

## RIGHT THINKING WORKSHEET

1) Recall an instance where something happened that the mind responded to with repetitive thinking. This is the kind of thinking that arises unbidden, and repeats itself. *(Example: I brought up an idea to Doris, and she told me it was stupid.)*

2) What do I believe to be true? *(Doris is rude.)*

3) Am I sure? Do I truly have all the information needed to 'know' what is real? What are some possible missing pieces that might change my thinking?

*(Doris might be right. Or Doris might have had a negative result in the past with this idea, and she does not want to be hurt again. Or Darius might have just come from a fight with someone, and her response really did not have much to do with me.)*

4) In what ways have I encountered this in the past? What is my habit energy? How have my past encounters contributed to my 'becoming'?

*(I recall past instances where people were rude, and the hurt I carry.)*

5) What skillful intention can I bring to this thinking? Who would I be if I were able to loosen my identification with these thoughts?

*(It would feel lighter, more peaceful. There might be new, different approaches to try.)*