

The participants who kindly gave their time to assist in this research have consented to their material being used for academic learning. They have given written permission to use the material to this end. However, it must be stressed, that the identities are to remain confidential and certain information has been omitted to accommodate this.

### **Abstract.**

In this enquiry, I explored the intrapsychic experience of the change from a False Self, which had been re-enacted in the adult world as a coping mechanism and a means of protection, into the True Self, that is more appropriate in the current environment. The focus was on the experience of the change itself and how the participant coped. The aim was to compare the experience of the participants, including my own, and to note the similarities and differences depending on the circumstances and the necessity that led to the change.

The research was qualitative and thus to explore and 'feel' the intrapsychic experience of the participants by the Heuristic method, allowed me to 'enter' into their world. This was achieved by means of semi-structured interviews of five participants.