PART 1: RECOGNIZE THE GENERAL SCRIPTS

Check all of the “script messages” listed below that you have heard over the years.

☐ You’re stupid ☐ Be sexy ☐ Don’t think
☐ Be abandoned ☐ Women don’t count ☐ Don’t show your feelings
☐ Abandon people ☐ Be the black sheep ☐ Get the job done
☐ Be a success ☐ Kill yourself ☐ Be a decision maker
☐ Be a failure ☐ Be lazy ☐ Feel depressed
☐ Men are passive ☐ You’re a good child ☐ Be critical
☐ Don’t grow up ☐ Be like your mother ☐ Be angry
☐ Work before play ☐ Be like your father ☐ Hide your anger
☐ Be affectionate ☐ Don’t compete ☐ Don’t be sick
☐ Don’t be affectionate ☐ Be sexually abused ☐ Don’t trust people
☐ Be generous ☐ Be physically abused ☐ Be an abuser
☐ Be selfish ☐ Be the boss ☐ Be considerate
☐ Be responsible ☐ Sex is not okay ☐ Be sweet
☐ Money is for spending ☐ Sex is fun ☐ Don’t touch
☐ Be a miser ☐ Sex is dirty ☐ You’ll never find a man
☐ Have children ☐ Sex is for procreation ☐ Play around
☐ Don’t get close ☐ Live life to the fullest ☐ Work hard
☐ Women are bitches ☐ Men are in charge ☐ Women are in charge
☐ Be perfect ☐ Worry ☐ Procrastinate
☐ Be sarcastic ☐ Enjoy life ☐ Be religious
☐ Go to church ☐ Be a victim in life ☐ Have a career
☐ Be an alcoholic ☐ Men are jerks ☐ Be dumb
☐ Be an achiever ☐ You’ll never find a job ☐ Be a bum
☐ Be happy ☐ You’re no good ☐ Depend on others
☐ Men take care of you financially ☐ Depend only on yourself ☐ When things go wrong, drink
☐ You’ll never amount to anything ☐ When things go wrong, go to bed ☐ Women take care of you emotionally
☐ When things go wrong, take a pill
PART 2: PERSONALIZE THE SCRIPT MESSAGES

Record the specific messages you received in each area that influenced how you behaved and how you defined yourself as a good person.

• My mother told me a girl/boy should
• My father told me a girl/boy should
• I was told as a girl/boy I could
• On the other hand, boys/girls could
• In conflict situations, I was told a good girl should
• In conflict situations, I was told a boy could
• Often I got what I wanted by
• When it came to boys/girls, I felt
• When it came to other girls/boys, I felt
• Teachers encouraged me to
• I always wanted to
• Right now I am feeling

PART 3: RECOGNIZE THEIR PERSONAL IMPACT

Record the specific messages that you learn about Yourself and Relationships.

• My relationship with God
• My relationship with others
• My skills and abilities
• My physical appearance
• My intelligence
• My future