Dreams, fantasies, fairy tales and childhood stories can all give us clues to our script. While you do these exercises, let your imagination run free. Don't bother thinking what they are for or what they mean. Don't censor or try to figure out what you are supposed to say. Just accept your first images and feelings that may come with them. Just accept your first images and feelings that may come with them. 4. Hero or heroine Who is your favorite character? It may be someone from a childhood story. Perhaps it is a hero or heroine from a play, book or film you remember. Maybe it is a real person. 5. Hero or heroine Choose the first character you bring to your mind. Become your chosen character. Talk about yourself as long as you like. Use the word I. Ex.: Superman.