ONE-BELIEF-AT-A-TIME WORKSHEET

Enter your belief on the line below and then question it in writing using the following questions and turnarounds:
(Continue on blank paper if you run out of room.)

Belief: _____

1. Is it true?

_____

2. Can you absolutely know that it's true?

Possible follow-ups when questioning a "should," "want," or "need":

a) Can you know more than God/reality?
b) Can you really know what is best in the long run for your path or another person's path?

_____

3. How do you react when you believe that thought? What happens?

Possible follow-ups:

a) Where do you feel it in your body when you believe that thought? Where does the feeling hit you? How far does the feeling travel? Describe it.
b) How do you treat others when you believe that thought? What do you say to them? What do you do? Whom does your mind attack and how? Be specific.
c) How do you treat yourself when you believe that thought? Is this where addictions kick in and you reach for food, alcohol, credit cards, the TV remote? Do thoughts of self-hatred occur? What are they?
d) How have you lived your life because you believed that thought? Be specific. Close your eyes; watch your past. When did the thought first occur to you?
e) Where does your mind travel when you believe that thought?
   (List any underlying beliefs that surface, and question them later.)
f) Can you find a peaceful reason to keep the thought?
g) What do you get for holding onto that belief?

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Continued on back . . .

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4. Who would you be without the thought?

Possible follow-ups:

a) How would you have lived life differently if you didn't believe that thought? Close your eyes and imagine your past life without it.
b) Imagine you are meeting this person for the very first time with no story. What do you see?
c) Who are you *right now,* sitting here without the thought?

Turn the thought around. (Example of a statement: *He hurt me.*)

Turn it around to the opposite (*He did not hurt me.)*: _____

How is this turnaround as true or truer? (I.e., how did *he not hurt you*? How has *he helped you?)*

Turn it around to the other (*I hurt him.)*: _____

How is this turnaround as true or truer? (I.e., specifically, how have *you hurt him* in this situation?):_____

Turn it around to yourself *(I hurt me.):*_____

How is this turnaround as true or truer? (I.e., how have *you hurt you* in this situation?):_____

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