

Lesson 5. The SEJ Worksheet Step 1 Example

STEP ONE: Self Awareness

Situation...

Recall a situation that caused you to suffer, maybe you felt distressed, hurt, angry, sad, disappointed, or upset. Once you have this situation note it here:

I have been told that I need to record a 25-minute presentation on a new product that we sell, that is going to be seen and marked by Vice Presidents in the US. I only joined the company 2 months ago. I have been ignoring this email for a month and the VP in the US has just emailed me to say that I'm the only person who hasn't recorded a video presentation.

The Story...

Write here the 'story' your mind is telling about the situation. It is important you do not censor your thoughts, write them exactly as they appear to you, no matter how dark, petty, unkind, or judgmental they are.

Oh my god how am I expected to do this as I've only just joined the company, oh no what am I going to do? I can't do this as I don't know anything about this, and I'm trying to learn the product that I'm working on now. I can't do this; I don't know how, and everyone is going to know that I don't know what I'm talking about – what do I do?

I can't believe they expect me to do this as I'm new. Everyone will know that I don't know what I'm doing, and I don't have the time to learn this new stuff before I present. I'm not good enough to do this.

I cannot believe they are asking me to do this, this is ridiculous!

List your thoughts...

Once the story has been written list the thoughts that grab your attention.

- 1. I can't do this.*
- 2. I don't know how.*
- 3. I don't know what I'm talking about.*
- 4. I don't know what I'm doing.*
- 5. I don't have the time.*
- 6. I'm not good enough.*

From the above list extract just one thought you would like to work on and put that thought through the 4 bodies.

Mental: The thought I believe is...

I can't do this.

Emotional: The emotions I experience when I believe this thought are...

Ashamed, scared.

Physical: When I believe this thought my bodily sensations are...

My body is slumped and tight.

Physical Action: When I believe this thought my actions are...

Ignore the email.

Spiritual: When I believe this thought I am closed to...

I am closed to the task. I am closed to the truth.