

UNIT 1 Beginnings

Coach:

The goal of this workbook is to not only help you with cognitive skills (self-awareness), but also to help you see the big picture of your life: You are many times better than you may realize. This workbook will give you the skills that will help you deal with the deepest issues in your life that may be blocking your progress and keeping you from your full potential.

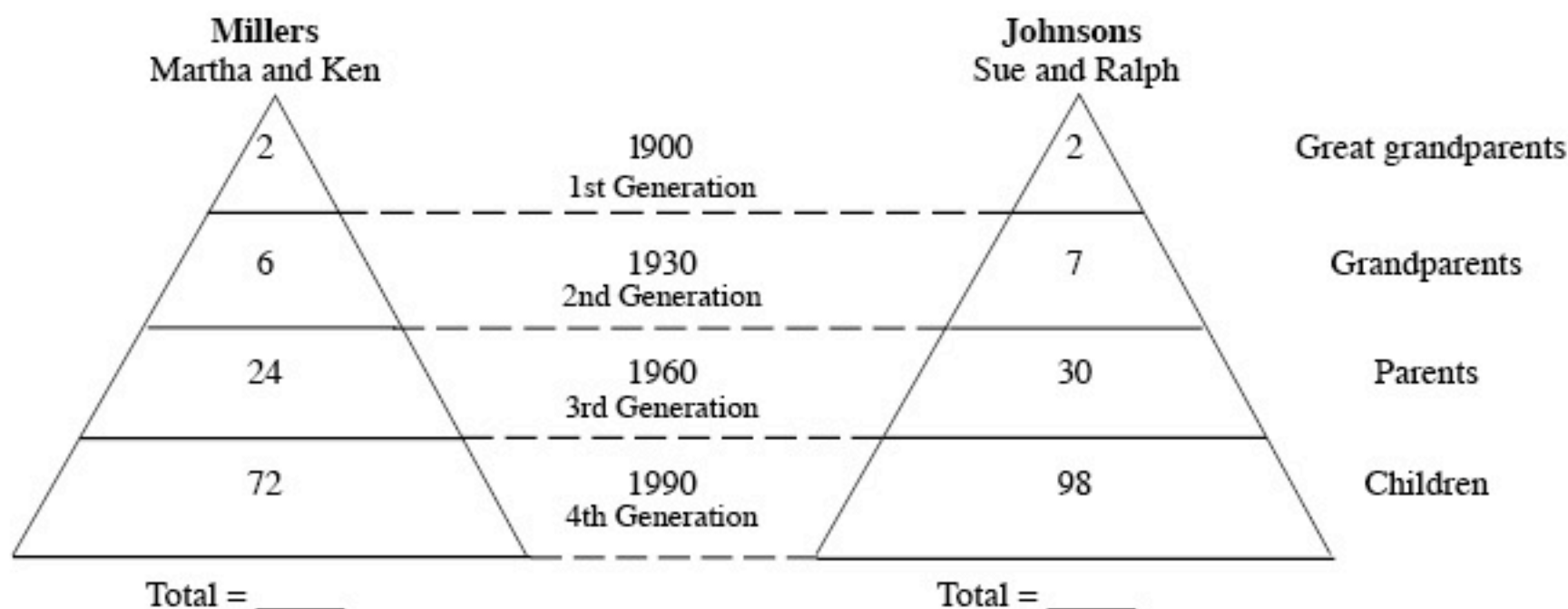
Often the answers to your future can be found in your past. What has happened in your life, so far, could equal much of your future if you don't take steps to change. The good and bad done to you, your values and habits, are imprinted in your brain something like a cassette tape that keeps playing over and over again. Without you being aware of it, these "tapes" control your thoughts, attitudes, values and the quality and direction of your life.

The goal of this workbook is to help you be a healthier, happier, even a more productive person by dissolving self-imposed obstacles and limitations that we often place on ourselves.

To begin our quest for self improvement, we have to start at the beginning. Let's look at two large family groups, the Millers and the Johnsons. These two families are real and represent two extremes in our society. Both grew up in the same small rural town. The names have been changed to protect them.

Our story starts in 1900: Martha married Ken Miller; Sue married Ralph Johnson. Martha and Ken were raised in loving homes by hard-working parents. Ralph was 26 when he married 16 year-old Sue, who was escaping a poor home life. Ralph grew up being abused and beaten by his dad while his mother looked on. Ralph hated women. He was mean and beat his dogs, horses, and other farm animals. Why? _____

The two families look like this with the different generations growing up in different societies:



Questions:

- a) How many people born into the Miller family group, so far? _____ The Johnsons? _____
- b) When you add the families together, how many in each generation? 1st _____, 2nd _____, 3rd _____, and 4th _____.
- c) Which of the two family groups do you think is doing better? _____ Why? _____

- d) Which generation do you think was the safest to grow up in—the 1930s or 1990s? _____ Why? _____

- e) Which family group would most likely have the most anger problems? _____