

Rule Worksheet

Check off the rules that apply to you :

- If I am assertive at all times, then I will be OK
- If I am feeling confident at all times, then I will be OK
- If I am feeling good at all times, then I will be OK
- If I am in control at all times, then I will be OK
- If I am in control of my body at all times, then I will be OK
- If I am in control of my feelings at all times, then I will be OK
- If I am not blamed for things, then I will be OK
- If I am physically well at all times, then I will be OK
- If I am strong at all times, then I will be OK
- If I am the best at what I do at all times, then I will be OK
- If I appear competent at all times, then I will be OK
- If I do things perfectly at all times, then I will be OK
- If I don't experience any uncomfortable bodily sensations, then I will be OK
- If I feel safe at all times, then I will be OK
- If I fix things, then I will be OK
- If I know what I am doing at all times, then I will be OK
- If I know what is going to happen at all times, then I will be OK
- If I never let people down, then I will be OK
- If I perform well at all times, then I will be OK
- If I show no sign of vulnerability, then I will be OK
- If others are there for me when I need them, then I will be OK
- If others don't let me down, then I will be OK
- If others fix things for me, then I will be OK
- If others help me feel safe, then I will be OK

- If others met me take charge, then I will be OK
- If others never challenge me, then I will be OK
- If others never say “No” to my requests, then I will be OK
- If others put my needs before their own, then I will be OK
- If others show no sign of vulnerability, then I will be OK
- If others take the blame for mistakes, then I will be OK
- If people are happy with me at all times, then I will be OK
- If people are happy with me at all times, then I will be OK
- If people around me appreciate me, then I will be OK
- If people around me approve of me at all times, then I will be OK
- If people around me are respectful, then I will be OK
- If people around me are strong, then I will be OK
- If people around me don’t criticize me, then I will be OK
- If people around me don’t make mistakes, then I will be OK
- If people around me know what they’re doing If others met me take charge, then I will be OK
- If people around me reassure me, then I will be OK
- If people around me tell me that I am good enough, then I will be OK
- If people listen to me at all times, then I will be OK
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