

Shifting Your Shoulds

Your should statement:

I SHOULD _____

1

Identify 3 key facts, issues or impact in the current situation.

1

2

3

2

Identify 1-3 limiting beliefs that underlie this *should*.

1

2

3

3

Identify 1-3 reasons why you want to change the current situation.

1

2

3

4

Identify 1-3 values that underlie this *should*. What's important to you about this aspect of your life being different?

1

2

3

Even Though ...

Person A: Fill in the blanks using the matching statements from Person B's Worksheet #1. Wait for Person B to repeat after you.

Person B: Tap on the outside edge of your left hand and repeat after Person A.

**Even though I think
[your should statement],
I hold myself in compassion**

1

Even though I (statements from Section 1), I hold myself in compassion.

2

Even though I believe that statements from Section 2, I hold myself in compassion.

3

Even though I want to change the situation so that statements from Section 3.

4

Even though I think I'm not currently aligned with my value of statements from Section 4.

And I give myself permission to breathe.

And I give myself permission to be imperfect.

And I give myself permission to [should statement].

And I give myself permission to NOT [should statement].

**And I give myself permission to hold myself in compassion,
whether I [should statement] or NOT.**

And, finally, I give myself permission to develop an entirely new intention.

Reframing Your Should

What feels possible now?

Let's turn your "should" into an "I want to" or "I could" statement.

What would be more in alignment with your values?

1

Set an intention:

I want to / I could _____

2

Check in with yourself:

After reframing, I feel _____

How does this new statement feel? What do you notice in your body or emotions?

3

Create an action step:

What's a small step you could take to align with this new intention?

Make this step actionable and realistic.

I WILL ...

4

What's next?

After success with your first action step (Step 1), add any relevant follow-up steps to your first "I Will" statement that keep you aligned with this new intention. Make sure they are actionable and realistic.

Step 2

Step 3

Step 4

Step 5