

# VALUES AND RULES

What is most important to you in life, work or a relationship (pick one context)?

List at least 10 things

What would you do anything to avoid?

In establishing rules I have used the word "have" the following words may be more revealing in some cases. Believe, Do or Be, to get, to know, to keep, to have. You cant add here, next, now.

For the top three:

How do you know when you have it?

Threshold rules, to have \_\_\_\_\_(Value)

I must \_\_\_\_\_

I must not

I must never

I must always

Personal standards, to have \_\_\_\_\_

I should \_\_\_\_\_

I should not

I should never

I should always

Possibility, to have \_\_\_\_\_

I can \_\_\_\_\_

I can not

I can never

I can always

Reality, to have \_\_\_\_\_

I will

I will not

I will never

I will always

Desire, to have \_\_\_\_\_

I want to

I would always want

I would not want

I would never want

Global beliefs

\_\_\_\_\_ is

\_\_\_\_\_ Is not