

## Exercise sheet for chapter 7: Develop yourself through role-making

**Identify your roles:** List the roles in your life and assign them to the categories: innate, attributed and self-chosen. Think about which roles you would like to play more or less in the future and why.

**Reflect on role ascriptions:** Observe the positive and negative role attributions that you encounter for a week. Decide for each attribution whether you want to accept or reject it and write down your reasons.

**Create new roles through role-making:** Think about which new roles you want to actively create. Develop a plan for how you can implement these roles through role-making: What skills do you need? Who should you talk to in order to take on more responsibility? Write down the first steps you will take.

**Analyze expectations:** Keep a log of the expectations of your social environment for a week and differentiate between must, should and can expectations. Analyze which expectations you like to meet and which ones are a burden. Set clear boundaries to reduce stressful expectations.

**Improve conflict management:** For can-expectations, consciously choose situations in which you want to say no in order to practise setting boundaries. Then consider should- and must-expectations where you could set boundaries to reduce the stress. Analyze a current or past conflict and develop an alternative strategy to deal with it. Write down new ideas for improving your conflict management every day.

**If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:**

**[MasterYourLifeScript.com/call](https://www.masteryourlivescript.com/call)**