

This is “Peer Counseling Pause” with Reova Meredith

The Four Selves

Each person has four selves.

1. **Public Self** – what everyone sees and knows about an individual.
2. **Blind Self** – what others notice but the individual is not aware of (talking with hands)
3. **Hidden Self** – what the individual knows but other people do not know – what the individual chooses not to tell. Example: spent time in prison.
4. **Unknown Self** – what the individual does not know about their life and other people do not know. These factors impact one’s life but the person does not understand because these causes are unknown.

We need to explore the Hidden Self and the Unknown Self. These are frequently the stumbling blocks to a healthy life. They impact various decisions, relationships and behavior patterns.