



Task 2

ABUSE OF THE STATEMENTS BEGINNING WITH "I MUST" AND "I SHOULD" WHEN BUILDING GOALS.

This mistake is related to expectations.

We often set the bar too high, creating the impression that we will never exceed it.

We accept failure.

We are increasingly aware of our faults and the things we haven't done.

Such thoughts often begin with the words:

- I should
- I must
- I shouldn't
- I can't

They end up setting impossible standards for ourselves.

My examples:

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