**Deconditioning Exercise**

Pick 5 of these topics that you have the MOST sensitivity or conditioning around.

What ways have you been conditioned to behave, think, or feel about these things in your life? What was your relationship to them growing up? Present, where are you now?

Future, Where would you like to be?

What are the feelings created because of these relationships, beliefs, or constructs?

Career Education Health

Relationships Conflict Sex

Friendships Sharing Emotions

Self fulfillment Strength Sacrifice

Self determination Loyalty Money

Abundance Independance Spirituality

Forgiveness Family Aging

Having children Celebrating Religion

My body Nature Recreation

Patriotism Politics Work

Debt Uncertainty Risk

Food Alcohol Drugs

Physical appearance Leadership Authority

Anger Fear Adventure

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