



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.

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) \_\_\_\_\_ Would everyone else agree with you? \_\_\_\_\_

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

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\_\_\_\_\_ Welcome this feeling.

4. Think back in time. Is there an even older story that goes with this stressful thought? \_\_\_\_\_

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

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\_\_\_\_\_ Welcome them.

7. Unhook from the thoughts by identifying the 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.

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8. 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? \_\_\_\_\_

Will you let go of the story and the feelings about this experience? \_\_\_\_\_

When, if not now, would you be willing to in the future? \_\_\_\_\_

9. Who do you need to allow forgiveness for? Will you forgive them? When, if not now could you in the future?

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

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