



Judgement 2

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).

I am angry at Sam for smoking.

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

Sam started smoking again after quitting. He promised me would stay quit. I am afraid he will die of lung cancer. Smoking snicks and it makes the house smell. The smoke makes me feel sick to my stomach.

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?) yes, to the smoking no to the effects

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, a jittery feeling in the center of my chest that radiates into my arms.

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? My dad smoked and was very sick with a cough when I was small. He would rather smoke than play with us kids. He later died of lung cancer.

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

I nag Sam and treat him like a child.

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 Sam's smoking so he will die and leave me which would effect my security

10. What feelings come up for you? Welcome them. I notice I feel very sad. I suddenly started missing my dad. I am afraid Sam will die and leave me too.

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

I am angry at Sam for smoking.

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 am angry at me for smoking.

I am smoking mad at myself for thinking about what Sam is doing most of the day. I am smoking with judgments about myself. I smoke all day long as I think about Sam's smoking.

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 smoke at Sam.

Sam is not bother by his smoking and that makes me smoking mad.

I am so smoking mad at Sam I am rude to him even when he does not smoke.

I am smoking all day long while I am focused on his smoking so I end up "smoking" more than he does,

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



Sam's smoking does not hurt me.

It is not Sam's smoking but my thinking that about his smoking that is hurting me. I am thinking about Sam's smoking more than he smokes. It is me that is upsetting me.

Sam smokes outside so as not to bother me physically.

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/ sadness about loss/little clench jaw left

What does holding on at this time mean for you? Still have a little control left. I want it to be my way. /security/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, Sam and my father. now

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 Sam is in my life, that Sam's smoking made me aware of grief about my dad, the opportunity to let go of old anger about dad, that Sam smokes outside, to realize how considerate Sam is of me.