

ш

ш

Ω

 \overline{C}

0

C Z

S ZL S S RKSH ш A C U S 0 Z S 0 υZ N O N ᇤ Z 0 G NI-TRAININ _ ∑ ш 工 α FO

Print this worksheet and write your answers here, or use your own journal. If you come up with other questions that seem more important or if you already have a process that works for you - great. These are here to help you get started.

First, write down all the thoughts that went through your mind before, during and after the situation you chose

Write down anything that went through your mind, in no particular order. Write them as you heard them in your head. "You'r stupid for doing this", "What will other's think of me". Some questions to get you started:

- What were thoughts you had when thinking about doing the exercise?
- What were thoughts that you noticed during the exercise? Where they on board with you doing it? Had excuses for why you shouldn't? Opinions on a good/bad outcome?

- Thoughts after the situation?

ORKSHEE

S Z ш SSI SAND ACCES SCIOUS BEI CON FINDING Z 0 MINI-TRAINING ш I \mathcal{L} F0

Write down any emotions and sensations in your body that you noticed before, during and after the situation.

Write down both emotions that are clear to you, that you have a name for, but also any more subtle sensations that you felt in your body.

Examples: "Pressure over my the chest", "Tension in the jaws", "Insecurity", "Unworthy"



S

ш

ELI Ω

Now let's start mapping the timeline of the thoughts and emotions to see if we can notice a chain of reactions.

Pick the thought, emotions, and sensations from the previous pages and start mapping in what order they happened. What thought came first and what emotion did that activate? Or what is a sensation in the body that then led to a thought? Don't worry about getting this "right". We're exploring and being curious about what we can notice.

One starting point can fork off into many different reactions and your map can take on any shape or size. I'll show you an example on this page and leave room for you on the next page.

EXAMPLE:

"What will other's think of me?"

Anger

"I'll give them something to

be upset about"

Screw them

"I'm tired of people judging me"

Body tightening

Pride

"I don't care what they think of me"

"I can do whatever I want to"

"I don't need anyone else"



Fear

Body is tight

Avoiding to look at people



"They will think I'm a bad person"

Shame

Unworthy

THE

FOR



ACCESSING US BELIEFS ORKSHEE FINDING AND AC UNCONSCIOUS Z 0 MINI-TRAINING

Now let's start mapping the timeline of the thoughts and emotions to see if we can notice a chain of reactions.

YOUR MAP:

S ZL ш SSI ш CE: Ω AND ACC D N G FINDING Z 0 MINI-TRAINING ш

I'm using my example map to highlight gaps that might be hiding assumptions.

EXAMPLE:

"What will other's t	think of me?"			
Anger "I'll give them something to be upset about" Screw them	Fear Body is t Avoiding to look a people	,		
"I'm tired of people judging me"	"They will think I'm a bad	person"		
Body tightening Pride "I de	Shame Unworthy I on't care what they think of me"	Notice the gap? If someone thinks badly of me I have to defend myself.		
	"I can do whatever I wan	t tò"		
"I don't need anyone else"				

"What will other's think of me"	
"They will think I'm a bad person"	
"I'm tired of people judging me"	Others are having
	opinions of me and I
	know what they are

Can you notice how the emotions and the body sensations are activated by the thoughts, but also how they make the statement in the thought seem true and give life to more thoughts?



S E F CONSCIOUS BELIE FINDING Z 0 MINI-TRAINING ш I \simeq F0

Let's look for hidden assumptions in your map. One way to find them is to focus on the gaps - when the mind has made a jump and thinks that one thing leads to another.

Now look at your own map, pull out some of the thoughts in there and see what you gaps you can notice.

Thoughts or gap	Assumption
	·