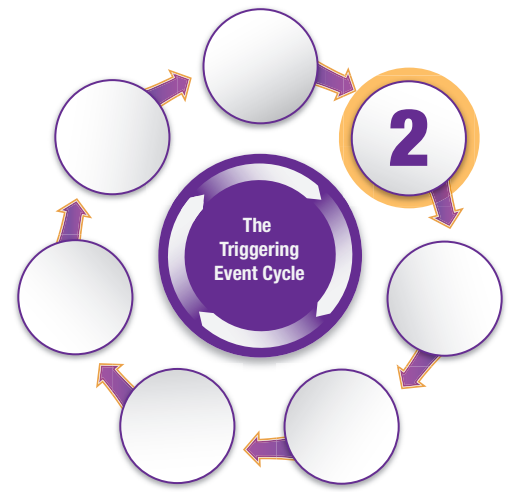






STEP 2: SHIFT YOUR “SHOULD”

Directions: Instead of adhering to fixed shoulds and expectations, it is helpful to shift them to be less righteous and absolute. Below, make a list of 3-4 of your common shoulds and expectations of others or yourself. Then next to each of these, rewrite them into more of a preference or desire.



“Should” or Expectation	Preference or Desire
<p>Example: Everyone should wait their turn and not interrupt others.</p>	<p>While I prefer not to be interrupted, if someone feels so passionately about an issue that they talk over me, I can listen to their point and then tie it into mine as I finish sharing my thoughts.</p>
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