

FALLING PREY TO *HAVE-TO'S* OR *SHOULD'S*

- I have to be on time ... always.
- Other people should always be on time.
- I have to visit my relatives every weekend.
- We have to have this meeting every Monday.
- I have to (always) say “yes” when asked to do additional work or stay late at the office.
- I have to earn my salary (or a larger one!) in order to afford my current house and car.
- I have to please – or at least get along – with everybody.
- I have to “be there” for others in my life who are having problems, and my own needs are just not as important.

From Stress Management – The Essential Guide to Thinking and Working Smarter
By Gerard Hargreaves