Rules for living

The "if... then" rules and the "shoulds" you live by.

Name _____ Date _____

Rules for living usually began as a sensible way to cope. Trouble starts when they are rigid, extreme or impossible to keep. Some common ones:

"If I do everything perfectly, nobody can criticise me."

"I must never let anyone down."

"If I show how I feel, people will think I am weak."

"If I keep everyone happy, they will not leave."

One rule I live by (If I... then... / I must... / I should always...)

How this rule has helped me

What this rule costs me

Where did I learn it? Does it still fit my life now?

A fairer, more flexible version. For example: "I like to do things well, and mistakes are part of being human."

One small way I could try out the new rule this week

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