

## Tribal Belief Exercise

*This may be a difficult exercise for some, as it may bring up some traumatic experiences. So be aware of that and take your time and be compassionate with yourself. There is also the option of not completing this exercise, until you feel ready.*

In this exercise, what I would like you to do, is list all the beliefs, statements you were exposed to from the age of 0-8, at home, at school, with family, with friends. Write everything down, even if you think that you don't believe it. What you heard, saw, experienced. You do not have to share this with anyone.

- About race: indigenous, immigrants, French, English, Canadians, American, populations within your own country.
- Religion, non- religion, spirituality.
- Other religions.
- Politiques, political agendas.
- Expressions said in the home.
- Marriage, non-marriage, sex prior to marriage, same sex couples.
- Other people's political views.
- What you were and were not allowed to talk about.
- About men.
- About women.
- About children.
- About work.
- About mental health.
- About education.

\*\*\*\*\*To challenge yourself, think of a situation where you know how a parent/family member would respond to a racist or sexist situation or different religion or political affiliation. What does the family dinner look like during the holidays when politics or religion comes up?

<ul style="list-style-type: none"><li>◆ List all beliefs and experiences exposed to during the ages of 0-8 years of age.</li></ul>	<ul style="list-style-type: none"><li>◆ What you believe to be true with each belief.</li><li>◆ Your thoughts at the time.</li><li>◆ Your thoughts now.</li></ul>
<ul style="list-style-type: none"><li>◆ Which Tribal Beliefs do you struggle with?</li><li>◆ Which Tribal Beliefs do you want to change?</li></ul>	<ul style="list-style-type: none"><li>◆ What would you change that Tribal Belief to?</li><li>◆ Which Tribal Beliefs do you want to hold and share with your children, family, nieces/nephews, friends, etc.</li></ul>

1. Now, go through each Tribal Belief.
2. What do you believe about that Tribal Belief?
3. Is that a Tribal belief that resonates with you?
4. Is that a Tribal Belief that you want to hold on to and share with your children?
5. What would you change about that Tribal Belief?
6. What would you change that Tribal Belief to?
7. Which Tribal Belief do you hold that you struggle with?