



“Shoulds”

We “should” on ourselves – and tell ourselves we “have to.” These self-statements are based on beliefs and generally lead to resentments or doing things that aren’t in accordance with our values.

List some of the “should” messages you give yourself

- 1.

- 2.

- 3.

Ask yourself “Why should I?” Keep asking until you get to an answer that convinces you.

Ask yourself “What would happen if I don’t do it?”

How do I feel about that result?

So do I *want* to do it? Or am I ready to let go of the belief that I “should” do it?

**Notice when you make JUDGMENTS – evaluations of “good” and “bad,”
being “better than” or “less than.”**

*Our feelings are the result of the stories we tell ourselves. . .
Change your story - change your feelings - change your life!*



“Shoulds” (page 2)

If I *want* to do it, is there a belief that is getting in the way of me doing it? (Maybe about how it is supposed to be done, or whose job it really is).

Is the belief a provable fact? If so, how could I test it? Is it true for everyone?

What is an alternative belief, one that would allow you to accomplish this task you now *want* to do?

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