

“Unhook from cultural pressures to define your worth by doing and achieving — and suppressing your own needs, feelings, desires, hopes and dreams. In other words, challenge assumptions about who you are supposed to be as a man or woman. Gender role stereotypes and other unhealthy cultural messages are everywhere.”

Dr. Michael Obsatz – Oh Grow Up

torytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell an experience about feeling cultural pressure to do something which did not feel right to you.**
- 2. Share one thing you have learned about your community and culture which gives you freedom and encouragement to be who you want to be.**
- 3. Share a story about how you were taught growing up about gender roles from your family, friends, church, classmates, or co-workers.**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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