

## Ways to strengthen your New Rule for Living

- Keep reading my New Rule for Living, stick it on the mirror, the fridge, my phones screensaver, laptop and get it tattooed on my partners forehead (if they won't let me then use a *Post-it note* stuck to their forehead instead)
- Put my new rule on a flashcard and on my mobile phone and read it several times a day
- Cut my working hours and plan pleasure and social contact time instead
- Take time for myself
- Revise my standards and give myself credit for less-than-perfect performance
- Experiment with getting it wrong and observe the outcome. For example, practise saying 'I don't know' when people ask me questions
- Plan my day in advance, and always plan less than I think I can do
- Focus on what I achieve, not on what I failed to do. Tomorrow is another day
- Remember: criticism can be useful — it doesn't mean I am a complete failure
- Watch out for signs of stress — they mean I am going back to my old ways
- Deal with the old pattern, when it comes up, using what I have learned to tackle anxious predictions and self-criticism