

Open Your Class With This Tomorrow- *Whole Brain Living: The Anatomy of Choice and the Four Characters That Drive our Life*

Dr. Jill Bolte Taylor's 4 Character Descriptions

1. **Character 1- Left Thinking.** This character organizes everything, categorizes, respects authority, critically judges, and is detail-based, neat, and protective.
2. **Character 2- Left Emotion.** This character is characterized by anger, deceit, guilt, shame, loves conditionally, negative self-judgement, and is anxious, whines, egocentric, and blames.
3. **Character 3- Right Emotion.** This character is forgiving, awe-inspired, playful, empathic, creative, joyful, curious, style, hopeful, and experiential.
4. **Character 4- Right Thinking.** This character is aware, expansive, connecting, accepting, embracing change, authentic, generous of spirit, and provides clarity, and intention.

Dr. Taylor has named each of her 4 characters. Character 1 is Helen because she is like hell on wheels. Character 2 is Abby, because some of her wounds come from feeling abandoned as a child. Character 3 Pigpen, because she is like the Peanuts character walking around in a dust storm. Pigpen is everywhere and always creating a mess. Character 4 is Queen Toad, because she is a queen and lives on a boat named BrainWaves (lily pad on water) for several months of the year.

Carl Jung's 4 Major Archetypes

1. **Character 1 is the persona.** This is the face we show the world. Character 1 will compete when it is challenged and fight for what it believes in.
2. **Character 2 is the shadow.** This is the unknown, dark side of our personality. Character 2 often presents as the negative and deeply pained part of our unconscious.
3. **Character 3 is the animus/anima.** This is the inner femininity of males and the inner masculinity of females.
4. **Character 4 is the true self.** This is the part of ourselves that combines our unconscious with our conscious.

Jung's archetypes are like a house with four rooms; two upstairs (thinking brain) and two downstairs (emotional brain). It also the home of all 4 characters.

Directions: Review Dr. Jill Bolte Taylor's 4 Character Descriptions and Carl Jung's 4 Major Archetypes. With the knowledge you have gained, provide a name and short explanation for each of YOUR 4 characters (a merged character that encompasses both Jung and Bolte Taylor's models).