



Self-Discovery Worksheet

Life Scripts

Things we learned about life before we knew it.

PART 1: RECOGNIZE THE GENERAL SCRIPTS

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

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