

An imperfect life,
with unachieved goals

Self-repression
Self-rejection
S1 beating up S1

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"Shoulds"

An internal sense or pressure that your
default action is bad or insufficient; an
imperative to change the plan.

There's something you want-to-want, but you don't
actually want it, or there is something you are currently
doing, but unhappily/painfully/with effort

"Too cool for shoulds"

Assuming the current plan/
status quo is right, and the
should is wrong.

"Just make myself do it."

Assuming the current plan/
status quo is wrong, and the
should is definitely right.

GOOD-FAITH PRINCIPLE

Assuming that each part of your psyche is valuable/good/worth listening to/trying
to help, and being willing to endorse all of your goals and desires as yours, even
if you may not fully approve of them or ultimately act on them.

EXPLORATION

Look inside the part that wants, and try
to understand what the want is made
of, and what it's actually seeking.

Toolkit technique: Goal Factoring

Look inside the part that's reluctant or
suffering, and try to understand the
source of the fear/pain.

Toolkit technique: Aversion Factoring

DIALOGUE/INTEGRATION

Allow the two models/beliefs to talk directly to one another, with a particular eye toward
integrating your conflicting interpretations of your steps/plans/next actions. You are
attempting to discover whether the thing you were doing (but painfully) or not doing
(but wanting-to-want) feels like an actual step toward your actual goals.

YES

You endorse the original plan (or some slight
variant of it), and now wish to cache this new
feeling of resolution so that you can quickly
access it as you move forward.

NO

You realize that the original plan was not the
best way to achieve your goals, and can
abandon it without guilt or shame as you
develop a new set of next actions.