

Always and Never

Look again at thoughts that come in all-or-nothing words.

WHEN TO USE THIS

Use this when you catch yourself saying always, never, everyone, or nothing.

Words like always, never, everyone and nothing are worth a second look. Life is rarely that tidy.

Write down a thought of yours that uses always, never, or nothing.

Now put it next to a fairer version.

THE ALL-OR-NOTHING ONE

THE MORE TRUE ONE

What is one time it was not like that at all?

Most of life happens in the middle, where these words cannot reach.