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Generation Echo
asociacija aidinti karta

Breaking the Cycle

Reflection booklet

Training course

Before we begin

Generation Echo and its partners have been developing the program for mental health training for over 3 years now, and implementing Erasmus+ projects based on the developed tools since 2022.

We find that awareness and reflection are very important in the healing process, so we compiled this booklet to assist the learning and exploration of one's inner world, values, and patterns, that define or affect our lives.

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**“No society can understand
itself without looking at its
shadow side.”**



- Gabor Mate



About the project

The “Breaking the Cycle” project was a 7-day long training course that was held in Daugirdiškės, Lithuania on the 22nd-30th of May 2024.

30 people from more than 10 countries gathered to learn more about mental health, connect and heal together.

Our mentality and perceptions are often in the way of making society more inclusive and supportive. During this training course, we worked on better understanding our emotions, what traumas are, and how we can recognize them, and focused on growing empathy for ourselves and others.

Values

- **Why do you think different people find different values more important?**
- **Do you think that core values can change over time? Why do you think that?**
- **Write down examples of your core values that were shaped by your family/ your culture/ past experiences.**
- **What does success mean to you? How would you define it?**
- **How do you know if you're successful or not, based on your standards? How do you measure it?**
- **Does your definition of success differ from that of your family/ cultural definitions? Elaborate more on that.**

Culture:

Finish the sentences:

- In my family mental health was..
- My culture affects my mental health in..
- I feel safe in the environment when..
- Mental health awareness & prevention in my country manifest in/as..
- When I am triggered, I usually..



Needs:

- **Write down all the things you're doing during your week and identify the needs behind your actions;**
- **Identify contradicting needs (resistance);**
- **What does this give/bring me? What would I love if I stop?**

Patterns:

- **What values do I live by?**
- **What label/s have I put on myself?**
- **What is that defines my life and that I have for my whole life?**
- **Do I feel imprisoned by this idea?**
- **What becomes unavailable to me because of these beliefs?**
- **Does it affect me negatively?**
- **What would change if I lose it?**

Emotions:

- Which are the emotions you can express easily and which are not?
- What is your natural reaction when you see someone crying/angry/excited/frustrated..?
- What is your natural reaction when you feel resistance in your body (if you're aware)?
- How does your family express emotions and which are the ones they don't?
- Are certain emotions considered bad/ embarrassing/ inappropriate in your culture? Which emotions? Do you know the roots of it?

Triggers:

What are your repeating/most common triggers?

What are your experiences with other people when they are triggered? How do you react to them?

How/where can you find safety and support to release strong emotions?

Connection questions

If you want to connect with others on a deeper level, you can start with these questions”

**What brings
you joy?**

**What do
you long
(hope) for?**

**What would
you do if
you had the
courage?**

**What is the
current
struggle
you’re
facing?**

**Finish the
sentence: “If
you really
knew me you
would know
that I..”**

**What is a strong
value/conviction of
yours that you are
willing to make
sacrifices for?**

**Complete the
sentence, “I
pretend
that..”**

**What is the
truth that
feels scary
or
vulnerable
to admit?**