

AN INQUIRY INTO YOUR CONSCIENCE

Introduction to Participant Workbook

You have probably heard the word conscience. Perhaps you have even wondered how your conscience works, or wondered why you behaved or failed to behave in certain ways. We created this workbook to help you learn more about your conscience. Here are some hints to help you explore how you think, feel and behave when it comes to right and wrong.

Your conscience is unique. No two people think about right and wrong in exactly the same way.

This is not a test. Although the exercises in your participant workbook involve answering questions, there are no incorrect answers. We are interested in what **you** have to say about your conscience. No matter what you write down, your answer will be correct because it represents your perspective.

Completing the exercises in this workbook will be a lot of work because your conscience comes from your entire history. All the experiences you have ever had, from the moment you were born, all the people who have been important in your life, and everything you have ever done became part of it.

The more you think about a question before you answer it, the more complete your inquiry will be, and the more you will learn about yourself. If the question is difficult, leave it for a few hours and come back to it later.

The exploration of conscience is very personal and some of the questions ask you to think back to childhood memories. These memories may bring back happy feelings, or may remind you of experiences that were painful, sad or frightening. That is why we designed this workbook to be completed with support from your therapist. If you feel bad, or confused, or just need to talk, call your therapist.

Do not work ahead in your homework. Wait for your therapist to give you homework assignments. **Use extra paper to complete assignments if necessary.**

We hope you find this work challenging and rewarding. We would love to hear from you, should you care to share your experience completing this manual.

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