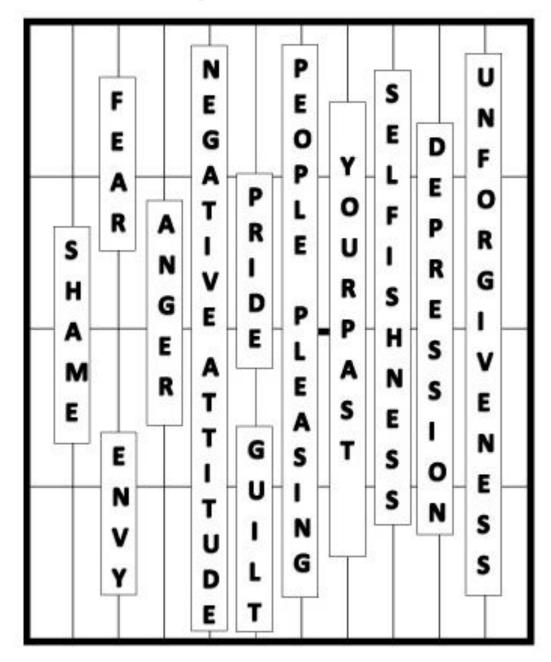
## **Identifying the Bars of Our Self-Imposed Prison**

"You're still in prison if you do nothing better in freedom." - Toba Beta

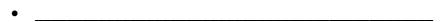
1. Below is a drawing of a prison cell with words that describe some of the things (bars) that keep us hostage. Review it and **SHADE** the top 3 bars that are keeping you from living your best life. If there are others that are not **listed, please write them in the section below**.



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2. CIRCLE your TOP 3 bars.3. Below write examples of how each bar has held you back.

3. Below write examples of now each bar has held you back.	
BAR #1:	keeps
me imprisoned in the following ways:	
BAR #2:	keeps
me imprisoned in the following ways:	
BAR #3:	keeps
me imprisoned in the following ways:	



	USSION What emotions did doing this exercise bring up for you (example: fear, shame, relief, etc.)?
2.	What do you think is the root of these emotion?



	If you BROKE FREE of these bars how different would your life be? (Give examples)
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	What supports would help you to BREAK FREE from these bars?
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Tip: The first step to breaking free is to be honest with yourself.