

Freeing Myself of Self-Demands

List below statements you make to yourself using the words “should,” “must,” “ought to,” “got to,” “have to,” “can’t,” etc. (e.g. “I can’t keep gaining weight like this.” “I ought to attend the meeting.” “I’ve got to do better”.)

2. Pick one statement and repeat it to yourself. What need(s) is this voice wanting to meet by making this demand?

3. Now imagine someone else making this demand of you. Go inside and notice the feelings and physical sensations that come up for you. Write them down:

4. Ask yourself, “This part of me that is resisting the demand, what need(s) does it value? What need(s) is it wanting to protect?”
