

Modifying Rules & Assumptions

What is the rule (or assumption) I live by that I would like to modify?

If I'm not the best, I'm a failure

How does this rule (or assumption) affect me in my daily life?

It means that I try really hard at whatever I do. I set incredibly high standards which are impossible to live up to. I'm always worried about slipping up and making mistakes.

What are the origins of this rule (or assumption)? Where did I learn it? What was going on in my life that would have made it helpful back then?

My parents were very driven. My Dad's motto was, "Second is a fancy word for losing". I got a lot of praise as a child for succeeding.

What are the advantages of this rule?

- *It means that I try hard and I have achieved a lot in my life*
- *As a child I got my parents' approval*
- *It keeps me motivated*

What are the disadvantages?

- *I'm exhausted*
- *I'm constantly checking my work for mistakes*
- *I can never relax and am constantly worried*

What are alternatives to this rule that would make it more flexible?

Doing a "good enough job" is healthier. Not being perfect doesn't make me a failure. Real life isn't a competition for medals. It's more important for me to have balance in life and try to enjoy it than beat myself up all of the time.

Putting Thoughts on Trial



In this exercise, you will put a thought on trial by acting as a defense attorney, prosecutor, and judge, to determine the accuracy of the thought.

Prosecution and Defense: Gather evidence in support of, and against, your thought. Evidence can only be used if it's a verifiable fact. No interpretations, guesses, or opinions!

Judge: Come to a verdict regarding your thought. Is the thought accurate and fair? Are there other thoughts that could explain the facts?

 The Thought
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 The Defense <i>evidence for the thought</i>

 The Prosecution <i>evidence against the thought</i>

 The Judge's Verdict
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