

As you read the words below, notice what rules or messages you learned about each of these areas growing up and through your life and jot them down.

Try not to overthink things and respond based on your gut. Remember we learn from what is said and what is not said. We learn from what we see and didn't see.

What expectations, thoughts or feelings come up around these topics ?

LOVE

SUCCESS

FAMILY RELATIONSHIPS

ANGER

ROMANTIC/ INTIMATE
RELATIONSHIPS

SPIRITUALITY/ RELIGION

ROLE IN COMMUNITY

PHYSICAL HEALTH

MENTAL HEALTH

TO BE A FRIEND

TO BE A PARENT

WHAT IT MEANS TO BE A MAN?

WHAT IT MEANS TO BE A WOMAN?

SEX

BEING ASSERTIVE/
STANDING UP FOR MYSELF

POWER

FUN

MONEY

FOOD

SCHOOL/ EDUCATION

BEING AN ADULT

BEING A KID

OLD AGE

SELF-CARE