask questions and is very curious like a scientist.

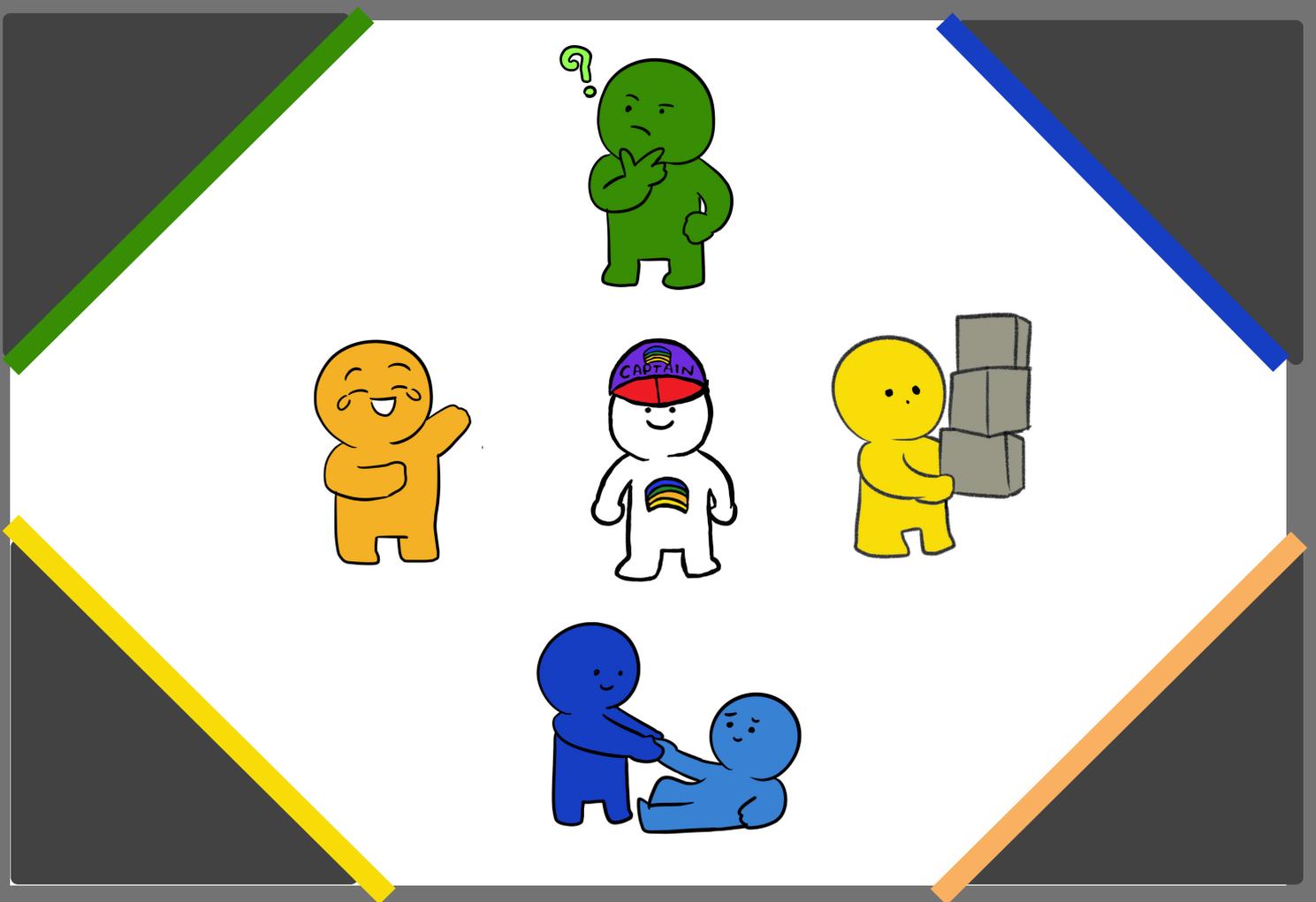
My kind, friendly part cares about the feelings of others and wants to help people and animals.



