

## 7.8 Root Memes that Act as Barriers to Connection Page 1 of 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What personal memes might be keeping you from feeling more connected to nature, to others, and to your own True Self? List them below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

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Now that you have identified some of those root memes, pick the one that seems the most prominent or the most significant, and answer the following questions:

What is the nature of the problem meme/habit? (What do I hope to achieve in thinking/behaving this way? What is my intention?)

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How is the problem maintained? It's been said that insanity is doing the same things over and over again in the same ways and expecting things to turn out differently. What solutions might you have been attempting that are instead maintaining the problem? (Which behaviors do I want to change? Is there a way to change how I think about it so that it is no longer a problem?)

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Why do I engage in this meme/habit in the first place? (Why is this behavior important to me? What would I lose if I let it go? What would I gain? What is my motivation for continuing this belief/meme?)

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Practice this exercise whenever you feel disconnected from others, from nature, and from yourself. The more often you practice it, the easier it will become to re-connect.