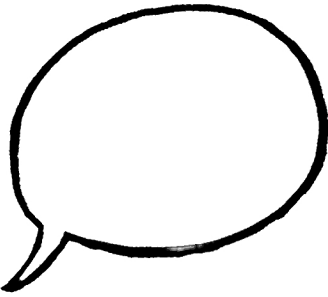
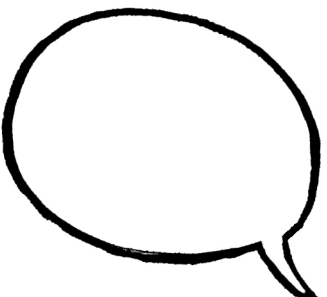
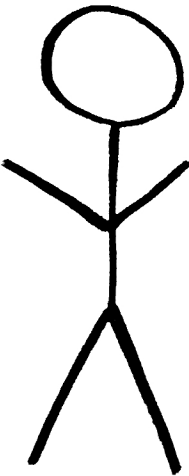
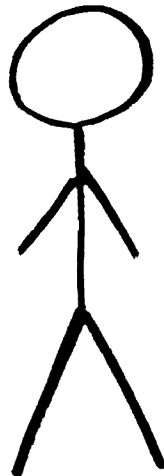
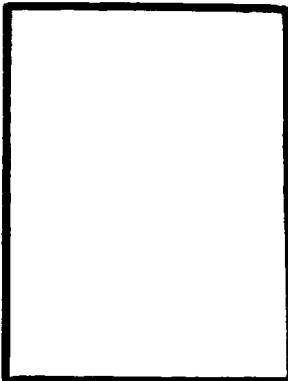
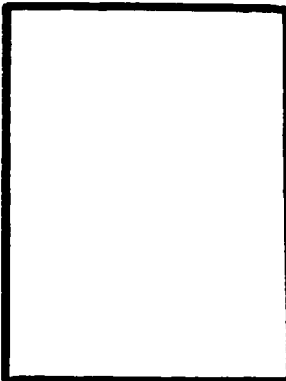


## Find Your Situation

Think of a specific moment when you were annoyed with someone.  
Write and/or draw what happened:


	<b>They said:</b>	<b>You said:</b>	
<b>Their face:</b>			<b>Your face:</b>
	<b>What <b>they</b> did:</b>	<b>What <b>you</b> did:</b>	
			<div><b>Who</b> else was there?</div>  <div><b>When</b> did it happen?</div>  <div><b>Where</b> were you?</div>

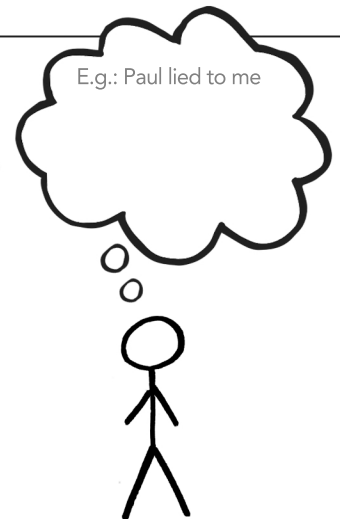
## Find Your Thought

In this situation, I am annoyed with \_\_\_\_\_  
because...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

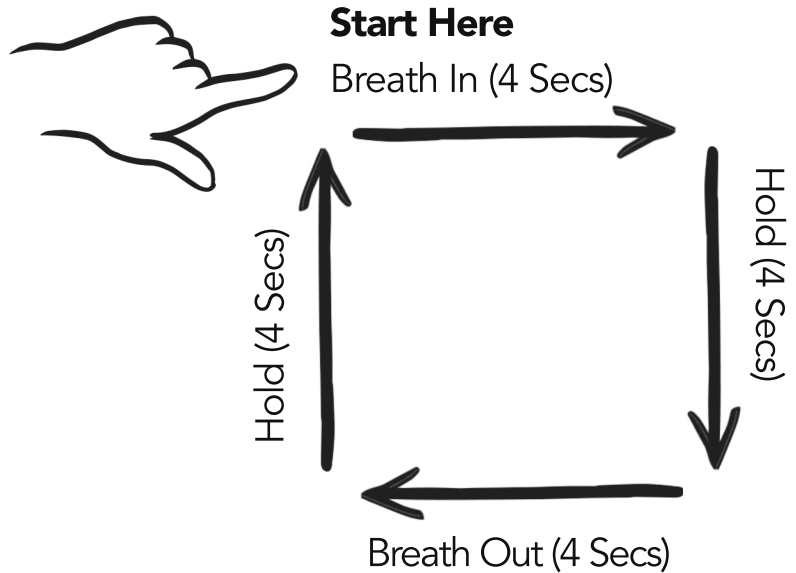
Choose a thought from this list.  
Write that thought in the thought bubble here and on all of the following pages.