What are your different parts like?

Just like I have friends and family who help me out and are there for me when I need them, I have my inner character team parts to help guide me all the time.

You have a character team inside of you too.

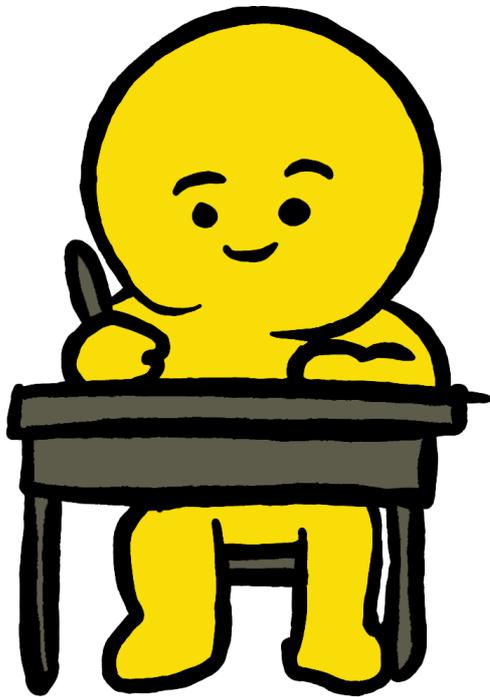


Would You Like to Meet My Character Team?

Here are 2 of my Gold Team Characters.

They are the 'Guardians' of my Character Team.

This is Responsible Gold:



Responsible Gold helps me follow rules and do my work and chores.

Responsible Gold is very dependable, organized and looks out for me to make sure I do the right things in healthy ways. It helps me get places on time, follow rules, do my work and act responsibly.

Sometimes, Responsible Gold can act too bossy and controlling when trying to make things safe or get things done.

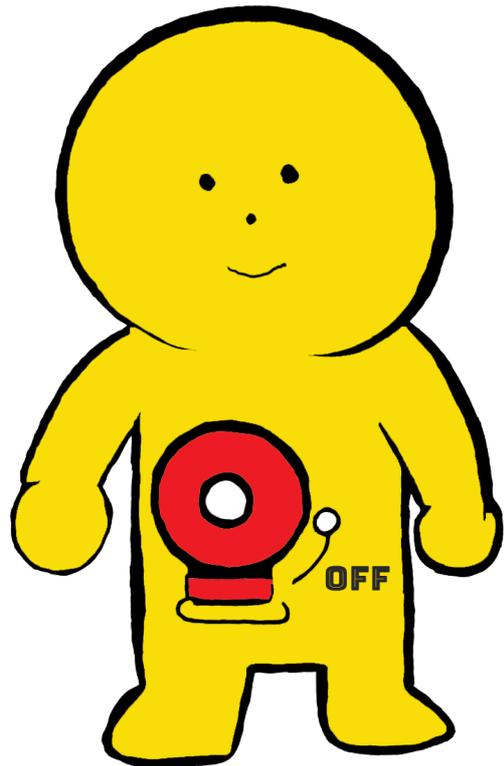
If this happens, I try to remember to use my other character team parts to help me act in kinder ways.

Let's meet Cautious Gold.

Cautious Gold sticks closely by Responsible Gold and can be easily afraid of change and anything that is unfamiliar. But this is only because its job is to help protect myself and others from danger.

Cautious Gold is super cautious when trying something new. It does not like to take risks.

