

## They Should = I Want

**Step 1:** For each of the people in the left-hand column, list three things he/she *should* or *should not* do. Example: *My partner should spend more time with me.*

**Step 2:** In the next column, flip the statement around to yourself. Example: *I should spend more time with myself.*

**Step 3:** In the final column, explain why the flipped statement is true. Example: *I am always putting everyone else's needs before my own. I rarely take time for myself.*

**Step 4:** Change the "I shoulds" from the flipped statements to "I wants" to create a list of desires for yourself. Feel free to tweak the wording so these feel authentic. (There is space for this on the final page of this document.)

Key Person in My Life	He/she should or should not...	Flipped statements (I should...)	Each flipped statement is true because...
Spouse/Partner (This could be a previous partner or you might imagine your ideal partner.)	-  -  -		

Key Person in My Life	He/she should or should not...	Flipped statements (I should...)	Each flipped statement is true because...
Mother (or other significant caregiver in your life)	<ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> </ul>		
Father (or other significant caregiver in your life)	<ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> </ul>		

Key Person in My Life	He/she should or should not...	Flipped statements (I should...)	Each flipped statement is true because...
Friend	<ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> </ul>		
Other (boss, neighbor, child, etc.)	<ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> </ul>		
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Other (boss, neighbor, child, etc.)	-		



I am opening myself to the following desires:

*Example: I want to spend more time by myself.*