

Transformation


WORKSHEET-#1

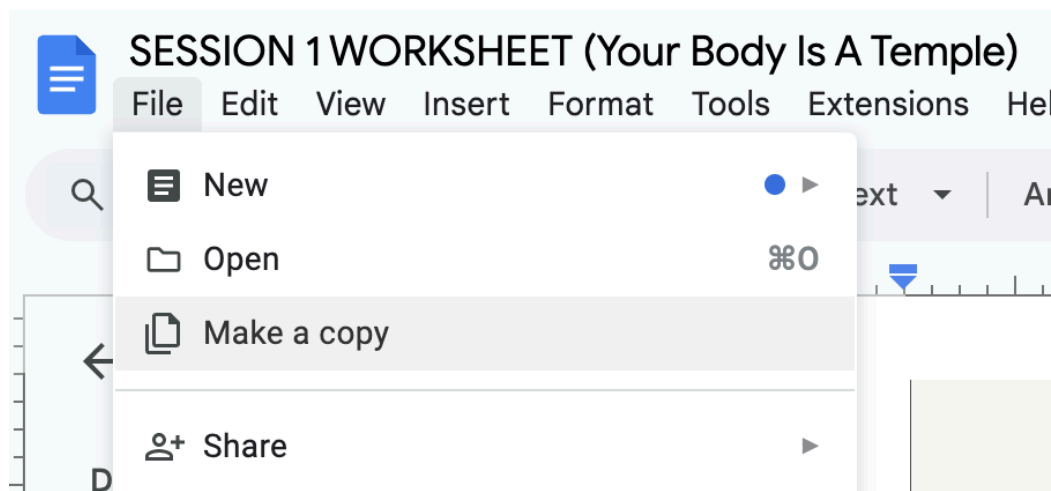
YOUR
BODY IS
A TEMPLE



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Session 1: The Hidden Benefits Of Your “Old Ways”

STEP 1: In the space below, write or type the UNWANTED behaviors, feelings, and thoughts you’re participating in or experiencing. List as many as you can think of.

COMPASSION TIP: Approach this like a detective investigating a case or a scientist objectively analyzing an experiment. The point of this step is to gain CLARITY, vs. inspire guilt or shame. If it helps, pretend you’re compassionately interviewing someone outside of you that you love and whose feelings you wouldn’t want to hurt.

STEP 2: For each unwanted listed in Step 1, use the space below to write down the POSITIVE Core State(s) each unwanted behavior, feeling, or thought gives you. There may be more than one. Ask yourself, “What POSITIVE result does this give me?”

- **The 5 Core States are Peace, Love, Joy, Freedom, and Purpose.**
- **Note that other things, like comfort, might come up. Each one is linked to a Core State (comfort is a way of having peace, for example).**

COMPASSION TIP: Your subconscious ALWAYS has positive intentions for you. It doesn’t see “good” and “bad” the same way you consciously do, so it may latch onto “negative” feelings, thoughts, and behaviors to GIVE you positive outcomes.

STEP 3: Look at the Core States (positive benefits) you wrote down for each UNWANTED thought, behavior, or feeling.

- 1) Are there any Core States that appear more than others?
- 2) What else leaps out at you?
- 3) Write down your observations in the space below.

COMPASSION TIP: Isn't it interesting how the UNWANTED thoughts, behaviors, and feeling all have positive intentions behind them?