



Anxietylab.org
3-4-5 Program Course

Intermediate Journaling exercise #2

What is my worldview?

Write down your worldview using the questions below, keeping the purpose in mind: you are learning something about yourself to be used for self-improvement. There are no right or wrong answers. Answering honestly will encourage introspection and growth, therefore, trying to answer in a false way to impress or gain approval will defeat the purpose. No one has to ever see what you write but you.

Put what you write away for a week then come back and read it. Is it really what you believe? It is really how you operate in the world? Are there areas that could be strengthened or need to be changed? Did you notice something that came as a surprise?

View of the world:

What are the rules of life?

What is my place in the world?

How do I see myself in relation to my past experience? (*I'm a winner, a survivor, a victim, a loser, a hero, etc.*)

How do I see myself in relation to other people?

How do I see myself in relation to my career?

How do I see myself in relation to my family?

How do I see myself in relation to my race?

How do I see myself in relation to my country?

How do I expect to accomplish my goals and objectives?

How do I expect to be treated? (Not how I want to be treated. How I think others actually treat me.)

How do I expect to live?

How do I feel about change and loss?

Who and what do I expect to help my efforts in life?

Who and what do I expect to hurt my efforts in life?

What is my relationship to my body? (*I care for it, I abuse it, I don't think about it, I'm obsessed with it, I let it go, etc.*)

What will my old age look like?

What will the earth be like after I'm gone?

What _____?

How _____?

What if _____?