

ELYSSA SMITH

Rules Mapping

Map one rule at a time. You can leave any answer uncertain.

Use your own words. This is about understanding the pattern - not judging yourself.

1 THE RULE	2 WHAT IT PROTECTED	3 WHAT IT REQUIRES NOW	4 WHAT IT COSTS
What did I learn I had to do, avoid, or be?	How might this rule have helped me then?	What does it ask me to do, avoid, or demand now?	What becomes harder when I keep following it?
Write the rule in your words...	*It may have helped me by...*	*Today it shows up as...*	*Today it makes it harder to...*
Write another rule...	*It may have helped me by...*	*Today it shows up as...*	*Today it makes it harder to...*

You do not have to force an origin story. “I’m not sure” is a valid answer.