



## Exercise: Recognizing and Changing Dysfunctional Rules

### PART 1: Considering the Most Powerful Dysfunctional Rules

Record Examples of the following rules as you heard them growing up:

1. Don't Talk!
2. Don't Trust!
3. Don't Feel!

Record Examples of how they Continue to effect you today:

1. Don't Talk!
2. Don't Trust!
3. Don't Feel!

### PART 2: Planning to Break the Rules

Record Examples of how you don't let these rules control you: Don't Talk, Don't Trust, Don't Feel!

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What lingering behaviors do you want to change; what behaviors would put you in their place; and whose help will you need to do this?

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