



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 one hundred percent. (For example, "He doesn't care about me" or "I did it wrong.") 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 go deeply as you contemplate. Inquiry stops working the moment you stop answering the questions.

Belief: _____

1. Is it true?

2. Can you absolutely know it's true?

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

a) What emotions happen when you believe that thought? (Depression, anxiety, etc. If needed, an Emotions and Reactions List is available on www.thework.com.)

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

c) What images do you see, past and future, when you believe that thought?

d) Describe the physical sensations that happen when you believe that thought.

e) How do you treat that person and others when you believe that thought?

f) How do you treat yourself when you believe that thought?

g) What addictions/obsessions begin to manifest when you believe that thought? (Alcohol, credit cards, food, the TV remote?)

h) What do you fear would happen if you didn't believe that thought? (Later, take this list of fears to inquiry.)

i) Whose business are you in mentally when you believe that thought?

j) Where and at what age did that thought first occur to you?

k) What are you not able to do when you believe that thought?
