

Exercise:

Take two sheets of paper and begin each sheet with one of the following sentences:

Sheet 1 - 'I should.....'

Sheet 2 - 'I should not.....'

Repeat and complete the sentence in as many ways as possible on each piece of paper. The exercise should take a minimum of 15 minutes and a maximum of 1 hour. You can also share your writing in the next session.

Rules:

This exercise can be stopped midway through and can be constantly reviewed for omissions. This exercise should ideally be done daily for 1 week.

Purpose:

This exercise will help you see and understand if you hold any *outdated* rules taken from other grownups whilst you were a child. You may find that these rules are still obeyed by you as a grownup. Such rules are often held without awareness and may have never been explicitly said to you. Such rules can hold you back from doing things that you can do and having things. This exercise will help you work out those rules and introduce some new shoulds and should nots in your life.