One-Belief-at-a-Time Worksheet

The Work—A Written Meditation

On the "Belief" line below, write down a stressful belief. It could be a statement from a Judge-Your-Neighbor Worksheet, a stressful belief about someone (alive or dead) whom you haven't forgiven 100 percent, or any stressful thought at all. Allow yourself to mentally revisit the specific situation. Then question the concept in writing, using the following questions and turnarounds. When answering the questions, close your eyes, be still, and witness what appears to you.

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?**

   What emotions arise when you believe that thought?

   What images of past and future do you see when you believe the thought?

   How do you treat yourself and others when you believe the thought?

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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 opposites:

I hurt me.

I hurt *him.*

He *didn't* hurt me.

He *helped* me.

Contemplate how each turnaround is as true or truer in that situation.

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