The Work

Self -facilitation guide

One Belief at a Time

Identify one belief or concept about a person or situation where you are stuck, reacting or experiencing stressful emotion. Write it down on the line below in a short, simple, uncensored sentence. With the specific stressful situation in mind, answer each of the 4 questions, one at at a time. Be curious. Contemplate each question and then write your answer down. Then turn the original statement around and find specific, genuine examples. If you shift into justification, or defense, stop and move back to inquiry.
(See Instructions for doing The Work for more information)

Belief: _____

1) **Is it true?** _____
   Answer only 'yes' or 'no.'

2) **Can you absolutely know that it is true?** _____
   Again answer only 'yes' or 'no.' Take time to really contemplate.

3) **How do you react, what happens, when you believe that thought?**

- *What emotions and sensations do you experience?*
- *What images come to mind (past, future or other)?*
- *How do you show up when you are believing the thought?*
- *How do you treat the person in that situation? How do you treat others? Be specific.*
- *How do you treat yourself?*
- *What do you get for holding onto this thought? (payoff)*
- *What are you not able to do when you believe it?*

Belief:_____

4.) **Who would you be without this thought?**

What do you experience and notice in that same situation without the thought?

Turn that thought around

Depending on your statement, you may be able to turn the thought around in all these ways or only one or two. Always return to the original statement and turn that around. For each turnaround find at least 3 specific and genuine (to you) examples. Take time to contemplate. Open your mind and see what else could be true.

Example of a statement:

She was rude to me

- **To the opposite:**
  She was not rude to me
  She was polite to me
- **To the other:**
  I was rude to her
- **To the self:**
  ie. I was rude to myself

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