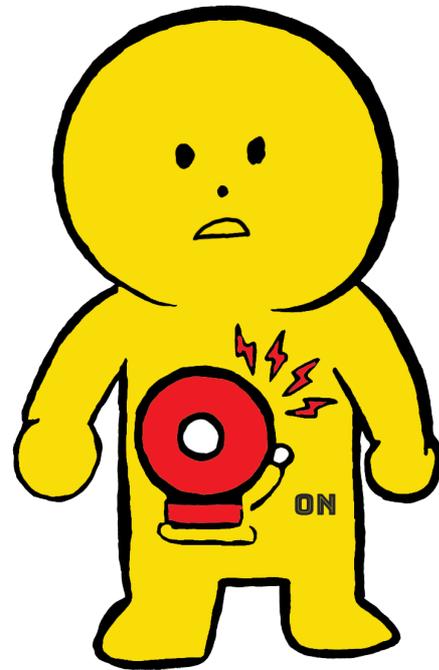
Sometimes Cautious Gold worries 'just in case' something will go wrong.



Cautious Gold is like my personal security guard. This part is always prepared, alert, and on the lookout for any possible danger or trouble ahead.

Cautious Gold Helps Keep Myself and Others Safe From Danger

Cautious Gold tells my emotional survival brain ("sometimes called the downstairs brain") to sound the amygdala alarm whenever it senses danger, feels scared or threatened.



Meet My PFC

My Gold parts work together with my other character parts to use my Prefrontal Cortex or PFC part of my brain (also called "the upstairs brain") to help me make wiser, responsible, and emotionally intelligent decisions.

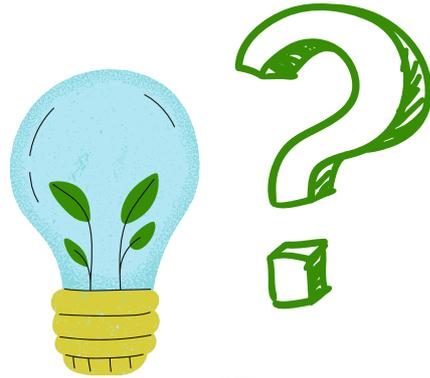
These Are 2 of My Green Team Characters

Next let's meet Thinker Green:

This part is always thinking in new ways and is very curious. It likes to ask questions and learn about interesting things.

Thinker Green can spend a lot of time thinking and is more logical than emotional.

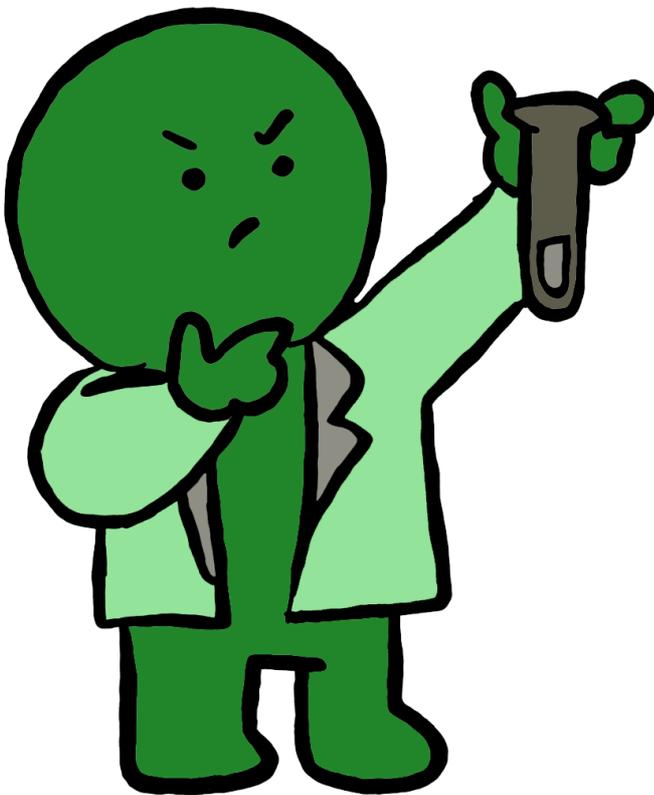
Sometimes **Thinker Green** thinks too much and it is hard for me to relax because I have so many thoughts in my brain. This can make me worry and feel nervous.



