

# Root Memes that Act as Barriers to Connection

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? (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.