

Lesson 4. Exercise 1. Four Bodies

Exercise Instructions: See Four Bodies Examples Worksheet to understand how to complete this exercise. This exercise will enable you to see the interconnectedness of the four bodies, and will support in understanding the 'Mechanics of your Being'.

Thoughts	Emotion	Physical Body	Physical Action (Behaviour)	Spiritual (Truth)
Instructions: Please tick the thoughts you believe	Add emotion/s triggered by the thought	Add physical sensations triggered by the thought	Note action or behaviour triggered by the thought	Note if open or closed to 'Truth' due to the thought believed.
<input type="checkbox"/> I'm not good enough to be successful				
<input type="checkbox"/> I hate my job/studies				
<input type="checkbox"/> I can't do this it's too difficult				
<input type="checkbox"/> I'm not clever enough				
<input type="checkbox"/> I am not appreciated				
<input type="checkbox"/> I don't want to admit I have a problem with work/addiction/relationships				
<input type="checkbox"/> I should get better marks/salary than this				
<input type="checkbox"/> Life is not fair				
<input type="checkbox"/> I have never done this before; I don't know what to do				
<input type="checkbox"/> I don't want to work with				
<input type="checkbox"/> I don't know how to do this task				

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Instructions: Please tick the thoughts you believe	Add emotion/s triggered by the thought	Add physical sensations triggered by the thought	Note action or behaviour triggered by the thought	Note if open or closed to 'Truth' due to the thought believed.
<input type="checkbox"/> I don't like my fellow students/workers/neighbours				
<input type="checkbox"/> I am not pretty / handsome enough				
<input type="checkbox"/> I don't have enough money to pay my bills				
<input type="checkbox"/> I don't have enough time to complete my daily tasks / work				
<input type="checkbox"/> My parents/partner/family is expecting me to succeed				
<input type="checkbox"/> Life is too much pressure				
<input type="checkbox"/> I don't think I will succeed				
<input type="checkbox"/> I want to do well for my family / image				
<input type="checkbox"/> I hate my life				
<input type="checkbox"/> I can't cope with the demands of life				

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Instructions: Please tick the thoughts you believe	Add emotion/s triggered by the thought	Add physical sensations triggered by the thought	Note action or behaviour triggered by the thought	Note if open or closed to 'Truth' due to the thought believed.
<input type="checkbox"/> I feel stupid when I don't understand				
<input type="checkbox"/> I don't fit in with the rest of the students/colleagues/family				
<input type="checkbox"/> This is not what I expected University/work to be like				
<input type="checkbox"/> I am only here (relationship/work/education) because I couldn't think of anything else to do				
<input type="checkbox"/> Everything is so expensive				
<input type="checkbox"/> I miss the freedom of being young				
<input type="checkbox"/> Everyone else seems to be coping but I am struggling				
<input type="checkbox"/> I don't feel good enough				
<input type="checkbox"/> I know I am supposed to be independent, but I wish someone would help me				
<input type="checkbox"/> I feel overwhelmed				
Thoughts	Emotion	Physical Body	Physical Action (Behaviour)	Spiritual (Truth)

Instructions: Please tick the thoughts you believe	Add emotion/s triggered by the thought	Add physical sensations triggered by the thought	Note action or behaviour triggered by the thought	Note if open or closed to 'Truth' due to the thought believed.
<input type="checkbox"/> I don't know what to do				
<input type="checkbox"/> Climate change scares me				
<input type="checkbox"/> I feel trapped in my job/relationship				
<input type="checkbox"/> I don't get this				
<input type="checkbox"/> I don't want to change				
<input type="checkbox"/> I feel scared most of the time				
<input type="checkbox"/> It's normal to be anxious				
<input type="checkbox"/> I have to work hard to be successful				
<input type="checkbox"/> I've done training like the SEJ before				
<input type="checkbox"/> This training is not for me				
<input type="checkbox"/> I don't need any help				
<input type="checkbox"/> This process won't help me with my problems				
<input type="checkbox"/> I have no problems				
Thoughts	Emotion	Physical Body	Physical Action (Behaviour)	Spiritual (Truth)

Instructions: Please tick the thoughts you believe	Add emotion/s triggered by the thought	Add physical sensations triggered by the thought	Note action or behaviour triggered by the thought	Note if open or closed to 'Truth' due to the thought believed.
<input type="checkbox"/> I don't want to be alone				
<input type="checkbox"/> I worry what other people might think				
<input type="checkbox"/> My family/partner is too demanding				
<input type="checkbox"/> My family expects me to help with their business				
<input type="checkbox"/> I am expected to get married, but I want to have a career				
<input type="checkbox"/> My family don't approve of my partner				
<input type="checkbox"/> There's too much to do				
<input type="checkbox"/> I want a relationship, someone to love me				
<input type="checkbox"/> I can't do anything right				
<input type="checkbox"/> I can't be bothered with.....				
<input type="checkbox"/> I don't know what to do when I leave education / this job / with my life				
<input type="checkbox"/> I can't do this.....				
<input type="checkbox"/> I need to be in control of.....				

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Instructions: Please tick the thoughts you believe	Add emotion/s triggered by the thought	Add physical sensations triggered by the thought	Note action or behaviour triggered by the thought	Note if open or closed to 'Truth' due to the thought believed.
<input type="checkbox"/> Do I have to be honest?				
<input type="checkbox"/> I need more money				
<input type="checkbox"/> I don't have any friends				
<input type="checkbox"/> People don't like me				
<input type="checkbox"/> No-one understands me				
<input type="checkbox"/> I'm right, they are wrong				
Add your own thoughts				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				