

Abstract

In relationships with others, I listen and please them, losing myself in the relationship. I develop a persona to match with theirs, a role that fits what they need. I have become especially conscious of this as I become a therapist who watches and records interactions with clients. I want to explore who I am without these relationships, and what emotions are left behind when I am not filling a role created and defined by someone else. The method I've chosen to do this is arts-based research. I created a performance to explore myself via embodiment and autoenographic narrative. At the same time, I created a literature review to see how other techniques – role theory and developmental transformations – define self. Finally, I reviewed these different perspectives to explore whether the concept of self is existential, relational or both in drama therapy.