

Managing Unhelpful Rules Worksheet

Rules are rigid expectations or demands that we place on ourselves and other people to cope with ambiguity or challenging situations. Use this worksheet to identify and alter unhelpful rules.

1. Rule Description: What is the unhelpful rule that you want to work on?

2. Negative Beliefs: What negative beliefs keep this rule going? When were these beliefs formed?

3. Triggers: What situations or circumstances trigger this rule?

4. Reactions: When applied or broken, how does this rule influence your feelings and behaviours?

5. Costs / Benefits: What negative / positive impacts does this rule have on my life?

6. Aim / Preference: How can you express the rule as a flexible, realistic and helpful aim or preference?

7. New Outcome: How will replacing the rule with a flexible aim / preference help you to move towards your values and goals without lowering your sights?

8. Adaptive Belief: How will replacing the rule with a flexible aim / preference help to alter the original negative belief?