

Persona Interview

Interviewee:

Choose a name for your persona. When ready, take a step forward, taking on the posture, voice and mannerisms of the persona in an exaggerated way. When answering questions, speak your first impulse. Keep each answer to a sentence or two.

Interviewer:

Say the persona's name before each question. Listen without commenting or adding other questions.

- _____, what's the most important thing to you?
- _____, what are you most proud of?
- _____, when did you make your first appearance, why?
- _____, who did you learn your style from?
- _____, what are you most afraid of?
- _____, what do you most want?



Personas are aspects of who you are. They are the adaptive strategies that we develop throughout life that help us survive and get our needs met. These parts of ourselves are all contained in the larger whole of our essence. Sometimes we focus so tightly on one aspect of ourselves, we think it is who we are. We might argue, "I can't help it, it's **just the way I am.**" Instead, we want to develop the ability to think of these personas like different outfits hanging in our closet; we can choose to put them on, and then choose to take them off when they aren't serving us any longer.

The purpose is not to get rid of any of them, but instead be able to *play* them, rather than having them *play* us. We judge many of our personas as unlovable, but when we take them out to play and exaggerate them, they soften their grip and become more lovable.