

Lesson 5 Exercise 1. The SEJ Worksheet Part 1 Step 1

Exercise Instructions: After watching the video example, complete each step in turn.

SEJ Worksheet

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:

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.

List your thoughts...

Once the story has been written list the thoughts that grab your attention. They may have a strong emotional pull.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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...

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

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

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

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