

Modifying Rules and Assumptions

What is the rule (assumption) I live by that I would like to modify?

How does this rule (assumption) affect me in my day to day life?

What are the origins of this rule (or assumption)?

Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?

What are the advantages of this rule (or assumption)?

What are the disadvantages of this rule (or assumption)?

Is there an alternative to my rule (or assumption) that would be more flexible?

This may take more words to express than the original rule. Is there a new rule (or assumption) that would allow you to get most of the advantages with fewer of the disadvantages? How can you put this new rule (or assumption) into practice?