

humantold

“I Should” Exercise

This activity explores the different expectations that are placed on us and if we would like to re-evaluate any of them.

Get a bit of paper and divide it into three columns. At the top of the first column write the words 'I should...'. Then in that column write down all the things that you feel you should be doing. The list can be as long or as short as you like. Look at your list and rearrange them into the most important.

Then, beside each 'I should...' statements, ask yourself 'Why?' and write down the answer in the second column.

Then for each Should statement ask yourself 'Says Who?' and write the answer in the third column.

I should...	Why?	Says who?

Doing this exercise will let you find the basic beliefs you have about yourself. The 'Says Who?' column will challenge your assumptions and will show how you have been programmed to believe certain things that are causing problems for you.

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Try out doing the list again, but this time rewrite all statements in the form 'I COULD...!'

I could...	Why?	Says who?

Does this change anything in your approach and mindset? Would you alter anything?