

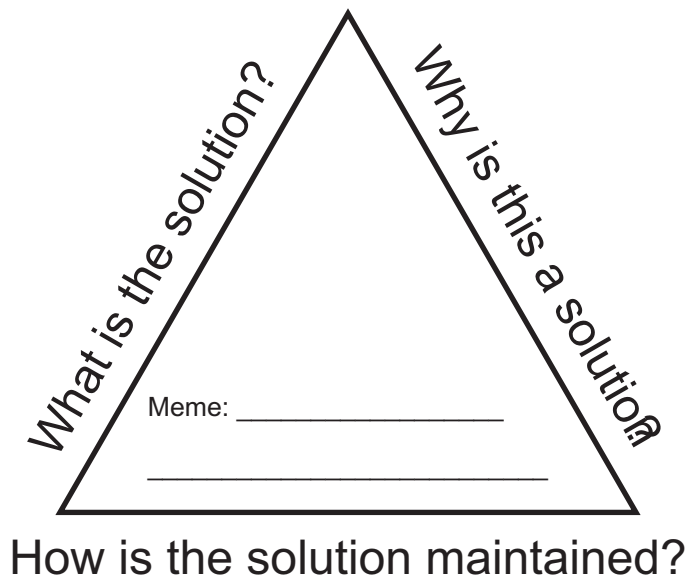
Meme Triads (Solution-Focused)

Name: _____ Date: _____

Memes are habits of thought, action or behavior that are passed down from generation to generation. Memes are to thoughts and behaviors as genes are to eye color, hair color, etc. Sometimes memes lead to consequences we don't want for our lives. When that happens, it may be time to change the meme.

A meme consists of three components: The 'What,' the 'Why' and the 'How' (see graphic below). All three of these components are inter-related. If you change one component, they all change. Also, if you change one component, the meme changes.

Answer the questions below about your meme, then figure out which component would be easiest to change so that you can do more of what works, and less of what doesn't work:



What is the solution? _____

Why is this a solution? _____

How is the solution maintained? _____
