

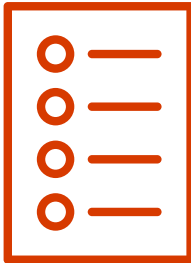
RULES

Rules are part of life and unavoidable.

We all have our own relationship towards them. Some of us break the rules, some of us like to keep the rules.

Rules are formed in groups and in society. We also have our own personal rules.

If we know our own rules and other people's, we can have clarity on boundaries and expectations.



RULES

Every individual, group or environment has its own rules. Sometimes they are written and clear, other times they are unwritten and unspoken. Sometimes you only discover unwritten rules when you break them, which can create conflict.

Making sure rules are written, not unwritten, allows us to decide whether we want to stay within them or not.

If we decide to keep to the rules, we give our word and create an agreement with ourselves as well as others that we will follow them.

Being able to follow through with rules takes practice. It is one way we can take responsibility for ourselves and take back power.

If we decide the rules aren't for us, how do we deal with this? Can we challenge the rules, or are we able to deal with the consequences when we break them?