

Name _____

Date _____

MODIFYING RULES & ASSUMPTIONS

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

How does this rule (or assumption) affect me in my daily life?

What are the origins of this rule (or assumption)? Where did I learn it? What was going on in my life that would have made it helpful back then?

What are the advantages of this rule?

What are the disadvantages?

What are alternatives to this rule that would make it more flexible?