

# The Rules I Live By

These aren't the rules that you will find painted on a sign hanging in your kitchen.

These are the rules you have developed throughout life. These may be the rules that fuel your greatest strengths and they can be contributing to your greatest weaknesses and struggles.

These rules could be helping you or hurting you.

**Naming the rules allows you to evaluate them and see the impact they have on you and those around you.**

## **Rules:**

I must always...

I can never...

My emotions...

Conflict is...

Saying what I think is...

I should...

I shouldn't...

If I don't...then...

I'm the one who...

It's bad if I...

It's good if I...

I am...

I'm not...

Others think I...

I'm too much when I...

I'm not enough when I...

**Here's how these rules help:**

**Here's how these rules hurt:**