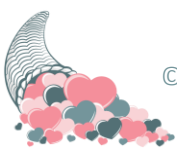


# Tyrannical Shoulds

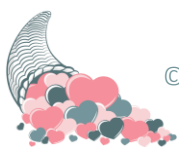
When I don't do what I *should* do, I feel:

- ☹ Wrong
- ☹ Bad / Naughty
- ☹ Inappropriate
- ☹ Lazy
- ☹ Improper
- ☹ Guilty
- ☹ Uncomfortable
- ☹ Afraid (of punishment)
- ☹ Ashamed
- ☹ Embarrassed
- ☹ Less-than
- ☹ Negatively judged (by self and others)
- ♥ Free and in control of my life because I choose what to do based on conscious, deliberate decisions that I powerfully make. YAY!



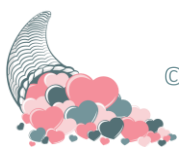
When I do what I *should* do, I feel:

- ♥ Safe / secure
- ♥ Good
- ♥ Correct / Proper
- ♥ Acceptable
- ♥ Appropriate
- ♥ Worthy / Deserving
- ♥ Admirable
- ♥ Virtuous
- ♥ Superior
- ♥ Confident (as a result of doing the right thing)
- ♥ Approved of (by self and others)
- ♥ Free and in control of my life because I choose what to do based on conscious, deliberate decisions that I powerfully make. YAY!



*Shoulds* that I don't want to do, cause me to feel:

- ☹ Victimized / oppressed / cornered
- ☹ Restricted / confined
- ☹ Controlled / not having control
- ☹ Resistance / pushing against the *should*
- ☹ Defiant / rebellious / disobedient ("*You can't make me!*")
- ☹ Frustrated / upset / angry / annoyed / resentful
- ☹ Anxious / unsettled
- ☹ Overwhelmed / burdened / weighed down
- ☹ Pressured / bothered / put upon
- ☹ Bullied
- ♥ Free and in control of my life because I powerfully choose what I want to do based on conscious, deliberate decisions. YAY!



## How is all this *Shoulding* affecting those around me

- ☹️ I tend to blame others for *shoulding* me. E.g., if I don't do what they think I *should*, then they will do, think, be: \_\_\_\_\_ (fill in the worst outcome) and then I build resentment toward them.
- ☹️ Since I do what I *should* do, I expect others to do what I think they *should* do. And when they don't, I withhold my Love and the best version of myself from them.
- ☹️ Given that I have overly high, often unrealistic, and unkind expectations of myself, I feel that others *should* have the same overly high standards, which often they don't. This causes me to be disappointed, frustrated, annoyed...and I blame them for 'making' me feel that way. As such, I govern my behaviour *toward* them in accordance with those negative feelings.
- ☹️ Another result of the two previous points, I judge others harshly because, after all, I'm jumping through hoops doing everything I *should* in order to be a good friend, wife, mother...
- ☹️ Because of how lousy all this *shoulding* makes me feel, I can be an ornery, mean, passive aggressive, not so kind person. (More accurately, I'm not in alignment with the Loving Truth-of-Who-I-Am).
- ♥️ Since I don't govern my life by *shoulds*, I am a powerful example for others to follow their own hearts (not *shoulds*) and to live freely and peacefully ever after! My gift to those I Love, and to the world, is a HAPPY, FREE ME. YAY!!

