

One-Belief-at-a-Time Worksheet

The Work—A Written Meditation

On the line below, write down a stressful concept about someone (alive or dead) whom you haven't forgiven 100 percent. (For example, "He doesn't care about me.") 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 witness what appears to you. Inquiry stops working the moment you stop answering the questions.

Belief: _____

- 1. **Is it true?** (Yes or no. If no, move to question 3.)

- 2. **Can you absolutely know that it's true?** (Yes or no.)

- 3. **How do you react, what happens, when you believe that thought?**
 - a) Does that thought bring peace or stress into your life?

 - b) What images do you see, past and future, and what physical sensations arise as you think that thought and witness those images?

 - c) What emotions arise when you believe that thought? (Refer to the Emotions List, available on thework.com.)

 - d) Do any obsessions or addictions begin to appear when you believe that thought? (Do you act out on any of the following: alcohol, drugs, credit cards, food, sex, television, computers?)

 - e) How do you treat the person in this situation when you believe the thought? How do you treat other people and yourself?

