

The Chameleon Effect



What is the Chameleon Effect?

- Blending into your surroundings
- Wearing a mask
- Attempting to fit in by being what others want rather than yourself
- After awhile you can lose yourself to it

How has the chameleon effect impacted your life?

Do you think it has helped you or harmed you? How so?

Does the Chameleon Effect work?

Sometimes it works, and other times people will see through it. It depends how good the mask is and how perceptive your audience is.

Has the chameleon effect allowed you to be accepted by a new social group?
How did it go and did it last?

"These masks are dangerous. They give you the illusion you are safe because no one knows who you are and cannot hurt you."

Connie Blackwood

What triggers this effect?

- Insecurity - feeling unworthy of being accepted for who you are
- Past rejection and the fear of future rejection
- Loneliness - isolation can drive us to seek out relationships

What are some other triggers that you can think of?

The Aftermath of the Chameleon Effect

- If you succeed, people do not know the real you, so any rejection does not impact you directly. Likewise, love given to the mask or persona is also not received.
- If you are doing it long enough, you can lose yourself to it and lose your identity.
- Feeling alone because there is a loss of authentic connection in your life
- Feeling unloved
- Increased anxiety and depression

What things have come out of using the chameleon effect for you?

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!

Psalm 139:13-18

When you read this verse what does it mean to you?

How does it pertain to the chameleon effect?

How to deal with it

1. Recognize that rejection is about the other person, not you.
2. Become more confident in your true self - you may need to recover your identity in this process
3. Change the way you think of yourself by replacing negative thoughts with positive ones.
4. Seek relationships with like minded people as they are more likely to embrace you for who you are.

What will be your first step?

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8b

Change our patterns of thought.

- Focusing on truth dismantles lies and deception
- Focusing on honourable things dismantles attacks on our self-worth and identity
- Focusing on what is right rather than what is wrong (being grateful)
- Pure thoughts dismantle temptation
- Lovely thoughts dismantle harsh words against us
- Admirable thought dismantles shame
- Thinking about what is excellent or praiseworthy keeps our minds focused on the positive and not the negative.

What thoughts do you need to work on when it comes to the chameleon effect?

What are some things you can focus on to replace those negative thoughts?

"Even if you are not rewarded, it is time to unmask and be you."

Connie Blackwood

Results

After dealing with the chameleon effect there are several results you can expect:

1. Social situations cause less anxiety over being rejected
2. Increased confidence in who you are
3. Loving yourself more.
4. Unconcerned about what others think about you
5. Willing to share your thoughts, feelings and ideas knowing they have value

What additional results could come out of it?

How can these motivate you to continue moving forward and not going back to the familiar chameleon ways?

God loved me for me; no alterations were required. He pursued me, imperfections and all.

Connie Blackwood

How does God loving you for exactly who you are help you steer clear of chameleon tendencies?

Activation

HONOURABLE THOUGHTS

When we operate with the masks of the chameleon effect, the negative thoughts that bombard us attack our self-worth and identity.

We are going to take the next 5 minutes or so and we are going to write honourable things down about ourselves. If you are unsure of what is meant by honourable, think about how you would feel by it, if you would feel honoured hearing it from someone else then it is honourable.

4 Keys to Remember

- 01 REJECTION IS NOT ABOUT YOU IT IS ABOUT THE OTHER PERSON. EMBRACING THIS WILL FREE YOU FROM THE FEAR OF IT.
- 02 YOU WERE MEANT TO BE YOU. THERE ARE NO TWO PEOPLE EXACTLY ALIKE ON THE PLANET. THIS HAS BEEN DONE ON PURPOSE, WHICH MEANS THERE IS SOMETHING THE WORLD NEEDS THAT ONLY THE REAL YOU CAN PROVIDE!
- 03 WEARING MASKS MAY KEEP YOU SAFE FROM REJECTION BUT IT ALSO ENSURES YOU DO NOT RECEIVE LOVE EITHER.
- 04 THERE ARE PEOPLE WAITING FOR THE REAL YOU TO SHOW UP IN THEIR LIVES. THEY ARE LIKE-MINDED AND HOPING TO FIND SOMEONE JUST LIKE YOU TO HAVE IN THEIR LIVES, STEP OUT FROM THE MASK AND REVEAL YOURSELF.

Never lose your character or surrender who you are just to receive attention!