

## Identifying Scripts

Circle one letter for each category. If you like, substitute some other personal influences such as peers, teachers, religion, etc. for family.

*When it comes to beliefs about THE NATURE OF THE UNIVERSE my family (or name other influence) believes:*

- a. that life and people are inherently good, that there is a force which takes care of us and makes things turn out for the best.
- b. that life is neither good nor evil. We are responsible for it all including making it good.
- c. that you must never let down your guard. Life is difficult and you can't trust people.

*Now I believe...*

*When it comes to TIME, my family (or name other influence):*

- a. always plans ahead for tomorrow.
- b. lives for today's enjoyment and tasks.
- c. honors ancestors and cultural history.

*Now I believe...*

*When it comes to the idea of FAMILY, my family (or name other influence) believes:*

- a. to be separate from family is to be missing an essential part of yourself.
- b. the needs of the family and the individual need to be balanced.
- c. the individual and his or her needs are more important than those of the family.

*Now I believe...*

*When it comes to EMOTIONAL EXPRESSIVENESS my family (or name other influence) believes:*

- a. feelings are meant to be expressed.
- b. it's only okay to show how you feel in certain situations.
- c. emotional self-control is most important.

*Now I believe...*

*When it comes to AUTHORITY, my family (or name other influences) believes:*

- a. tradition and stability are most important .
- b. each person is ultimately responsible for him or herself.

*Now I believe...*

*When it comes to GENDER ROLES, my family (or name other influence) believes:*

- a. men and women are equal. Each person should be able to be what he or she wishes irrespective of gender.
- b. there should be some overlap in male and female roles, but it's also important to acknowledge the differences between the sexes.
- c. the world of men and women are totally different. It's important to keep them separate.