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PE.550 Designing Your Life  
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Designing Your Life (IAP-Spring 2009)  
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**Homework 6: Haunting Incidents**

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1. Continue making and keeping promises, reporting in every Sunday. Report on whether you kept or did not keep your promises. Suggested format:
  - a. Describe the promise
  - b. Write for each promise "KEPT" or "NOT KEPT"
  - c. Describe the consequence
  - d. Write if you paid the consequence or not. IF no, by when will you pay it?
  - e. What are your stats on keeping the promise (e.g. I kept 5/7 days).
  - f. What did you notice about yourself? Where did you stop yourself? Where were you a chicken or brat, and where were you great? You can include this for any promise, but ALWAYS do this for every promise that was NOT KEPT.
2. Write out the incidents from your life that haunt you. Include everything you have ever done that you don't want people to know about. Look for main, *sharp* incidents and events that have shaped you. They are very specific memories; for example, when I think of X, what immediately comes to mind is Y. Be sure to cover all the important topics of your life (mother, father, family members, relationships, sex, job incidents, money, career, break-ups, childhood dramas and fears). You can revisit the 18 areas to jog your memory. Dig deep— there should be at least 15 incidents on your list. Each haunting should have at least a 3-sentence description, and it should be clear to the reader what the incident was.
3. Week 1—Identify another trait you want to take down, such as "Judgmental"
  - a. Which parent does it come from?
  - b. Describe their version of it.
  - c. Identify 2 different styles of the trait in you, ways that it manifests/shows up. For example,
    - i. I am judgmental when I watch and say nothing
    - ii. I am judgmental when I do say something
4. Week 2—Catch the trait and have some insights about it (getting the character/personality understood) [NOTE – RULE—DO NOT FEEL BAD ABOUT IT—get a sense of humor about it, have fun, laugh at it, love it.]