

Exploring the "Should's": Is it Necessity, Desire, or Guilt?

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**By Jennifer Koretsky**

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How many times a day do you find yourself using the word "should"? ADDers are full of "should's": I should do the dishes, I should clean out the fridge, I should see that movie, I should call my friend, etc. The word "should" can be very dangerous to an adult with ADD, because it often results in guilt.

In order to break through this and help you prioritize the things that you "should" do, try exploring your "should's" by asking yourself the following question:

Is this a necessity, a desire, or guilt? Here are some examples:

I should do my taxes.

**Necessity:** If you don't do your taxes, you can find your finances slipping out of control. You can end up owing the government penalty fees. And you will absolutely have undue stress. This "should" is a necessity.

I should buy that CD.

**Desire:** This is something that you want to make you happy. You like the music you hear, and therefore you want to own it. This "should" is a desire.

I should clean my house more often.

**Guilt:** If the "should" comes when you compare yourself to others, then guilt is probably involved. It often happens when we feel like we are not living up to the performance or expectations of others (or our perceived performance/expectations of others.) If you visit a friend's house and its neat and clean, you may falsely interpret this to mean that your friend cleans all the time. In reality, your friend may have spent hours cleaning her/his house before you arrived to make it look nice! If you are physically

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and mentally comfortable with the amount of time you spend cleaning your house, then cleaning more often is not a necessity, it's not a desire, it's a "should" that is just useless guilt!

Try this exercise for a whole day. Every time you find yourself using the word "should," ask yourself if it's a necessity, desire, or guilt. I promise that you'll feel a lot better about all the things you think you "should" be doing!

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Jennifer Koretsky is a Professional ADD Management Coach who helps adults manage their ADD and

move forward in life. She encourages clients to increase self-awareness, focus on strengths, and create realistic action plans. She offers a 90-day intensive skill-building program, workshops, and private coaching. Her work has been featured in numerous media, including The New York Times Magazine. To subscribe to Jennifer's free email newsletter, The ADD Management Guide, please visit

### **Are You Worthy Enough For Salvation?**

**By Dr. Jay Snell**

In the following Scripture, Paul said he did not frustrate the grace of God.

Gal 2:21 21I do not frustrate the grace of God: for if righteousness come by the law, then Christ is dead in vain. (KJV)

"Righteousness," in the above verse, translates a Greek legal term and means "cleared of all guilt." Furthermore, the words "righteousness, righteous, just, justify, justified and/or justification," when used in your English Bible, are translations of the same Greek root above and still means, "cleared of all guilt."

"Frustrate" means "to make void." That is, Paul did not "make void" the grace of God. For him, Jesus' blood took care of the guilt and penalty for all his sins or it did not. If it did, then they were taken away by the grace of God.

For Paul, to add any other thing would frustrate the grace of God. Likewise, for him, to take away any thing from the blood of Jesus would also frustrate the grace of God.

In other words, Paul was completely satisfied that the grace of God, utilizing the blood of Jesus, had completely dealt with the guilt and unworthiness he may have had because of his sins. Paul spent his Christian life combating the peddlers of unworthiness.

He saw that our worthiness is based on the worth of Jesus' blood. His teaching on this great subject inspired the lines to the old song, "My hope is built on nothing less than Jesus' blood and righteousness." For Paul, salvation was based on the merits of Jesus blood plus nothing and minus

nothing.

If God's grace, however, did not take care of Paul's guilt and unworthiness, then any hope he had of clearing his guilt and unworthiness must be based upon his own works of righteousness. In other words, he must keep Moses' law to obtain enough righteousness to be saved and blessed.

If this was true, however, Paul plainly reasoned that Christ died for nothing. His death was useless. There was absolutely no point to it or in it.

"Vain," in the preceding verse, is an unusual word. It is a form of the Greek word for "gift." The form of the word used here, however, does not mean gift. It means "uselessly." It means "without a cause."

In other words, if Jesus' blood alone did not take away all Paul's guilt and unworthiness, Jesus died "for no cause at all." His death was "useless." There was "no point" to it. It "availed nothing." It "accomplished nothing."

Thank God, though, Jesus' blood did accomplish something. It did avail something. There was a point to it. It took care of the guilt and unworthiness produced by our sins.

We can still be healed and prospered. Jesus' blood paid it all. We are now as worthy as his blood. We

are washed in it.

Dr. Jay Snell authored eleven books proving the healing, prosperity, family well being, eternal security, pretribulation rapture and salvation provided for Christians in the Abrahamic covenant. These books presented many times on TBN.

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