

# DISCOVERY EXERCISE

Discovering the source of emotional reactions requires a willingness to discover things hidden within you. Back to the Johari Window, you'd be enlarging the blocks which are currently hidden from you.

Some of what you discover could be painful but know that you can release that pain which was festering. **Once you're aware of what is happening, you can make decisions on how to respond rather than reacting out of pain.**

For this exercise, you need paper and something to write with. The reason not to use a computer is because your brain responds differently when your hand moves upon the paper. Something happens which unlocks your subconscious mind more easily.

# PLEASE WRITE YOUR ANSWERS:

1. **List all the ways you're like each parent.** If other family members raised you, use them for this exercise.
  - List things you like and don't like about yourself. List those things people have said, such as, "You're just like your Dad," even if you don't agree.
  - Next to each characteristic, jot a note as to how you see that in your relationship.
  - Put a checkmark next to the characteristics which you see in your partner.
  
2. **On separate sheets of paper, write the most common challenges in your relationship.** Just one challenge per page.
  - On the page with each challenge, write out how your parents or primary caregiver would respond to the challenge. Are you and your partner acting as one of your parents would?

- What upsets you the most about the particular challenge you're having? How is this similar to what happened in your family?

You can always ask someone else to assist you with these exercises. They will see things in you that you don't see. That can be tough, but it will also be enlightening.