**Six Steps to Challenge Your Unenforceable Rules**

Yes, we all have “unenforceable rules”. One of mine is, “I should be treated fairly”

another one is, “you should like me”. Yet another, “you should be courteous”.

Let’s look at some other common **Unenforceable Rules**:

People must not lie to me

Life should be fair

People have to treat me with kindness or care in the way I want

My partner has to be faithful

My life has to be easy

My past should have been different than it was

My parents should have treated me better

Here are six steps you can use to **challenge your unenforceable rules**:

1. Recognize that you feel hurt, angry, alienated, depressed, or hopeless and acknowledge that your feelings may be from memories of the past but that you experience the feelings in the present.

2. Remind yourself that you feel bad because you are trying to enforce an unenforceable rule.

3. Assert your willingness to challenge your unenforceable rule.

4. Find your unenforceable rule by asking yourself the following question: “What experiences in my life and in my thinking am I demanding to be different?”

5. In your mind, change from “*demanding*” that you get what you want to “*hoping*” that you get what you want.

6. Notice that when you wish or hope things be the way you want, then you think more clearly and feel more peaceful.

The advantage of **changing** from demanding to desiring or hoping for an outcome is that you **remain open** to the possibility that you may not get what

you want. If you hope for a **good outcome**, you try hard to make it happen.

Remember, our happiness is inversely proportionate to our expectations!