



*Is this person the same on the inside as he or she seems to be on the outside? Children ask this about their parents, students about their teachers, employees about their supervisors, patients about their physicians, and citizens about their political leaders. When the answer is yes, we relax, believing that we are in the presence of integrity and feeling secure enough to invest ourselves in the relationship and all that surrounds it.*  
—Parker J. Palmer

### **WORKING WITH OUR OWN MOBIUS STRIPS:**

Take your strip of paper and write or draw on both sides as follows:

1. Let one side of the strip represent your outer or on-stage life. The words that apply here are “image”, “influence”, “impact”, “roles” and “responsibilities” – the face we allow the world to see and the concerns we have about how people perceive us. *On this side of the strip, write words or phrases that represent your own sense of your onstage life and how you think others perceive or assess it.*
2. Let the other side of the strip represent your inner or backstage life. Here the words that apply are things like “ideas”, “beliefs”, “values”, “hopes”, “visions”, “dreams”, as well as “doubts”, “fears”, and other “shadow” parts of our inner lives. *On this side list words or phrases that represent your inner life and how you see yourself.*

Note: Be as specific and personal as you can be with what you note on each side. This is just for you!—you won't be sharing it unless you choose to...