

Healthy concepts of should - universally calming perspective:

Everything is always the way it should be,
 Even though this event is different from what I wanted to see,
 Until I can change it to the way I want it to be,
 I shall keep myself pleasantly calm naturally.
 With a warm, soft smile on my face, I shall continue to breathe at my slow relaxing pace,
 Until I am as pleasantly calm, naturally,
 As I now think is healthiest for me.
 Everything is always exactly as it now should and has to be,
 Even though the situation is not, what I wanted for me.
 But I am not God,
 And, there is no objective reason why I should always get what I want.
 So I until can change it, I can calmly accept everything as it is, and therefore should be.

SHOULD	
MORALISTIC/IDEALISTIC	HEALTHY/REALISTIC
1. Refer to what is not real now.	1. Refer to what is real now.
2. Reflect your opinion that what is right for you should be right for everyone else.	2. Are factual, recognize that what's desirable for you is often undesirable for other people.
3. Are magical and are based on the belief that things should happen just because you sincerely want or demand them to happen.	3. Are based on objective facts that things happen only when what is necessary to make them happen has been done.
4. Lead to inappropriate anger about the fact that you or someone else either could not or just did not do what was necessary to give you what you wanted.	4. Lead to calm corrective action after you or someone else either could not or just did not do what was necessary to give you what you wanted.
5. Create personal confusion that can prevent you from doing things needed to meet your short and long-term goals.	5. Create clarity that directs you to take actions needed to meet your short and long-term goals.
6. Lead to intolerance and chauvinism and are based on a belief that everybody should behave, think, look, etc. the way I believe is right.	6. Teach tolerance that most people do not act according to our values and beliefs only according to their own values and beliefs and it should be this way (psychophysiologically it cannot be different).