

Tyranny of the shoulds worksheet

Read the questions carefully and answer them accordingly:

1) Describe your most important “should” thought.
2) How did you make that “should” thought?
3) Under what circumstances did you make that “should” thought?
4) What evidence do you have to support your “should” thought?
5) What thought can challenge or change your “should” thought?

Few Positive affirmations are given below, read them carefully and try to implement them.

- I am doing my best.
- I choose to be happy.
- I am trying and that is enough.
- I love myself.
- I am grateful for what I have today.
- I am grateful for my family.
- I am proud of myself.
- I am worthy.
- Today is going to be a great day.
- My possibilities are endless.
- There is always a solution to a problem.
- I believe in myself.