

**Figure 25. Changing the Rules:
Headings for a Written Summary**

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| My old Rule is: | State the Rule in your own words |
| This Rule has had the following impact on my life: | Summarise the ways in which your old Rule has affected you |
| I know that the Rule is in operation because | Note the clues that tell you your old Rule is active (thoughts, feelings, body sensations, patterns of behaviour) |
| It is understandable that I have this Rule because | Summarise the experiences which led to the development of the Rule and have reinforced it |
| However, the Rule is unreasonable, because: | Summarise the ways in which your Rule does not fit the way the world works or asks more of you than can reasonably be asked of any normal, imperfect human being |
| The payoffs of obeying the Rule are: | Summarise the advantages of obeying the Rule and the risks of letting it go. Check to see if these are more apparent than real |
| But the disadvantages are: | Summarise the harmful side effects of obeying the Rule |
| A more realistic and helpful Rule would be: | Write out your new Rule, in your own words |
| In order to test-drive the new Rule, I need to: | Write down how you plan to strengthen your new Rule and put it into practice in everyday life |