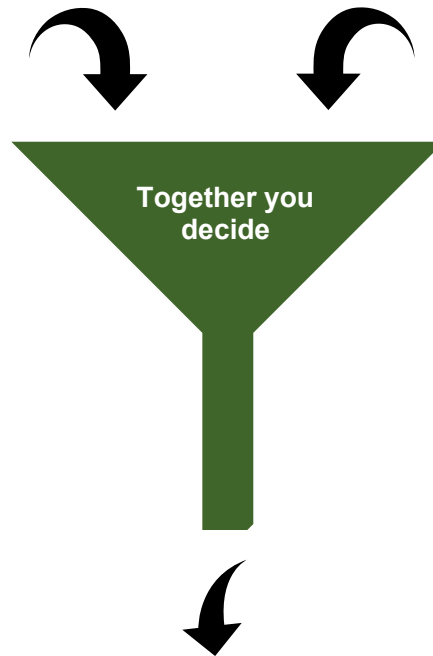


## FUNNEL EXERCISE

**What others put into  
your own “funnel”**

**What others put into  
your spouse’s “funnel”**



**What will you pass on to the next generation?**

List 3 or 4 things that your parents (or others) put in your “funnel” that you do NOT want to pass on to your children (e.g. *temper, shame, workaholism, destructive conflict resolution, poor financial management, people pleasing, worry, disconnecting from feelings or being controlled by feelings*).

_____	_____
_____	_____

List 3 or 4 strengths, values, behaviors or characteristics that your parents (or others) instilled in you that you definitely DO want to pass on to your children and grandchildren.

_____	_____
_____	_____

***Deuteronomy 30:19 “...I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live...”***