



Module 2: Assumptions and Worldview

Video 2-2 Exercise 2-1: Personality Structure and Openness to Change

Examining and changing one's deepest assumptions about the nature of reality can be a lengthy and intense process, depending upon one's level of openness to rewrite or reframe their history and try new things.

This module is more process-oriented than imparting information. We are going to have a deep look at our relationships.

To begin this process we need to look into our own personality structure. Please go to the Downloads for Exercise 2-1

This exercise involves looking at our Personality Structure and Openness to Change.

Let's go inside and ponder our openness to change. In this exercise you will give some thought as to whether you welcome change, resist it, or reject it, and what motivates these attitudes.