

How to Recognize a "Bad Rule"

Top 10 Bad Rules

16. Yes No Maybe *You have to do it all right.*
27. Yes No Maybe *You have to clean up your messes—your failures—yourself.*
104. Yes No Maybe *If you want it done right, you have to do it yourself.*
66. Yes No Maybe *Confidence comes when others approve of me.*
3. Yes No Maybe *You must be all things to all people.*
68. Yes No Maybe *I have to meet everyone's needs.*
8. Yes No Maybe *You should be ashamed of yourself for failing!*
62. Yes No Maybe *We discipline to change our child's behavior.*
94. Yes No Maybe *I exert control to make life better for me and everybody else.*
88. Yes No Maybe *If I can't do it all perfectly, I shouldn't do it at all.*
131. Yes No Maybe *Authentic me isn't good enough; I need to be more like her.*
28. Yes No Maybe *You should shut out people who have hurt you.*
140. Yes No Maybe *I have to suffer in silence.*

Notes & Brainstorming:

Episode # Bad Rule

1. If I do everything right, nothing will ever go wrong and there will be no pain.
5. What really matters in life is crossing the finish line first.
6. You can be yourself *or* you can be loved.
10. Failure is unredeemable. It's a complete loss.
12. God doesn't care about your happiness, only your holiness.
14. It's worth a fight to make him admit you're right.
19. Your calendar should be black with events written in pen.
22. If you don't cook the food yourself, it doesn't count as true hospitality.
25. Peace and joy are the only acceptable emotions for you to feel at the holidays.
26. Everyone else's peace & joy depend on you.
32. To compete in this world, I have to measure up to others and be the best.
34. Waiting time is wasted time.
36. My level of kindness is dependent on the behavior of others.
39. We have to prove ourselves to the world.
41. It's my job to "help" others behave.
44. My way is the best way.
46. I need to find a bestie who meets all my needs.
48. It's my *duty* to study God's Word and share it with others.
50. To be amazing, I have to hustle because it all depends on me.
54. I can use the facades of perfectionism and judgment to protect my family.
56. It's enough for me to know and love God.
58. Perfect performances lead to love.
60. The common and easy road is the best road.
64. Real progress is fast progress.
70. I can't help that I'm limping through life.
72. If I follow the formulas, my kids will make the choices I expect.
84. Managing our children's behavior drives out rebellion.
86. Life is limitless; I've got plenty of time.
90. I can let thoughts float through my head unchallenged.
92. If I hide and run, I can avoid pain.
96. Good relationships don't require work.
98. I **need** my phone.
100. I can't accept what I can't understand.
102. Growth is moving away from the basics of faith.
106. Confidence is pride.
108. I can solve my insecurity issues by focusing on them.
110. Martha and I have a fatal flaw.
112. If I just pretend fear isn't there, maybe it'll slink away.
115. As an adult, my world-view is set.
118. I have to say yes to everything.
120. If I'm to be counted on, I must maintain control.
122. I'm responsible to earn praise.
124. I'm too small for big things.
126. Women will always be torn between work and home.
132. Internal peace rests on external circumstances.
134. Holding a grudge makes me right and keeps others accountable.
135. This _____ will make me feel filled.
136. We're staying here because it's familiar.
138. The Holy Spirit is too scary for me.
142. Rest damages my productivity.
144. I work my way to my truest self.