

### The 'Should' Exercise

- \*Find 5 or 6 ways of finishing the sentence 'I Should

These phrases below may help you along this exercise. But feel free to adapt them to suit your needs.

1. I should
2. I think I should
3. I always feel like I should
4. I should always
5. I should never
6. My mother said I should

Every time we use the word '*should*' we are in effect saying '*wrong*'. Either we are wrong or we were wrong or we are going to be wrong.

*Could* gives us choice and we are never wrong.

- Now re-read the list one at a time, except this time, replace the word *should* with *could*.

Notice if that sentence feels different now? Do you feel more, or less motivated? Perhaps you could add the sentence 'If I really wanted to \_\_\_\_\_ I could' This can help to indicate your level of desire. How much do you want to or don't you want to? Was it even your *should*, or does it belong to someone else? How does having a choice feel? Is it a relief? Is it scary? Is it empowering?

- You *could* journal your thoughts and bring it to the next session. It's your choice.

\*Parts of this resource that I have compiled, for use with clients, has been taken from the book 'You Can Heal Your Life' by Louise Hay.