

The Work - WRITTEN FACILITATION WORKSHEET

Enter your belief on the line below and then question it in writing using the following questions and turnaround

Belief: _____

1. Is it true (the belief from above)? _____

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

Possible follow-ups:

a) Can you know more than What Is/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 think that thought?

Possible follow-ups:

a) Where does the feeling hit you, where do you feel it in your body when you believe that thought? 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?

Who 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 that thought first occur to you?

e) Where does your mind travel when you believe that thought? (*List any underlying beliefs that surface, and inquire later.*)

f) Can you see a reason to drop that thought (and please don't try to drop it)? _____

g) Can you see a stress-free reason to keep the thought? If "Yes", make a list. Are those reasons really stress free?

f) What negative payoffs do you get for holding onto that belief? _____

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 that thought?

d) Whose Business are you in ? _____

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

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

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

Examples _____

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

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

Examples _____

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*?)

Examples _____

Do you see any other Turnarounds that seem true or truer? _____

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

Examples _____

Turnarounds for number 6 on Judge your Neighbor Worksheet

I am willing to _____

I look forward to _____