

Lesson 6 Exercise 2. The SEJ Worksheet Step 4

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

SEJ Worksheet Template

STEP FOUR SELF Empowerment

Test the original thought believed to see what's changed.

Mental: The thought I believed at Step 1 was...

Emotional: My emotions have changed to...

Physical: My physical sensations have changed to...

Physical Action: My actions have changed to...

Spiritual: This statement is true for me. 'I am no longer closed to... I am open to... (life / the situation / person).

Outcomes: To complete Step 4 we write out the outcomes to the situation.

Immediate Outcomes:(Internal Situation) Immediate Outcomes are the changes to your thoughts, emotions, physical sensations, actions, and being open.

Life Outcomes:(External Situation) Life Outcomes will be evident in the moment if the SEJ is done as the situation arises or appear later if the process is done retrospectively.

Lesson: What have you learnt from this situation?