WHERE DID I GET THAT?

The rules you never agreed to.

Write the rules you live by about being a man, the ones you'd never say out loud because they sound too simple. One rule is enough to start.

RULE 1

Whose voice is it in? R · T · D · ?

What was it protecting back then?

What does it cost now?

Keep it · change it · let it go

My version, as a rule I actually chose

RULE 2

Whose voice is it in? R · T · D · ?

What was it protecting back then?

What does it cost now?

Keep it · change it · let it go

My version, as a rule I actually chose

RULE 3

Whose voice is it in? R · T · D · ?

What was it protecting back then?

What does it cost now?

Keep it · change it · let it go

My version, as a rule I actually chose

OPTIONAL What never happened

Not something that did. Something that should have, and didn't. "A man can love his father and still name the car ride that never happened."

If this gets heavy, stop. You don't need to recover a memory to make one useful choice today.

KEEP THE STORY HONEST

What happened vs. what I made it mean.

R	T	D	?
I remember it.	Someone told me.	There's a photo or a record. It shows what happened, not what anyone felt.	I'm not sure. That's a complete answer.

MY EXAMPLE

What I can describe · R
Alone, looking at a ceiling fan. Around two or three.

What I took from it
Don't get in the way.

WHAT I CAN DESCRIBE	R T D ?	WHAT I TOOK FROM IT

The second column is an interpretation. It may fit your experience. It isn't automatically the only explanation, or the origin of today's reaction.

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