



What is your most stressful thought? What is your mind's favorite thing to beat you up with? Who are you most upset with and why?

Allow yourself time to meditate on your answer.

Now, write down the issue you are going to work on as either a Belief (thought) and/or a Judgment (person).

1. What is the story behind this Belief/Judgment? (Don't edit or sort, just write)

2. Are you sure it is true?(Yes or No)_____

3. Can you know with absolute certainty this is true? (Everyone else would agree?) _____

4. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional.

5. Could you welcome this feeling in this moment? _____

6. Think back in time. Is there an even older story that goes with this belief/judgment or feeling?

7. How do you treat others when you believe this story?

8. Who would you be without the story you are telling yourself?

9. What does holding on at this time mean for you? What would you lose? (Approval, Control or Security)

10. What feelings come up for you? Welcome them.

11. Now let's unhook from the belief/judgment. Re-write your original belief:

12. Unhook from the thoughts:

From The Self: How do I believe the same things about myself? How am I like what I dislike in others? For self-belief what is your payoff for staying attached to this belief? (approval, control or security)

From The Other: How do I judge others for being the same as I am? How do I treat others with the same beliefs as I?

To The Opposite of Belief/Judgment: How is the opposite of my statement just as true for me? Come up with specific examples of how this is true.

13. Allow yourself to welcome any residual feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. What are the feelings that are left over? _____

What does holding on at this time mean for you? _____

Could you let your story and the feelings about your belief /judgment go? _____

Will you let go of the story and the feelings about this experience? _____

If not now, would you be willing to in the future? _____

Could you allow any forgiveness that needs to be extended? If not now could you in the future? When?

14. Repeat the releasing process (Inquiry 13) until you feel relief. Usually 3 times, the story then resistance to letting go of story and then residual feelings, belief/judgment.

15. End with the Gratitude. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise as well as all other good things in your life.
