

Family or Societal Rules / Should's / Messages

- What are some of the rules, guidelines, themes, messages, or “should’s” you grew up with or currently hold?
- These topics may jog your mind. Then ask yourself “where did this rule come from?”
- Consider the usefulness of each message. How did these “rules” affect your life? Would you impose any on others in your life? Which ones will you keep? Which ones will you discard or bend?
- For those you want to discard: what are some ways you can take your power back? Are there times you would like to continue to adhere to some “should’s”?

Topic	Message:	From: Parents? Society? Self?	Costs vs Benefits	Keep? Discard?
What is Success?				
Arguments or conflict				
Expressing emotions				
Money/ materialism				
Entertainment and fun				
Work				
Religion				
Politics				
What it means to be a man/ woman				
Relationships/ trusting others				
Drugs/ alcohol				
Marriage				
Community				

Power/ Control				
Honesty				
Freedom				
Children				
Solving Problems				
Education				
Other:				
Other:				
Other:				
Other:				
Other:				

Ideas to take back your power
