



Taboo Exploration Prompt Exercise

Introduction: The exploration of how cultural taboos shape emotional and relational experiences can help identify the impacts on worldview. By reflecting on these influences, it can help reduce shame, foster healthier self-expression, and gain insight into how these norms impact their emotional well-being and relational patterns

Taboo Exploration Prompt Exercise

Step 1: Identify the Taboo

- What were some topics “off-limits” or “inappropriate” to talk about?
- How did you know these topics were not to be talked about?
- How do you remember feelings when these topics were raised?
- How did these taboo topics impact your well-being?
- How was this topic treated in your family/community?
- What emotions or thoughts arise when you think about it?
- Do you notice a pattern in your relationships where these topics influence your communication and vulnerability?



Step 2: Explore the Source

- Where do you think this taboo originates from?

- What messages did you receive about these topics for authority figures and caretakers?

- How do you think these topics shaped your understanding of what is “acceptable” or “shameful”?

- How do others around you react to these topics? Family? Friends? Colleagues?

Step 3: Understand the Impact

- How has this taboo affected your:
 - How has this influence your self- view? Self-esteem?

 - How does this impact your emotional well-being?

 - How does it show up in your relationships?

 - Do taboo topics influence your World View and understanding?

 - In what ways do you find yourself feeling societal shame or guilt?

 - Does it influence your way of coping?



Step 4: Develop Healthy Expression

- Acknowledge how these messages are not serving you.
- List positive affirmations and reframes to counteract this taboo.
- Engage in ways to express yourself openly about it.

Step 5: Reflect and Plan

- What did you gain from reflection and exploration?
- What ongoing practices can help you challenge this taboo?