

# Mine or Masked?

*Some beliefs are your values. Others are rules you picked up to stay safe or fit in. Neither is shameful. Sorting them gives you choices.*

| THE BELIEF OR "SHOULD" | WHERE I LEARNED IT | MINE · LEARNED · UNSURE | THE VALUE UNDERNEATH (IF ANY) |
|---|---|---|---|
| EXAMPLE<br>*"I should never ask for help."* | *School, being told I was "lazy"* | ☐ ☑ ☐ | *Independence, and I can still use support to get there* |
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**STUCK FOR IDEAS?**

Common "shoulds": be productive every day · don't make a fuss · keep up with everyone · look people in the eye · never cancel plans · push through

## A safe place or person where I can unmask a little

## One rule I'm ready to loosen, and how