<p>Example: I am annoyed with <u>Paul</u> because</p> <ul style="list-style-type: none"><li>★ • he lied to me.</li><li>• he doesn't care</li><li>• he doesn't listen to me</li><li>• he's selfish</li></ul>	
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## Before Inquiry

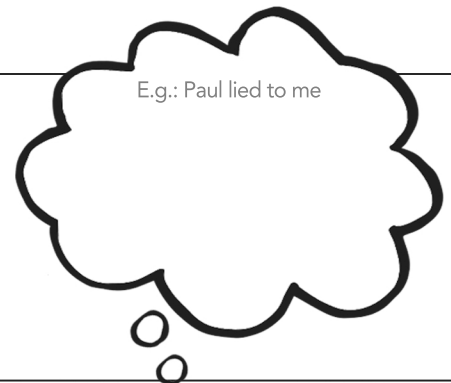
1. Remember the situation on the previous page.
2. Take 2-3 mindful breaths.



## Inquiry

**#1** Is my thought true?

- ☐ No - Move on to question #3
- ☐ Yes



If yes, close your eyes,  
focus on the specific situation,  
and consider...

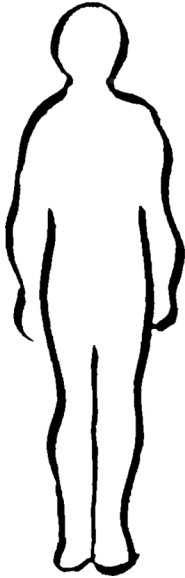
**#2** Can I absolutely be sure my thought is true?

☐ No ☐ Yes

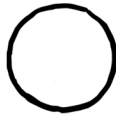
### #3 How do I react when I **believe** my thought is true?

E.g.: Paul lied to me

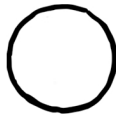
How does it feel in my body?  
Where do I feel it?



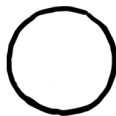
Write and/or draw your emotions and at what intensity you feel them.



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10

How do I treat the other person?

How do I treat myself?

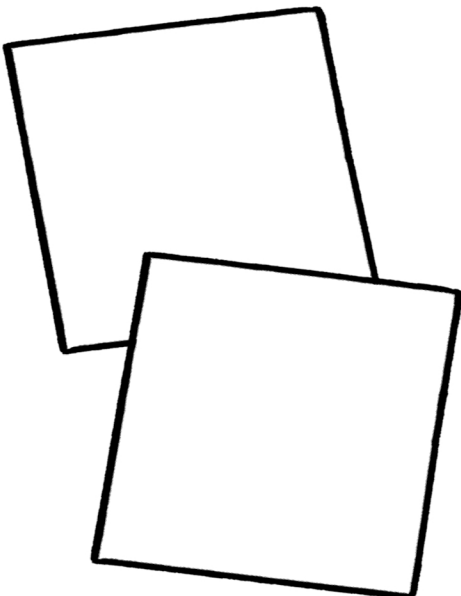
Does this thought bring me peace or stress?

☐ Peace ☐ Stress

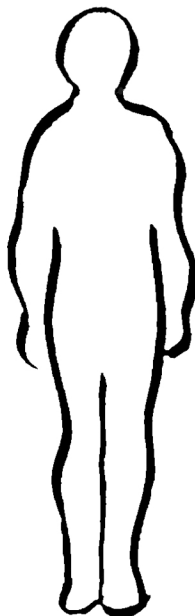


### #4 Who would I be **without** the thought?

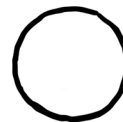
What other possibilities do I notice without the thought?



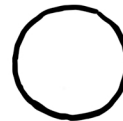
Without the thought, how does my body feel?



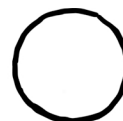
Without the thought, write and/or draw your emotions and at what intensity you feel them.



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10

## Turn the thought around

E.g.: Paul lied to me

To the **self**: E.g.: I lied to me.

How is this as true or truer?

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To the **other**: E.g.: I lied to Paul.

How is this as true or truer?

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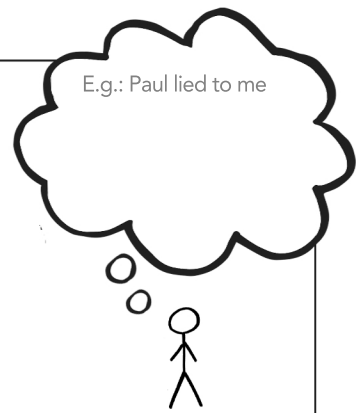
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To the **opposite**: E.g.: Paul told me the truth.

How is this as true or truer?

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## Stars of Possibility

Explore your insights!

In the stars, write your ideas and 'A-ha's. If it helps, you can use the sentence starters below.

"Something important I learned is..."

or

"Something I could try doing/saying is..."

