

Bonus Exercise

Place a mark on each line that shows where you fall.

I plan trips down to the snacks

I get in my car and go

I lay out the next day's outfit before I go to bed I reach in the closet and grab whatever

I know what I'm going to watch before I turn on the TV

I scroll endlessly

I plan the whole week's meals

Oh, do we have to have dinner?

I rehearse arguments in my head

I go in already yelling

We planned our family

Oops!

Rules are to be taken seriously

Rules are basically suggestions

I have only today's emails in my inbox

My inbox has imploded

I love to answer YES!

I love to say "It depends."
