
THE ONE-BELIEF-AT-A-TIME WORKSHEET

THE WORK – A WRITTEN MEDITATION

Enter a stressful concept on the line below and then question it in writing (on blank paper as needed) using the following questions and turnarounds. While answering the questions close your eyes, be still, go deeply as you contemplate. The Work stops working in the moment you stop answering the questions.

Belief: _____

1. Is it true? _____

- The answer is a “yes” or a “no”.
- If your answer is no, continue to question #3.

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

Even if your answer is “yes,” gently move to question #3.

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

If the following questions apply, please answer in writing. Before you answer, close your eyes, be still as you contemplate your answer:

- a) Describe the feelings that happen physically when you believe that thought.
- b) Describe how much of your body these feelings take over.
- c) Where and when did that thought first occur to you?
- d) Who were you before that thought first occurred to you?
- e) Does that thought bring peace or stress into your life?
- f) How do you treat that person, yourself, and others when you believe that thought?
- g) What addictions/obsessions begin to manifest when you think that thought? (Do you reach for alcohol, credit cards, food, the TV remote, when you think that thought?)
- h) Where does your mind travel (into the past and/or future) when you believe that thought? Describe the images.
- i) Whose business are you in when you think that thought?
- j) What do you get for holding on to that belief? Describe the pain, if any.
- k) What do you fear would happen if you didn’t believe that thought? (Later, take this list of fears to inquiry.)

Continued on back...

Belief you are working on: _____

4. Who would you be without the thought? _____

Possible follow-ups:

- a) Close your eyes. Describe life without that thought.
- b) Who would you be without your story?
- c) Drop the story just for a moment, and describe what you see.

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

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

How is your turnaround as true or truer? (For "*I hurt me,*" how have *you hurt you* in this situation?) Give examples: _____

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

How is this turnaround as true or truer? (For "*I hurt him,*" how have *you hurt him* in this situation?) Give examples: _____

Turn it around to the opposite (*He didn't hurt me.*): _____

(For "*He didn't hurt me, or he helped me,*" how did *he not hurt you*? How has *he helped you*?) Give examples: _____

Turn it around to "my thinking" where appropriate (*My thinking hurt me.*):

How is this turnaround as true or truer? (For "*My thinking hurt me,*" how has *your thinking* hurt you?) Give examples: _____
