

One-Belief-at-a-Time Worksheet

The Work—A Written Meditation

On the line below, write down a stressful concept about someone (alive or dead) whom you haven't forgiven 100 percent. (For example, "He doesn't care about me.") Then question the concept in writing, using the following questions and turnarounds. (Use additional paper as needed.) When answering the questions, close your eyes, be still, and witness what appears to you. Inquiry stops working the moment you stop answering the questions.

Belief: _____

1. Is it true? (Yes or no. If no, move to question 3.)

2. Can you absolutely know that it's true? (Yes or no.)

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

a) Does that thought bring peace or stress into your life?

b) What images do you see, past and future, and what physical sensations arise as you think that thought and witness those images?

c) What emotions arise when you believe that thought? (Refer to the Emotions List, available on thework.com.)

d) Do any obsessions or addictions begin to appear when you believe that thought? (Do you act out on any of the following: alcohol, drugs, credit cards, food, sex, television, computers?)

e) How do you treat the person in this situation when you believe the thought? How do you treat other people and yourself?



Belief you are working on: _____

4. Who would you be without the thought?

Who or what are you without the thought?

Turn the thought around.

Example of a statement:

He hurt me.

Possible turnarounds:

- 1. To the self. (*I hurt me.*)
- 2. To the other. (*I hurt him.*)
- 3. To the opposite.
 - a) (*He didn't hurt me.*)
 - b) (*He helped me.*)

Then find at least three specific, genuine examples of how each turnaround is true for you in this situation.

(For each turnaround, go back and start with the original statement. Do not turn around a statement that has already been turned around. For example, "He shouldn't waste his time" may be turned around to "I shouldn't waste my time," "I shouldn't waste his time," and "He should waste his time." Note that "I should waste my time" and "I should waste his time" are not valid turnarounds; they are turnarounds of turnarounds rather than turnarounds of the original statement.)

