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# THE ONE-BELIEF-AT-A-TIME WORKSHEET

## THE WORK – A WRITTEN MEDITATION

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Enter a stressful concept on the line below and then question it in writing (on blank paper as needed) using the following questions and turnaround:

**Belief:** \_\_\_\_\_

1. **Is it true (the belief from above – yes or no)?** \_\_\_\_\_

2. **Can you absolutely know that it's true?** \_\_\_\_\_

3. **How do you react when you believe that thought? What happens?**

\_\_\_\_\_  
\_\_\_\_\_

*If the following questions apply, please answer in writing. Before you answer, close your eyes, be still as you contemplate your answer:*

- a) Where do you feel it in your body when you think that thought? Close your eyes. Describe what you feel.
- b) How have you treated that person, the situation, and others when you believe that thought? What did you say and do? Be specific.
- c) How do you treat yourself when you believe that thought? What addictions, if any, do you experience? (Cigarettes, food, internet, alcohol, shopping, chocolate, television...)?
- d) Where and when did that thought first occur to you? Describe briefly what your life was like before that thought first occurred to you.
- e) Where does your mind travel when you believe that thought? (*List any underlying beliefs and question them later.*)
- f) Does this thought bring peace or stress?

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**Continued on back...**

**Belief you are working on:** \_\_\_\_\_

**4. Who would you be without the thought?** \_\_\_\_\_

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*Possible follow-ups:*

- a) Who or what are you without your story?
- b) Who are you -in this moment- without the thought?

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**Turn the thought around.** (Example of a statement: *He hurt me.*)

**Turn it around to yourself** (Our example: *I hurt me.*): \_\_\_\_\_

How is your turnaround as true or truer? (For "*I hurt me,*" how have *you hurt you* in this situation?) Give examples: \_\_\_\_\_

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**Turn it around to the other** (*I hurt him.*): \_\_\_\_\_

How is this turnaround as true or truer? (For "*I hurt him,*" how have *you hurt him* in this situation?) Give examples: \_\_\_\_\_

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**Turn it around to the opposite** (*He didn't hurt me.*): \_\_\_\_\_

(For "*He didn't hurt me, or he helped me,*" how did *he not hurt you*? How has *he helped you*?) Give examples: \_\_\_\_\_

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**Turn it around to "my thinking" where appropriate** (*My thinking hurt me.*):

How is this turnaround as true or truer? (For "*My thinking hurt me,*" how has *your thinking* hurt you?) Give examples: \_\_\_\_\_

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