



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). Kudzu overtakes the land.

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

I love the landscape and the kudzu ruins it. Pretty soon there will be no landscape left only dead trees where kudzu overtaken it.

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

3. Can you know with absolute certainty this is true? (Everyone else would agree?) no

4. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional. I feel tight in my jaw, and a burning in my back. I feel tired.

5. Could you welcome this feeling in this moment? yes

6. Think back in time. Is there an even older story that goes with this belief/judgment or feeling? Since I was little I have watched the kudzu take over. It is everywhere along the highways. I remember my dad saying when I was little that pretty soon no land will be left. You can not get rid of kudzu.

7. How do you treat others when you believe this story?

I am disappointed as I drive along the highways.

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

9. What does holding on at this time mean for you? What would you lose? (Approval, Control or Security) Both control and security I want to control the kudzu so my children will have a beautiful and safe



place to live which will give me security. I cannot trust this will happen due to the kudzu.

10. What feelings come up for you? Welcome them. I notice I feel very sad. I am afraid my children will not have a safe place to live.

11. Now let's unhook from the belief/judgment. Re-write your original belief:

Kudzu overtakes the land.

12. Unhook from the thoughts:

Judgment of the Self: How do I believe these same things about myself? How am I like what I dislike in others? For self belief what is your payoff for staying attached to this belief?

(Approval, Control or Security)

I overtake myself with my thoughts.

I overtake and hurt me by my thought that I cannot trust. I was attached to this thought this morning. I overtake my own happiness by focusing on the past.

Judgment of the Other: How do I judge others for being the same as I am? How do I treat others with the same beliefs as me? I overtake kudzu.

I judged kudzu and what it does or does not do without gathering information. I only used my thoughts. I miss the beauty of kudzu by judging it a weed that must be controlled.

Opposite of Belief/Judgment: How is the opposite of my statement just as true for me? Come up with specific examples of how the opposite is just as true

Kudzu is helpful.

Kudzu is helpful as it ends up being a good source of nutrition for animals (as well as people since it can be cooked like other vegetables). Kudzu vines are used in making baskets and other crafts.



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?
Clenching in the jaw/shame for false belief/little clenched jaw left

What does holding on at this time mean for you? Still have a little control left. / I want to be right. /control

Could you let your story and the feelings about your belief /judgment go? Will you let go of the story and the feelings about this experience? If not now, would you be willing to in the future? Let go of need to control and the anger, ready to now.

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

Forgiveness for me, and other Southerners who believed the myths about kudzu

14. Repeat the releasing process (Inquiry 13) until you feel relief. Usually 3 times, the story then resistance to letting go of story and then residual feelings, belief/judgment.

15. End with gratitude. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise.

I am grateful the animals have kudzu to eat, that that kudzu has been here since the 1930s and did not overtake the land, that kudzu is a beautiful green color, that kudzu kept the erosion down, that I can let go of old myths that are just that, I am grateful I am able to learn with new information.