

What's Familiar????

Family Lies Worksheet

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The word **familiar** contains the words---**family** and **liar**. Many of the familiar confabulations we learn early on about ourselves are not true, nor are they in our conscious awareness.

Some examples of what is “familiar” might be: *I have to do what my family wants me to do; I’ll never amount to anything; Being successful means having money; etc...*

I created this worksheet as a way to excavate some of the lies you may tell yourself.

Take as much time as you need with each question. You can always add to the list, and journal more about each one as time goes by and deeper layers are discovered. This is not an easy exercise. Be patient with yourself and the process.

1. What are some of the lies you learned in your family?
2. When did you realize something was a lie? How old were you? What event?
3. How has the lie impacted your belief about your SELF?
4. How else have family lies affected your life?
5. What might be different if you were able to be your authentic SELF?
6. When are times when you feel you are living your true to SELF?

