



What is your most stressful thought? What is your mind's favorite thing to beat you up with? Who are you most upset with and why? Allow yourself time to meditate on your answer.

Now, write down the issue you are going to work on as either a Belief (thought) and/or a Judgment (person).

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1. What is the story behind this Belief/Judgment? (Don't edit or sort, just write)

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2. Are you sure it is true?(Yes or No)\_\_\_\_\_

3. Can you know with absolute certainty this is true? (Everyone else would agree?) \_\_\_\_\_

4. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional.

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5. Could you welcome this feeling in this moment? \_\_\_\_\_

6. Think back in time. Is there an even older story that goes with this belief/judgment or feeling?

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7. How do you treat others when you believe this thought and these feelings?

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8. Who would you be without the story you are telling yourself?

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9. What does holding on at this time mean for you? What would you lose? (Approval, Control or Security)

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10. What feelings come up for you? Welcome them. Could you let them go? Will you let the feelings about belief/judgment go? If so when? \_\_\_\_\_

11. Now let's turn the thoughts around. Re-write your original belief:

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12. Turn the thoughts around:

The First Turn around is to The Self.

An example might be a judgment statement that

I am angry at Sam for smoking

A turn around to self could be I am angry at me for smoking.

And then 3 examples of how that is just as true.

(It does not matter that I do not smoke cigarettes)

1. I am SMOKING MAD at myself.

2. I am SMOKING with judgments about myself.

in my mind all day long as I am so focused on Sam's SMOKING

Second Turn around is to The Other

1. Sam is in his business of smoking and I am in his business of smoking and no one is there for me

2. I am so smoking mad at Sam I am rude to him when he does smoke

3. I try so hard to control Sam's smoking I do not have time to live my own life

The Third Turnaround is to The Opposite

Sam's smoking does not affect me.

1. I think about Sam's smoking more than he smokes so it is not him but me that is 3.1 smoke

2.. Sam smokes outside to make sure it does not bother me physically

3.. It is not Sam's smoking but my thinking that is hurting me

To the self and then come up with specific examples of how this is true

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To the other and then come up with specific examples of how this is true

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To the opposite and then come up with specific examples of how this is true

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13. Allow yourself to welcome any residual feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. What are the feelings that are left over? What does holding on at this time mean for you? Could you let your story and the feelings about your belief /judgment go? If not now, would you be willing to in the future? Will you let go of the story and the feelings about this experience?

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Could you allow any forgiveness that needs to be extended? If not now could you in the future? When?

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14. Repeat the releasing process (Inquiry 13) until you feel relief.

15. End with the Grateful Flow. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise as well as all other good things in your life.

Adapted from The Works, The Sedona Method, The Tools, The Welcoming Prayer and The Book of Forgiving