

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 how the four bodies work in relation to the thoughts you believe 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 pass				
<input type="checkbox"/> I hate exams				
<input type="checkbox"/> I can't do this it's too difficult				
<input type="checkbox"/> I'm not clever enough				
<input type="checkbox"/> I don't understand				
<input type="checkbox"/> I can't afford to fail				
<input type="checkbox"/> I don't want to admit I have a problem with studying/addiction/relationships etc				
<input type="checkbox"/> I should get better marks than this				
<input type="checkbox"/> This is not marked correctly/fairly				
<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 the (calculation/report writing/essay etc)				

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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				
<input type="checkbox"/> Why can't they just give me the answers, so I don't have to work this out?				
<input type="checkbox"/> I can't find the answer to this problem				
<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"/> It's too much pressure				
<input type="checkbox"/> I want to do well for my family / myself				
<input type="checkbox"/> I don't think I can do this				
<input type="checkbox"/> I hate Uni 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				
<input type="checkbox"/> This is not what I expected University / School / College / Work to be like, it's too easy/difficult/boring/hard				
<input type="checkbox"/> I am only here because I couldn't think of anything else to do				
<input type="checkbox"/> This is not the way life should be				
<input type="checkbox"/> Everyone else seems to be coping but I am struggling				
<input type="checkbox"/> I miss the freedom of being young				
<input type="checkbox"/> I know I am supposed to be independent, but I wish someone would help me				
<input type="checkbox"/> I don't feel good enough				
<input type="checkbox"/> I feel overwhelmed				

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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 know what to do				
<input type="checkbox"/> I don't have enough time				
<input type="checkbox"/> I don't want to do this				
<input type="checkbox"/> I don't get this				
<input type="checkbox"/> I don't want to change				
<input type="checkbox"/> I feel scared				
<input type="checkbox"/> I've got this wrong				
<input type="checkbox"/> It's not fair				
<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				

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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 need to know what to do				
<input type="checkbox"/> I worry what other people think				
<input type="checkbox"/> My 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 when I graduate but I want to get a job				
<input type="checkbox"/> My family don't approve of my partner				
<input type="checkbox"/> There's too much to do				
<input type="checkbox"/> I don't want to do this				
<input type="checkbox"/> I can't do anything right				
<input type="checkbox"/> I can't be bothered				
<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 understand				

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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 have no 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				
<input type="checkbox"/> Add your own thoughts				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				