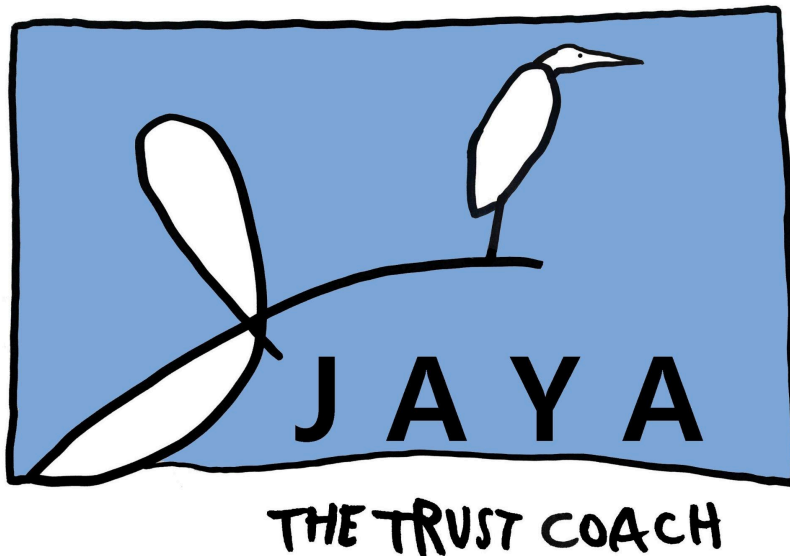


## 11 Rules for When You're Discouraged or Distressed



1. Don't make any decisions.
- 2. Don't evaluate yourself or your work or your life.**
3. Don't evaluate others, especially those close to you.
- 4. Don't project a future from here (it won't be pretty and it won't be the truth of what's still possible).**
5. Don't tell yourself any lies, especially about who you are, your prospects, your future. Watch your thoughts to notice the lies; don't judge your lies to yourself, just remind yourself they're not true, or at least not absolutely true. If they feel tormenting or unmanageable, write your thoughts down—or do this however they feel. Look at the list to notice a) these are not 100 percent true and b) this explains a lot about why you feel the way you do—who wouldn't with this set of thoughts?
- 6. Be with your pain; really feel it; breathe into it. (The breath is the only balm you can apply from within.) Be with the pain separately from the story, just to meet the pain—it ultimately doesn't matter what story activated it.**

7. Don't think about things you're seeking to create or open to in your life. (Do that when you feel happy and hopeful and strong.)

**8. Do clean or clear. (You'll like the space you wake up to the next day or walk into and move through as your courage returns.)**

9. Don't think anything is going wrong: it's okay to be discouraged, to get confused, to suffer—all part of a human life. Are you willing?

**10. If you see even one small thing you can do to move yourself toward your vision, do that, but avoid doing anything from a space of contraction, criticism, hopelessness; just move something forward that's easy for you, that's manageable, that you don't have much resistance to.**

11. Do nothing to harm yourself or to move toward feeling worse; do anything you see to do to help yourself, soothe yourself, nourish yourself, be good to yourself.