

The Exercise

Performing Acts of Psychological Rebellion

Despite what you've been told, many of the limits you've lived inside were never 'rules for life'. They were habits, expectations, unwritten rules, invisible permissions you never realised you were waiting for. This week, you're going to stop asking for permission.

I want you to perform an act of psychological rebellion, not to upset people or prove a point, but to **prove something to yourself**.

Choose one rule you've lived by for years. Perhaps it's:

- ♥ Don't say no.
- ♥ Don't disappoint people.
- ♥ Don't ask for help.
- ♥ Don't make a fuss.
- ♥ Don't change your mind.
- ♥ Don't take up space.
- ♥ Don't rest until you've earned it.
- ♥ Don't be too confident.
- ♥ Don't let people down.
- ♥ Don't put yourself first.

Write down the rule you've chosen:

Now ask yourself: who wrote that rule? Did you? Or did you inherit it?

Inherited rules deserve to be questioned and questioned rules sometimes deserve to be broken. This week, break one deliberately.

- ♥ If your rule says, 'don't say no', say no.
- ♥ If your rule says, 'keep the peace', speak up and tell the truth.
- ♥ If your rule says, 'don't ask for anything', ask for something.
- ♥ If your rule says, 'don't rest', take an afternoon off and rest.
- ♥ If your rule says, 'everyone else comes first', choose yourself.

Then notice what happens, not just around you, but within you. Notice the voice that tells you you've done something wrong - don't argue with it. Smile. You've just discovered something about that niggly critic that nags at you all the time: **that voice isn't your conscience, it's your conditioning.**

For years, you've mistaken one for the other - they're not the same thing. Your **conscience** tells you when you've betrayed your values. Your **conditioning** tells you when you've broken an old rule. Healing means learning the difference.

By the end of the week, you'll discover something liberating: **the rule that once governed your life, turns out it was never a**

rule at all. It was only ever **a judgement** and it's one you **no longer need to accept.**