System Cultural Analysis Worksheet

Using the attached field guide, feel free to analyze and evaluate the culture within your system. This worksheet should help you better understand your system's group culture, how your system functions, and how your system communicates. The worksheet is divided into five sections: status, language, rituals, and values.

Final note: This worksheet might be too long to share with others, although that decision is completely up to you. A shorter version of this worksheet can be found at the very bottom.

Status

- Who has "status"? Who's in charge?
- How are differences resolved? Does anyone in particular have the final say?
- How does the system treat its children and elders?
- How does the system perceive the rest of the world? Is it "us against them," "we're all in this together," etc.?
- Has any member lost "status" and/or been shunned?

Language

- What are some speech patterns in the system? Does everyone talk at once, take turns, say what they mean, express themselves through sarcasm, etc.?
- How is criticism expressed?
- How is humor used?
- If applicable: How does the system use non-verbal communication in headspace?

Identity

- Is the system comfortable with silence?
- What are some system stories that are told repetitively and/or define the group?
- Who are the system's heroes or people they admire?

Rituals

- What obligations do members of this system feel towards each other?
- What rituals bring the system together? This can range from formal celebrations to daily routines.
- How does the system mark birthdays, anniversaries, and special achievements?
- Are system roles used? Are they prescribed, chosen, etc.?

Values

- Does the system have a collective religion or belief system?
- How does the system express its beliefs?
- How does the system view others outside of the system? Are they suspicious of them, detached, engaged?
- What personal qualities are most valued by the system?
- How does the system measure success? Is it by money, education, stability, adventure?

Shorter Version

- Is anyone in charge? If so, who?
- How are children and elders treated?
- Has anyone lost their “status” and/or been shunned?
- What are some speech patterns in the system?
- How is criticism expressed? How is humor expressed?
- What are some memorable system stories?
- What rituals bring the system together?
- How does the system handle birthdays, anniversaries, holidays?
- What are system roles used? Are they chosen or prescribed?
- Does the system have a collective religion or belief system?
- What qualities are most valued internally by the system?