

## Identify situations in which you have been tempted to fold

Download this worksheet at [prescriptionswithoutpills.com](http://prescriptionswithoutpills.com).

### WITHIN YOURSELF

When might you bully yourself, for instance by should messages?

“I should be saving more money.”

“I should be more outgoing.”

“I should . . .”

List should thoughts that sometimes come up in your thinking:

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While dominating thoughts often take the form of should and have to, they also may spring from strong fears, desires, or values.

What strong fear, desire, or value sometimes controls you excessively?

What sometimes helps you to stand up to bullying or dominating thoughts?

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### BETWEEN YOU AND OTHERS

**At home** (with family and/or a loved one) | With whom might you sometimes fold, thinking that this subordination is necessary to stay safe and/or to sustain the relationship?

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**At work** | With whom might you sometimes give up rather than risk a conflict?

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**With others** | With whom else do you tend to be reluctant to stand your ground (e.g., with friends, salespeople, a neighbor, community members)?

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### BETWEEN YOU AND DIFFICULT CIRCUMSTANCES

What adversities have felt overwhelming to you?

Illness?

Living in a dangerous neighborhood?

Not enough money?

Other undesirable life circumstances?

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