

Outline for the Shouldy Show, Parts 1 and 2*

David and Jill

Read email from woman who requested help with Shoulds

The three kinds of Should Statements, with examples, such as

Self-Directed Shoulds (**Ask for their examples**)

“I should have known my brother was suicidal that day.”

“I should be so shy. What’s wrong with me?”

I shouldn’t feel the way I do.

I shouldn’t be so screwed up.

I shouldn’t have made that mistake.

Other-Directed Shoulds (**Ask for their examples**)

“You’ve got no right to feel that way!”

“You shouldn’t have said that!”

“This is all your fault!”

Road rage example: Man who shot two teenagers with a cross bow, killing one and paralyzing the other for life

Hidden Shoulds

Woman with terminal cancer: “I’m letting my family down.” “It’s my fault I got cancer.”

Emotional and behavioral consequences:

Self-Directed Shoulds (**Ask them what feelings**)

Depression, anxiety, guilt, shame, inferiority

Other-Directed Shoulds (**Ask them what feelings**)

Anger, violence, conflict, frustration, hatred

Hidden Shoulds

either

Why are shoulds so intensely addictive and difficult to modify? (**ask them why**)

Self-shoulds: perfectionism addiction

Other-shoulds: anger / righteousness addiction

Historical experts on Shoulds (could be moved higher on the agenda?)

Buddha

Epictetus

Karen Horney

Albert Ellis

Healthy vs Unhealthy Shoulds

Laws of the universe shoulds

Legal shoulds

Moral shoulds

Techniques to defeat Shoulds (**include role playing**)

Positive Reframing

Identify the Distortions (since the thought will have many distortions)

Cost-Benefit Analysis

Semantic Method

Examine the Evidence (Ellis)

Double Standard Technique

Externalization of Voices / Acceptance Paradox