

Personification Worksheets

Name: _____ Date: _____ dd / mm / yyyy

Personification is a therapeutic technique that helps you explore difficult emotions, thoughts, or behaviors by giving them human-like qualities. When you personify something—like anxiety, depression, or inner criticism—you can step back and observe it from a new perspective. This creates space between you and the experience, making it easier to understand and work with. This worksheet guides you through personifying something you're struggling with, helping you develop a clearer relationship with it and discover new ways to respond. Instructions: Choose something you'd like to explore. It can be an emotion, thought pattern, behavior, or internal experience that's been challenging for you. Work through each section at your own pace. There are no right or wrong answers; this is about your unique experience.

GETTING TO KNOW YOUR EXPERIENCE

What would you like to personify today?

CREATING THE CHARACTER

If this experience were a person, what would they look like? Describe their appearance, size, age, and clothing:

What do you notice about their posture or expression?

What kind of voice do they have? Is it loud or quiet? Sharp or gentle? Fast or slow? Do they remind you of anyone you know?

Where do they like to show up in your life? What situations bring them around? Do they have favorite times of day or specific triggers?

UNDERSTANDING THEIR ROLE

What do you think this character is trying to do for you? What might they be trying to protect you from or help you with?

How do they try to get your attention? What do they say to you? How do they make you feel or act?

Complete this sentence: This character seems to believe that...

THE CONVERSATION

If you could talk directly to this character, what would you want to say? You might want to thank them, set boundaries, ask questions, or express frustration:

What do you think they would say back to you?

Is there a way you and this character could work together rather than against each other?

MOVING FORWARD

Choose one approach to try this week:

- ☐ Acknowledgment: When this character shows up, simply notice and name them: "Oh, there's my anxiety character again."
- ☐ Dialogue: Have a brief conversation with them when they appear: "What are you worried about right now?"
- ☐ Boundary setting: Let them know when their help isn't needed: "Thanks for looking out for me, but I've got this one."
- ☐ Collaboration: Ask for their input in a structured way: "What should I be careful about here?"
- ☐ Other approach

Describe your own strategy:

Remember: Personification is a practice. You can return to this worksheet at any time to explore the same experience more deeply or work with something new. The goal isn't to eliminate difficult experiences, but to develop a more conscious, compassionate relationship with them.