

# EVERYBODY ON DECK

Step 1: Finish the following sentences by writing down whatever comes from your gut, no matter how silly it may sound to your brain.

1. People judge me because \_\_\_\_\_  
\_\_\_\_\_
2. Everyone loves it when I \_\_\_\_\_  
\_\_\_\_\_
3. When I do well, people feel \_\_\_\_\_  
\_\_\_\_\_
4. Nobody will let me \_\_\_\_\_  
\_\_\_\_\_
5. Everybody always tells me to \_\_\_\_\_  
\_\_\_\_\_
6. People just can't accept the fact that I \_\_\_\_\_  
\_\_\_\_\_
7. When I fail, everyone thinks \_\_\_\_\_  
\_\_\_\_\_
8. Nobody cares when I \_\_\_\_\_  
\_\_\_\_\_
9. Society keeps telling me I have to \_\_\_\_\_  
\_\_\_\_\_
10. Everyone expects me to \_\_\_\_\_  
\_\_\_\_\_

Step 2: For each statement above, write the names of six people you know who *actually, verifiably* hold the opinions you've ascribed to Everybody. You can use the same names for every question if that's what pops up.

Person 1    Person 2    Person 3    Person 4    Person 5    Person 6

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_