



The SHOULDs

Should thoughts are actually shame language *I should _____ I have to _____*. These type of self talk phrases deplete our motivation and decrease our self esteem.

A quick 3 step process helps us transition from **I Should** to **I Choose** which is a transition to choice and empowerment instead of the weight of expectations and shame.

When you say to yourself I Should:

1. Pause and ask yourself who made up the rule? Who taught or said you "should"
2. Ask yourself do I want to keep following that rule?
3. If no, then change the expectation. If yes, then it's now I choose to _____, not I should.

Below is an example:

My house should always be clean.

1. Who made up this rule? My mom said this, and society expects this from me due to gender norming since I identify as female.
2. Do I want to keep following this rule? No. I want to create attainable chore goals and not put pressure on myself that my house has to be pristine all the time.
3. I now say to myself—I choose to create a realistic chore list. I choose to know I am accepted even if my house isn't perfect by other people's standards.

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