FORM 4.2

Examining and Challenging "Should" Statements

Think about one of your typical "should" statements—such as, "I should have done better" or "I should be perfect" or "I should be beautiful." Answer each of the questions in this form. Think about how you could change your "should" statement into a preference—for example, "I would *prefer* to do better" rather than "I *should* do better."

"Should" statement:

Degree of belief (0–100%)

Emotion (and degree 0–100%)

Costs and benefits: Costs:

Benefits:

Who established this rule?

Do you apply this rule to everyone? Why not?

Restate this rule as a preference rather than a "should."

What would be a more reasonable expectation?

Re-rate belief and emotion: Belief:

Emotion:

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