

# OVERWHELM NO MORE - MODULE TWO



## Stop 'shoulding' yourself!

Welcome to the Module Two exercises!

- Stop Shoulding Yourself swap shop Formula
- Super sonic sentence switch up
- Mini version of my identity shifting table (full one further down the line!)

Do not feel you 'should' do all these before you can move onto module 3!

These are just ideas, techniques and tools to help you.

Any questions, send in via a Q and A

## SHOULD SWAP SHOP FORMULA!

Using the blank table below, work through the 7 steps to help you break the should rules that don't serve you anymore!

1. Name one should example that you want to break?
2. What is the should rule that it follows / where or who does the rule come from?
3. Do I want this rule I want for me from now on / do I need this rule right now - YES / NO?
4. If yes, take the should out and turn it into a conscious choice / statement. Upgrade language / tone and set intention for how you're going to move forward with this
5. If not, what is the better / positive / more helpful rule that you would like to follow from now on / right now?
6. What other guidance / permission / narrative do you need to start creating instead?
7. How can I sell this new rule to myself / how can I justify it to myself / if applicable how can I make myself feel safe or content with this new rule?

# SHOULD SWAP SHOP FORMULA TABLE

Name one should example that you want to break?	
What is the should rule that it follows / where or who does the rule come from?	
Do I want this rule I want for me from now on / do I need this rule right now – YES / NO?	
If yes, take the should out and turn it into a conscious choice / statement. Upgrade language / tone and set intention for how you're going to move forward with this	
If not, what is the better / positive / more helpful rule that you would like to follow from now on / right now?	
What other guidance / permission / narrative do you need to start creating instead?	
How can I sell this new rule to myself / how can I justify it to myself / if applicable how can I make myself feel safe or content with this new rule?	
Notes:	

YOU CAN USE THE IDENTITY SHIFTING TABLE BELOW TO HELP FURTHER TOO!

## SUPER SONIC SENTENCE SWITCH UP!

This is so that when you hear the word should, you can quickly answer it back!

- I should do that pile of washing → Actually, I'm going to do it later and that's ok!
- I should be further along my course → You know what I'm doing my best and I can still complete it well!
- I should be able to cope and do this by myself → I am under a lot right now and getting support is not a sign of weakness
- I shouldn't be thinking about what I really need → It is not selfish to look after my own needs and when I look after me properly, the world gets the best of me, not the rest of me
- I should look like her → I don't need to look like anyone else but ME
- I should probably stay and finish this piece of work → I have done enough today, and I am enough

You might also find that you come up with great mottos and affirmations to regularly use too!

STATEMENT

REPLACEMENT


NOTES:

## MINI IDENTITY SHIFTING TABLE

Use the blank table below to look at the difference between where you are now and where you want to be

I was this person who...

But now I am the person that...

Currently I am the person (give yourself an identity / label if it helps!) who:

- Thinks...
- Believes...
- Feels
- Acts...
- Reacts
- Has the boundaries of...
- Has the fears of...

I am now the person or moving towards the person (give yourself an identity / label if it helps!) who:

- Thinks...
- Believes...
- Feels
- Acts...
- Reacts
- Has the boundaries of...
- Has the fears of...

# MINI IDENTITY SHIFTING TABLE

	I am the person that currently:	I am now the person that:
Thinks		
Believes		
Feels		
Acts		
Reacts		
Has the boundaries of		
Has the fears of		
Notes:		