

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.



OTHER BARS

- _____
- _____
- _____

[1]



2. **CIRCLE** your **TOP 3** bars.
3. Below write examples of how 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:



DISCUSSION

1. 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?



3. If you BROKE FREE of these bars how different would your life be? (Give examples)

4. What supports would help you to BREAK FREE from these bars?

Tip: The first step to breaking free is to be honest with yourself.

