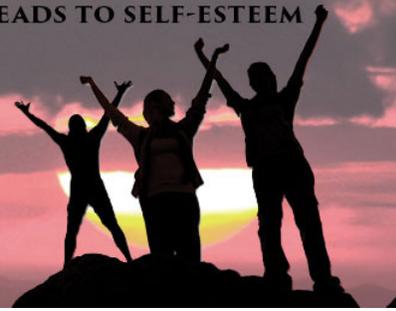


FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 1 – Worksheet 1

Parental and Cultural Values, Attitudes, Beliefs and “Shoulds”

The behavior of significant adults toward you, each other, and the world in general created a myriad of nonverbal messages from which you began to form your self-image, and on which you probably still base your own values and belief system. This belief system has become the “*shoulds*” by which you run your adult life. Unfortunately, these “*shoulds*” are often what interfere with your taking care of your own needs and allowing you to love and nurture all of who you are.

Exercise: Parental and Cultural Values, Attitudes, Beliefs, and “Shoulds”

The following exercise will help you become aware of some of the beliefs, “shoulds” and values you learned from you parents, family, friends and culture. Your “shoulds” and values were an important building block in the image you formed of yourself when you were young, and still play a vital role in your self-esteem today.

Take some time to write about the opinions and attitudes you believe your parents held about the following concepts. Remember, they did not have to ever actually say a word about these subjects for them to communicate strong feelings about them.

Try to recall their facial expressions and body language as well as their words. If their feelings on these issues have changed over the years, write about the topics that stand out as the strongest and most influential on you when you were young.

Also, if there are topics you want to skip over, don't! These are the ones that carry the most emotional weight for you, and the ones you will benefit most from looking at.

FAMILY

OTHER PEOPLE

MONEY

PETS

WORK

GOALS

SEXUALITY

PHYSICAL AFFECTION

DISCIPLINE

NEEDS (YOURS AND OTHER'S)

WANTS

FEELINGS

YOUR BODY

SPIRITUALITY

RELIGION

MARRIAGE

FRIENDS

DEATH

BOOKS AND EDUCATION

NATURE

HEALTH

PLAY/ LEISURE TIME

MUSIC

FOOD

CHILDREN

WOMEN

MEN

DRUGS (PRESCRIPTION AND ILLEGAL

TOBACCO

MY INNER SELF

PERSONAL BOUNDARIES

OTHER

Remember:

- Parents try to do their best when raising children
- When you were a child you had little personal power to meet your physical and emotional needs
- As a child you learned to believe and obey messages and expectations in your family system in order to gain love and approval and avoid rejection and pain.
- Your parents instilled "shoulds" and values in you that may or may not fit for the adult you are today.
- Old parental "shoulds" often interfere with your ability to meet your own emotional needs.
- **You have the power and the right to change any value or belief that no longer serves you!**