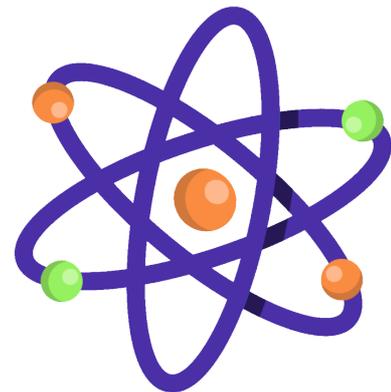
When that happens I remember that I have other character team parts to help me relax and feel better.

This is Problem-Solver Green:

Problem-Solver Green is good at solving problems one step at a time. Problem-Solver Green helps me find solutions to problems so I can make wise decisions.

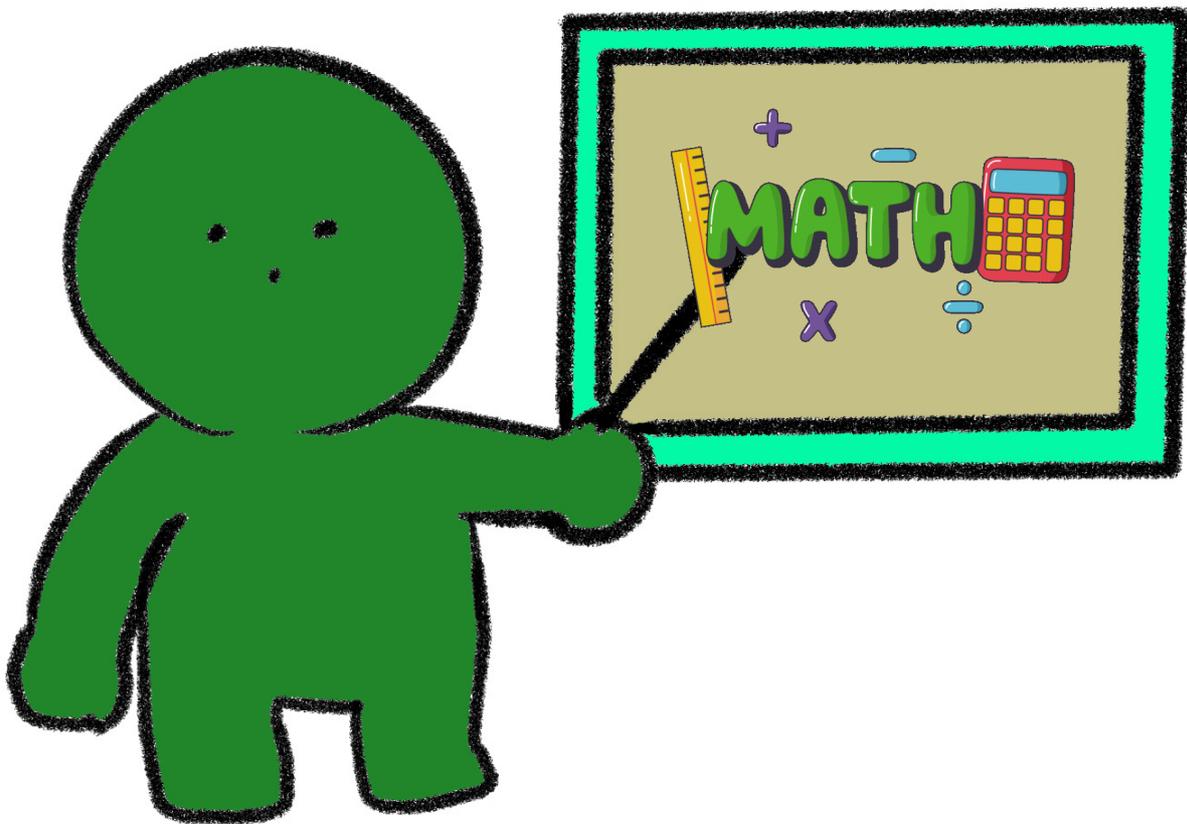


With the support of Problem-Solver Green I am able to think in calmer, logical ways so that I do not become too emotional and upset.



