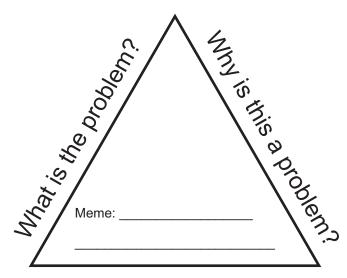
Meme Triad (Problem-Focused)

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:



How is the problem maintained?

What is the problem?	
Why is this a problem?	
How is the problem maintained?	