

## Let's question our deepest conditioning:

Growing up, during the first 7 years of our childhood we formed our own core beliefs. As adult now, we get to question them.

- Do we believe little humans & the elderly are worthy of the same respect?
- When someone tells us "no", how does that feel? Are we capable of saying "no" to someone else? How does that feel?
- Is our worth dependent on something else (example: our job)?
- What makes us loveable?
- Do we believe we need "tough love" in order to learn new things? What are the best conditions for inner growth?
- Do we believe that a child can be "spoiled"? How do we define "spoiled"?
- Do we believe that it is our role to make our child happy?

- Do we feel that something is wrong with us when we cry?
- Is it hard for us to see/hear our child crying?
- Do we associate lack of gratitude with feeling sad/complaining? If yes, what are our associations between the two?
- Do we associate selfishness with self-care? If yes, what are our associations between the two?
- Do we believe that some things should be kept taboo?
- Do we believe our body has inner wisdom or that someone else needs to provide this wisdom?
- Can someone else make us feel a certain way?