Sometimes my Problem-Solver Green Part likes to show how much it knows and argue with others to win an argument. When this happens, I try to remember to use my other character team parts to help me act in caring ways.

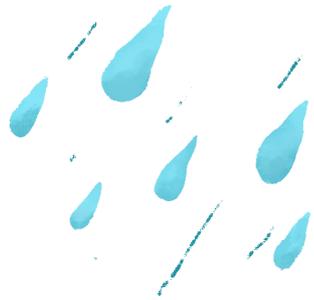
These are the 'Thinkers' of my Character Team.



I can figure out what to do when I have a problem and not give up with the use of my **Green Thinker Team** Character parts. My Green parts work together with my other character parts to make smarter decisions.

Meet 2 OF My Blue Team Characters

Here is my Feeler Blue part:



Feeler Blue is always feeling something and is my emotional part of me.

Feeler Blue is emotionally sensitive to whatever is happening around me. This part can spend a lot of time feeling many different types of feelings and is more emotional than logical.

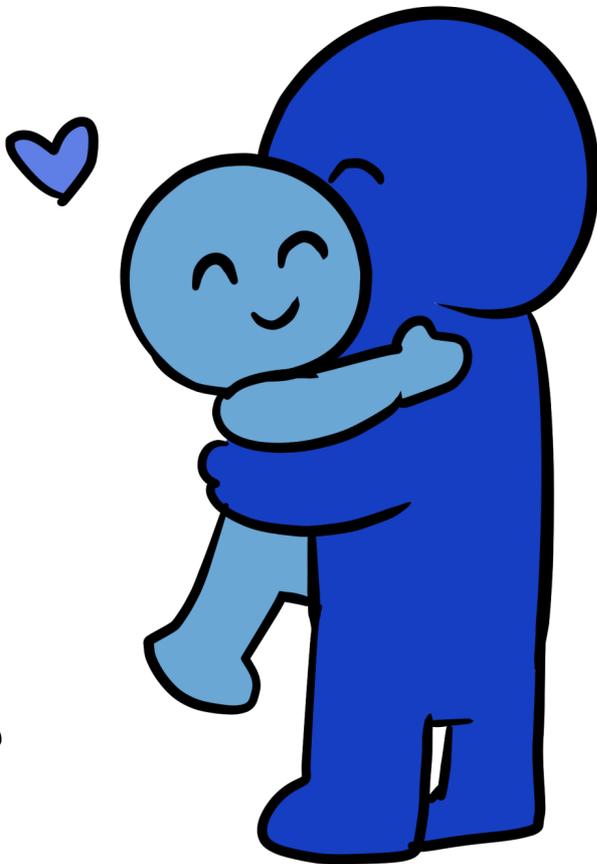


Sometimes my Feeler Blue part feels too much and it is hard for me to calm down because I feel too upset or sad. When this happens I can remember that I have other character team parts to help me manage my emotions to feel better.

These are the 'Feelers' of my Character team.

This is also my Kind Blue part:

Kind Blue is good at helping me get along with others and make friends.



Kind Blue cares about the feelings of myself and others and is gentle and considerate.

Kind Blue helps me to be understanding, accepting, caring and giving to others.

Kind Blue is peaceful and does not like to fight with others.

Sometimes Kind Blue can be too nice and tries to please other people too much to make them happy.

My Blue Team helps me understand and listen to each other's point of view. When we do that, we are able to solve conflicts and talk together in better ways.



I can also remember that I have other character team parts to help me manage my emotions to feel better.

Introducing My Orange Team Characters

Meet my Brave Orange Knight part:

Brave Orange is very brave and bold. This part likes to try new and adventurous things that can seem risky.



Brave Orange is very good at standing up to bullies and saying "No" to put-downs.

My Brave Orange side is my most courageous part of me compared to my other sides. That is why this is the part of me that likes change and is not afraid to try new things. Adventures thrill this side of me.

