



# Living Life LOUD

## Month 1, Week 1 Homework

Intimacy is letting people see the real us, flaws and all.

MY GOALS FOR JANUARY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Let's talk about how (and why) we perform.

→ I absolutely love the exercise Don's counselor has him do in Ch. 6, so I'm asking you to do it here. In the space below, draw the outline of a human body, then draw a larger body around the first. These shapes represent your internal and external selves.

In each shape, write adjectives that describe that part of yourself.

Now, answer these questions:

→ Is there a big gap between your inner and outer selves? Which one represents the “real” you?

→ How can you let more of the “real” you show in relationships with others?

→ What stops you from doing so?

→ What's one small change you can make in ONE primary relationship in order to show more of your “real” self?

→ DM says that research shows we become like the 5 people we spend the most time with. Who are the five people you spend the most time with?

→ Do they represent qualities you'd like to become? If so, how can you spend MORE time with these people? If not, how can you remove yourself from their influence?