

**CHANGING THE RULES: MY SUMMARY**

1. My old Rule is:

2. This Rule has had the following impact on my life:

3. I know that the Rule is in operation because:

4. It is understandable that I have this Rule, because:

5. However, the Rule is unreasonable, because:

6. The advantages of obeying the Rule are:

EXTRA CHARTS AND WORKSHEETS

7. But the disadvantages are:

8. A more realistic and helpful Rule would be:

9. In order to test-drive the new Rule, I need to: