



Adjusting the Rules

Rule and/or assumption I would like to adjust	
What impact has this rule (and/or assumption) had on my life?	
How do I know this rule is in operation?	
Where did this rule (and/or assumption) come from?	
In what ways is this rule (and/or assumption) unreasonable?	
Advantages of this Rule	Disadvantages of this Rule
What is an alternative rule (and/or assumption) that is more balanced and flexible?	
What can I do to put this rule (and/or assumption) into practice on a daily basis?	