

humantold

Traits Worksheet

Oftentimes, we don't understand how pervasive our parents' traits are in our own life. The more we understand our parents' traits, the better we'll be able to design our own traits that aren't a reaction to our parents. We can choose the traits we want to cultivate.

Instructions

- Label your parents' traits. Possible traits could be the following: the victim/complainer, passive-aggressive, angry, addictive, judgmental, martyr, moody, absent, instigator, reliant... the list goes on!
- Describe your parents' traits.
- After each trait, describe how that trait lives in you. You could have the exact opposite trait, a softer version, or a more extreme version of that trait.

6 steps to reign in negative traits:

1. **Pinpoint it.** Pick a negative trait you want to eliminate that's getting in the way of your ultimate life goal. For instance, if finding love is one of your goals, you will have to deal with some of the traits that are getting in the way, e.g., pessimistic, shallow, cold, etc.
2. **Observe it.** See how this negative trait shows up in your day-to-day life. Watch it. Catch it. See what triggers it. Observe how often it presents itself. See how you talk to yourself about it. For example, if you're an angry, easily annoyed grumbler, take notes on how often that trait shows up.
3. **Name it.** Give it a name and make it something funny! This will make catching it not only bring you closer to your higher self, but it will also be entertaining and less demonizing (I'm looking at my own Judge Judy trait!). Our traits have been hardwired into us, and they aren't going anywhere anytime soon.
4. **Leash it.** Put some rules and regulations on the trait. Once you begin to understand what you're doing and how it affects others, the willingness to change the behavior is there. You'll need to find the right promise and consequence to stop it. This might mean that you must give your coworkers five dollars every time your "Busiest, Most Important Asshole in the Room" trait comes out!
5. **Replace it.** Think of the trait that you want to replace your negative one. For example, replacing shallowness with the positive trait of having more depth and deeply caring about people.
6. **Implement it.** Start making promises to yourself on how to implement your positive trait. For example, if you wanted to take your "shallow" trait and replace it with "depth," you would make a promise to yourself around slowing down, caring, listening, paying it forward daily, and telling others about this new you that you're evoking.