INSTRUCTIONS

- 1. Think of a current issue that is repeating in your life that you would like to be different.
- 2. Pretend someone else in the world wants to duplicate this EXACT same issue that you are having in your life. This person needs you to give them a very specific recipe that they can follow to create the outcome you are currently experiencing. Using the questions below as prompts, define the steps they would need to take to recreate your issue in their life.
- 3. Questions to answer to help you create your recipe:
 - What do you have to be right about?
 - What do you withhold and from whom?
 - What do you not face?
 - What feelings do you repress/conceal?
 - What do you have to believe about self, others and the world?
 - How do you numb yourself from the discomfort?
 - What "shoulds" do you have to believe?
 - What behaviors do you do or not do to keep the issue in place?
 - To what do you feel entitled?

- What are you trying to control that is NOT in your control?
- What do you believe you do not have enough of?
- What either/or story do you have to hold about this issue?
- Who do you blame?
- How do you fix it, but only temporarily?
- Who do you have to be better/less than?
- What agreements do you have to make
- and/or break with yourself or others? What do you have to be afraid of?

A recipe for	i.e.: a dissatisfying relationship with your boss