There are times when my **Brave Orange** part gets too brave and wants to take risks that are too dangerous just for the "thrill" of it. Other times, Brave Orange wants to do things too fast and can put play before work.



When this happens I can remember that I have other character team parts to help me do brave actions that are also smart and safe.

Here is my **Playful Orange** part. Playful Orange is the easy-going, flexible, and playful part of me.



Playful Orange likes to laugh, play, and have fun. This part of me wants to enjoy life.

It is because of my **playful Orange** side that I have a sense of humor. Thanks to my **Playful Orange** part, I can relax and not let everything bother me so much.

My **Playful Orange** is imaginative and very creative too. I use this side of me when playing sports or doing other types of physical activities.

I need to remind myself that I have other character team parts to help me do brave actions that are also safe, kind and smart.

The Team Captain and Coach of My Character team "Rainbow MetaHawk"

Meet the captain and coach of my
character team, my Rainbow MetaHawk
SELF :

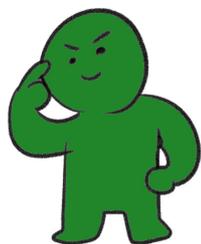


My Rainbow
MetaHawk SELF
is the wisest of all
the character parts.
It has all the
qualities of the
other character
parts combined.

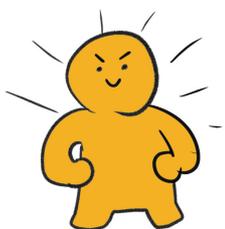
This part of me
knows the value
of teamwork and
working together
to reach my goals.

My Rainbow MetaHawk SELF is a good observer of myself
and others. It helps me and others act in healthier ways.

My Rainbow MetaHawk SELF helps all the other parts come together and work together as one team. This part reminds me that the other parts are all important to help me be my best self.



I M P O R T A N T	Valuable	I M P O R T A N T
	Lovable	
	Capable	



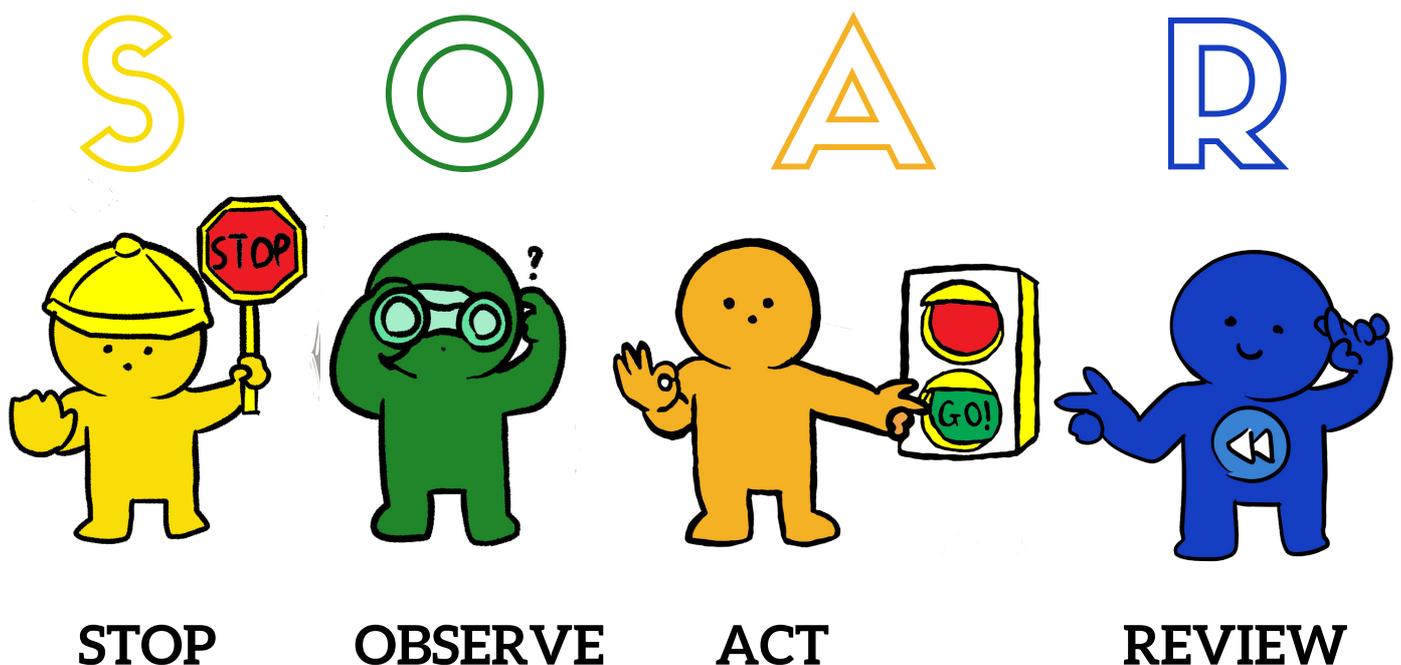
Captain Rainbow MetaHawk never forgets how valuable, lovable, capable, and important each character part is. It knows every part is needed to make me who I am.

