

Rules Into Values Worksheet

Sometimes our personal rules inadvertently lead to unwanted, unworkable or unintended consequences. Use this worksheet to identify engrained rules that have over time, reduced flexibility, imposed self-limitations or maintained distress for yourself or others. Identify the personal rule, the unhelpful behaviour, the value behind the rule and a flexible alternative way to act according to the underlying value.

Personal Rule	Unhelpful / Unwanted Behaviour	Personal Value	Flexible Alternative Behaviour
What is the self-limiting rule?	What is the unintended or unwanted consequence of applying this rule on a rigid basis?	What is the personal value behind this rule?	How can you apply this value in a flexible and adaptive manner?