



### Nadine Kreisberger: The Roundtable of Inner Characters



Nadine Kreisberger works as a Joint Journeyer; a term she prefers to coach or therapist. She combines tools from depth psychology and dreamwork and from trauma relief to inter-generational work. She is the founder of Neidan INC. Discover Nadine's playful way of understanding who you are on the journey of becoming oneself, using The Roundtable of Inner Characters.

**TOP EMBODIMENT TIP:** Take a seat at The Roundtable of Inner Characters and get to know the Characters present.

The Roundtable of Inner Characters: **All knights at the table are valuable, equal and help us understand who we are.**

- Meeting your Inner characters: The Wise One, The Do-er, The Warrior, The Caretaker, The Inner Critic, The Lover, The Hermit, The Artist, The Rebel, The Idealist, The Body and The Child.
- Picture them in your mind or put to paper by drawing: what do they look like, who do they remind you of?
- Get to know your Inner Characters, be curious about how they are and what they perceive, strive for and need.
- Get to know the qualities, if magnified, of each of the Inner Characters, as well as their shadow sides.

#### The Inner Characters and Relationships

- **If partners are familiar with Inner Characters and their shadow sides, communicating becomes much easier.**
- This goes both for romantic relationships as the relationship between members of a (company) team.
- Invite your partner into getting to know Inner Characters and invest time in getting to know your partner's Inner Characters.

#### Transgenerational Trauma and the Shadow Sides of the Inner Characters

- **Transgenerational Trauma can both be inherited from a family line or a collective tribe.**
- This often is linked to the shadow side of The Warrior (The Survivalist) being (over)activated, creating hyperarousal and anxiousness.

#### Questions to Ask your Inner Characters

- Examples of questions to ask your Inner Characters: Who are you? What message do you have for me? What is a life well lived?
- Examples of questions to ask your Inner Character in relationship to your partner: Which of my characters is happy with our communication and who isn't? Which of my characters are drawn to my partner and to which of his/her characters is he/she drawn?

#### Resources

- ❖ **Website:** [Neidan Inc.](#) [Seeds of Gold Institute](#)
- ❖ **References:** It Didn't Start with You by Mark Wolynn; Viking, 2016.



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