



## Worksheet Tips

**Statement 1:** Be sure to identify what most upsets you in that situation about the person you are writing about. As you fill in statements 2– 6, imagine yourself in the situation that you have described in statement 1.

**Statement 2:** List what you wanted him or her to do in this situation, no matter how ridiculous or childish your wants were.

**Statement 3:** Be sure that your advice is specific, practical, and detailed. Clearly articulate, step by step, how he or she should carry out your advice; tell him or her exactly what you think he or she should do. If the person followed your advice, would it really solve your problem in statement 1? Be sure that your advice is relevant and doable for this person (as you describe him or her in statement 5).

**Statement 4:** Did you stay in the situation described in statement 1? If your needs were met, would that take you all the way to “happy” or would it just stop the pain? Be sure that the needs you have expressed are specific, practical, and detailed.

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## Inquiry: The Four Questions and the Turnarounds

- 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?**
- 4. Who would you be without the thought?**

Turn the thought around. Then find at least three specific, genuine examples of how the turnaround is true for you in this situation.

Now, using the four questions, let's investigate the portion of statement 1 on the Worksheet that is the cause of your reaction: *Paul doesn't listen to me*. As you read along, think of someone you haven't totally forgiven yet, someone who just wouldn't listen to you.

### **Question 1. Is it true?**

As you consider the situation again, ask yourself, “Is it true that Paul doesn’t listen to me?” Be still. If you really want to know the truth, the honest yes or no from within will rise to meet the question as you recall that situation in your mind’s eye. Let the mind ask the question, and wait for the answer that surfaces. (The answer to the first two questions is just one syllable long; it’s either yes or no. Notice if you experience any defense as

you answer. If your answer includes “because...” or “but...”, this is not the one-syllable answer you are looking for, and you’re no longer doing The Work. You’re looking for freedom outside yourself. I’m inviting you into a new paradigm.)

### **Question 2. Can you absolutely know that it’s true?**

Consider these questions: “In that situation, can I absolutely know that it’s true that Paul isn’t listening to me? Can I ever really know when someone is listening or not? Am I sometimes listening even when I appear not to be?”

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### **Question 3. How do you react, what happens, when you believe that thought?**

How do you react when you believe that Paul doesn’t listen to you? How do you treat him? Be still; notice. For example: “I feel frustrated and sick to my stomach; I give him ‘the look’; I interrupt him; I punish him; I ignore him; I lose my temper. I start talking faster and louder, and I try to force him to listen.” Continue your list as you witness the situation and allow the images in your mind’s eye to show you how you react when you believe that thought.

Does that thought bring peace or stress into your life? What images do you see, past and future, and what physical sensations arise as you witness those images? Allow yourself to experience them now. 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?) Also, witness how you treat yourself in this situation and how that feels. “I shut down. I isolate myself, I feel sick, I feel angry, I eat compulsively, and for days I watch television without

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really watching. I feel depressed, separate, resentful, and lonely.” Notice all the effects of believing the thought “Paul doesn’t listen to me.”

### **Question 4. Who would you be without the thought?**

This is a very powerful question. Picture yourself standing in the presence of the person you have written about when they're doing what you think they shouldn't be doing. Consider, for example, who you would be without the thought "Paul doesn't listen to me." Who would you be in the same situation if you didn't believe that thought? Close your eyes and imagine Paul not listening to you. Imagine yourself without the thought that Paul doesn't listen to you (or that he even *should* listen). Take your time. Notice what is revealed to you. What do you see now? How does that feel?

### **Turn it around.**

The original statement, "Paul doesn't listen to me," when turned around, becomes "I don't listen to myself." Is that turnaround as true or truer? Now identify

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examples of how you don't listen to yourself in that very same situation with Paul. Find at least three specific, genuine examples of how this turnaround is true. For me, one example is that in that situation I was out of control emotionally, and my heart was racing.

Another turnaround is "I don't listen to Paul." Find at least three examples of how you were not listening to Paul, from *his* perspective, in that situation. Are you listening to Paul when you're thinking about him not listening to you?

A third turnaround is "Paul does listen to me." For example, he put out the cigarette he was smoking.

He might light another one in five minutes, but in that situation, even as he was telling me that he didn't care about his health, he was apparently listening to me. For this and for each turnaround you discover, always find at least three specific, genuine examples of how the turnaround is true for you in this situation.

After sitting with the turnarounds, you would continue a typical inquiry with the next statement written on the Worksheet—in this case, *I want Paul to see that he is wrong*— and then with every other statement on the Worksheet.

