

Step 1: Identify the Stressful Situation

Think of a specific time and place (e.g., an argument).

Step 2: Write in short, 1 - 2 simple sentences.

1. **Who upset you and why?**
Example: "I am angry with Paul because he lied to me."
 2. **What do you want them to change or do differently?**
Example: "I want Paul to see that he is wrong. I want him to stop lying."
 3. **What advice would you give them?**
Example: "Paul shouldn't frighten me. He should take a deep breath."
 4. **What do you need from them in order to be happy?**
Example: "I need Paul to stop talking over me. I need him to really listen."
 5. **What judgments or complaints do you have about them?**
Example: "Paul is a liar, arrogant, loud, dishonest, unconscious."
 6. **What do you never want to experience again with this person?**
Example: "I don't ever want Paul to lie to me again."
-

Step 3: Question Each Statement (The Work)

Take one statement at a time (e.g., "Paul lied to me") and ask:

1. Is it true?
2. Can I absolutely know it's true?
3. How do I react when I believe this thought?
4. Who would I be without this thought?

Step 4: Turn the Thought Around

Flip the original statement into its **opposite** or **self-reflection**.

Example: "I lied to me." / "I lied to Paul." / "Paul didn't lie to me." / "Paul told me the truth."

Then reflect on how each turnaround might be as true — or truer — than the original statement.