Each part of me is unique and special in my life. It is good to remember my life works better when I listen to my inner character coach Rainbow MetaHawk to guide me to use all of my parts. MetaHawk is my chief and my parts are like my tribal members that I can depend on daily to support me.

One way that my Rainbow MetaHawk SELF teaches my inner team to work together is by using four different problem-solving steps called SOAR. S.O.A.R. includes all the character team parts working together to make better decisions.

When I use all my character team parts to do the S.O.A.R. steps it is called "acting like a Character Champion" because I am using all my different character parts.

Each character part serves its own special purpose and is important. The character parts work together to help me solve problems in successful ways.



I can use the 4 S.O.A.R steps to train my brain to guide my thoughts, feelings and actions in "Character Champion" ways by using all my character parts. Here are 4 the steps:



1. STOP

Coach myself to use my Rainbow MetaHawk Self. Take 4 deep breaths. Use calming skills.



2. OBSERVE



Ask myself the 4 SOAR questions: Am I acting smart or Is it a smart choice? Am I acting safe or Is it a safe choice? Am I acting kindly or Is it a kind choice? Am I acting brave or Is it a brave choice? Make a S.O.A.R. action plan based on my answers.



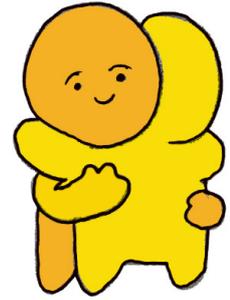
3. ACT

Do my S.O.A.R. action plan using all my parts.

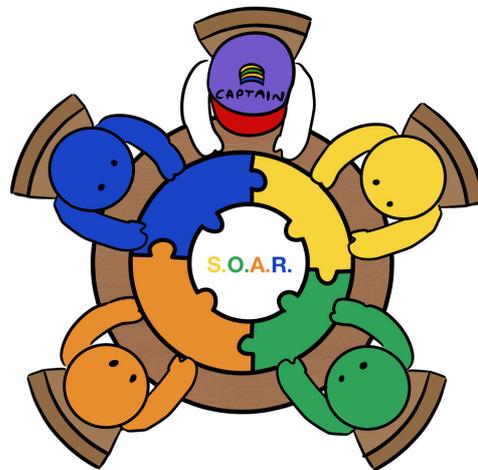


4. REVIEW

Review my results. Did I solve the problem in a win-win way for everyone? If not, repeat the steps.



When all my parts work together, I experience high levels of well-being and happiness.



With self-compassion, I accept myself because I understand and appreciate the different parts of me that make me a "colorful" valuable, lovable and capable me!





Please take our

FREE SURVEY

to find out about your strongest personality parts. You will receive a FREE 11 page report to learn more about the different parts of you.

www.characterchampions.org

On this website there are lots of free E-Books, Coloring Books, Videos, Blogs for children, teens and adults helping you to better understand yourself and others.

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