



# SITES OF SHAPING



→ A site of shaping can be an event/person/place. Shaping is dynamic, so one may have had experiences in adulthood which have had a prominent impact in changing one's views. However, since our most concrete attitudes and beliefs are shaped based on childhood experiences, please note only the most imperative sites of shaping

from adulthood and seek to focus on understanding your foundation (childhood experiences).

→ Our experiences and selves are impacted, influenced, and shaped by each of the sites.



## SPIRIT/NATURE

Forces that are larger than ourselves or the systems we create; Our connection to all that is naturally occurring and not man-made. Our connection to our higher selves, other living creatures, energy, and the universe.

## SOCIAL NORMS/HISTORICAL FORCES

What success, beauty, intelligent, expert, healthy, and normal means; societal ideas of norms around race, gender, sexual orientation, etc. Large historical events, periods, or eras

## INSTITUTIONS

Religious: mosques/churches, educational systems, health care systems, governmental structures such as the welfare system, etc.

## COMMUNITY

Geographic, cultural, ethnic/racial

## INTIMATE NETWORK/FAMILY

The people who tend to your immediate needs (for example, food, shelter, safety, love, connection/intimacy)