

On the line below, write down a stressful concept about someone (alive or dead) whom you haven't forgiven one hundred percent. 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; The Work stops working the moment you stop answering the questions.

Belief: _____

1. Is it true? _____

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

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

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

Use any of the following questions that apply.

- How do you feel when you believe that thought (depressed, anxious, etc.)?
- Does that thought bring peace or stress into your life?
- What images do you see when you believe that thought about a past or future?
- Describe the physical sensations that happen when you believe that thought.
- How do you treat that person and others when you think that thought?
- How do you treat yourself when you think that thought?
- What addictions/obsessions begin to manifest when you think that thought? (Alcohol, credit cards, food, the TV remote?)
- Where and at what age did that thought first occur to you?
- Whose business are you in when you think that thought?
- What do you get for holding on to that belief?
- 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? _____

Additional follow-ups:

Close your eyes and drop your story for just a moment. Notice who you would be without that thought.

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

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

How is this turnaround as true or truer? (For "*He didn't hurt me*" or "*He helped me*," how did *he not hurt you*? How has *he helped you*?) Give genuine, specific examples:

Turn it around to the self. (*I hurt me.*): _____

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