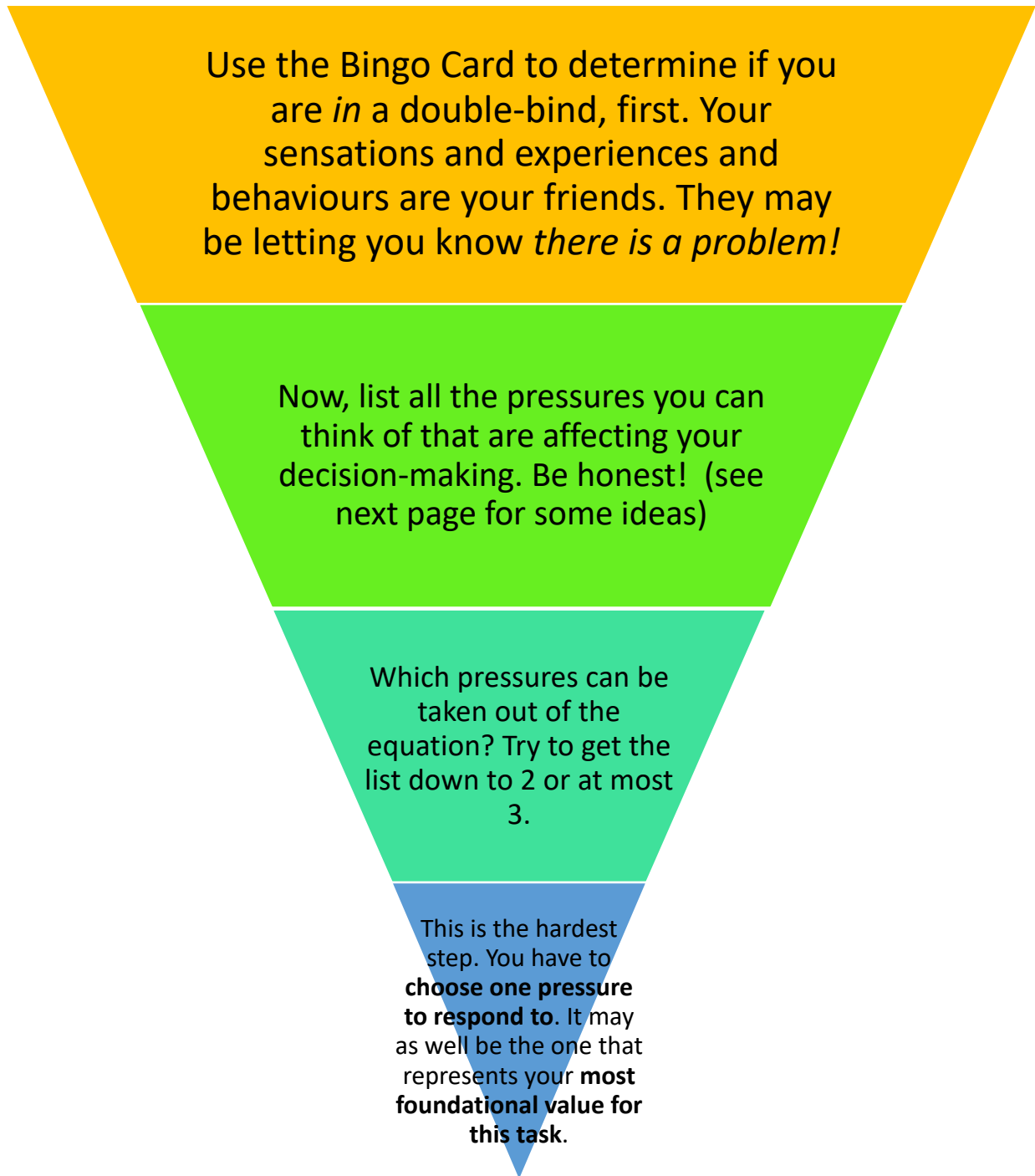


I. Spotting the double-binds

and then choosing a direction



II. A list of possible “pressures,” or directions you could go, or values you could respond to...that can cause double-binds (feel free to add your own!)

- fast
- high quality
- according to _____ norm or standard
- cost-efficient
- polite
- inconspicuous
- dramatic
- how _____ wants it done
- how you want it done
- clean
- energy-efficient
- environmentally conscious
- organic
- low-calorie
- gluten-free (or _____ -free)
- high-calorie
- strength-building
- character-building
- steadily (no interruptions)
- politically correct
- politically polarizing
- soundbite-ready
- “likes”
- fun
- productive
- funny
- attention-getting
- attention-keeping
- attention-diverting
- procrastinating
- controlled and predictable
- chaotic and stimulating
- enriching
- soothing
- expected
- unexpected
- career-enhancing
- friendship/relationship-enhancing

III. Say goodbye to the other path...what to do now that you have figured out your double-bind:

Carefully think about the two or three values that you discovered were the most influential in your particular situation. Acknowledge their validity.

Now, take some time to be honestly sad (or just exasperated) that the Universe does not allow any of us to travel in two directions at once.

You can put this last step off for as long as you need, but you will need to set your second and third place values to one side, before you can embark on the path that will take you towards your most important, or most foundational value.

Realize that your other values are important, and may be qualities you can pursue in other parts of your day or other parts of your life. It may be a good idea to use this information to ensure your life does indeed hold space for *all* of your core values (not just one!).

Now, take a deep breath, and *commit!* For this task, this unit of time, or this project, you are pursuing one goal with one criterium as to success. That's achievable. **That's one hard thing.**



Double-bind Tool #3

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