

## “I Have To”... Activity

re: choices, decisions, goals

Think of a few things you do on a regular basis that you really don't like to do. These are things you feel you have to do!

Write these out by finishing the statement...“I have to....?” for each example.

Instructor may give their own examples at that time on a flip chart, power point slide, white board, etc.... e.g.

- I have to...pay my rent/mortgage.
- I have to clean the house.
- I have to make dinner.

Ask: Did you have any specific kind of feelings when you wrote down your “I have to” statements? Examples? (angry, trapped, etc.)

What if you were to replace the word *Have* with the word *Choose*? Read your statements again, switching those two words. Do you now feel any differently? If so, how? If not...it's time to see whether a change is in order. Select the example that still is leaving you feeling angry, discouraged, or trapped. Think of four alternatives/other choices you could make in that situation. List them even if they seem un-reachable! Try to think of the new possibilities!! Then list the results or outcomes of those choices.

Example: I choose not to pay my mortgage.

Choices:

- I choose to lose my home.
- I choose to sell and rent.
- I choose to sell and buy a less home.
- I choose to re-finance, but still pay.

Outcomes:

- I will lose all that I've put into it.
- I will have rent to pay instead.
- I will have lower payment possibly.
- I will have lower payments.

Draw a line through the alternatives/choices you would not follow through on or choose. Did you find any alternatives that you really would choose instead of your original “I Have To...” statement? Is it possible that you may be making the best possible choice to reach the outcomes/results/goals you want...at this time...if you are sticking with your original “I Have To” statement? Does it help to re-phrase it again this time by saying “I choose to...”?

Original Source: Colorado State University Coop. Extension, Dare to be You.