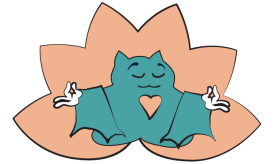


# EPIGENETICS IN YOUR OWN LIFE

(FOR USE IN *THE IMPACT OF MINDFULNESS ON EPIGENETICS* PRESENTATION )

## INSTRUCTIONS



- You will need your [Level 3 Aces Homework Sheet](#) for this activity.
  - In case you forgot to take the quiz, click or copy & paste this link to your browser: <https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>
- In groups of 3, each person will select a role: *client*, *therapist*, or *observer*.
- Follow the prompts for your selected role.
- For more on epigenetics, click or copy & paste this link to your browser: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7431950/pdf/fpsyg-11-01767.pdf>

**Client** Discuss or present to your comfort level how you feel your ACE score impacts the epigenetic expressions of your own life or the life of a loved one.

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**Therapist**

Ask questions to assist the client in identifying multiple generational transference of genetically expressed issues and their mind's relationship to them. For example: What arises in relationship to your increased awareness of your ACE score? Do you think multi-generational transference has influenced how your mind relates to emotions, behaviors, or habits? What epigenetic expressions do you hypothesize? How do you think those issues have impacted the development of your mind?

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**Observer**

Notate verbal and non-verbal cues of mind states which arise in both the therapist and the client in relationship to conversed issues.

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