Imitation of Habits

I want you to think about the “closest” people to you- these could be your friends or family. What are some habits or behaviors you have grown accustomed (followed their leader) to being around them? List 5 habits or behaviors below on the lines.

**EXAMPLE: Whenever anyone in my family would become upset or have hurt feelings, they would not talk about it. They would hold their feelings and thoughts inside, letting it fester. By not talking about our feelings and thoughts, problems and/or situations were never solved. Everything was sweeped under the rug and those same problems/situations would keep reoccurring. All my life I thought it was normal to not tell others when something bothered me which then led to me having communication issues that I have now had to learn to deal with. Relearning a habit I thought was normal has been a great change for me.**

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Now, I want you to think of the “groups” you identify with or even **did** identify with. Share a time in your life when you followed the crowd because you wanted to “fit it”.

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The last thing I would like you to share is someone who is seen as a public figure that you personally look up to in your life. What about this individual makes that a role model for you? Explain.

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