



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" or "I did it wrong.") 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 go deeply as you contemplate. 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?

Contemplate the following:

a) Does that thought bring peace or stress into your life?

b) What physical sensations and emotions arise when you believe that thought? Allow yourself to experience them now. (Refer to the Emotions List available on thework.com.)

c) What images do you see, of past and future, when you believe that thought?

d) What obsessions or addictions begin to manifest themselves when you are witnessing the images and believing the thought? (Do you act out on any of the following: alcohol, drugs, credit cards, food, sex, television, etc.?)

e) How do you treat that person, yourself, and others in this situation when you believe the thought?
