

# SEJ Worksheet Template

**Exercise Instructions:** To be handed out to students in preparation for lesson 7.

## STEP ONE: Self Awareness

### Situation...

Recall a situation that caused you to suffer, maybe you felt distressed, hurt, angry, sad, disappointed, or upset. Once you have this situation note it here:

### The Story...

Write here the 'story' your mind is telling about the situation. It is important you do not censor your thoughts, write them exactly as they appear to you, no matter how dark, petty, unkind, or judgmental they are.

### List your thoughts...

Once the story has been written list the thoughts that grab your attention.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

From the above list extract just one thought you would like to work on and put that thought through the 4 bodies.

**Mental:** The thought I believe is...

**Emotional:** The emotions I experience when I believe this thought are...

**Physical:** When I believe this thought my bodily sensations are...

**Physical Action:** When I believe this thought my actions are...

**Spiritual:** When I believe this thought I am closed to...

## **STEP TWO SELF Regulation**

Sit in Silence and greet the thought you believe. Remember as you sit with the thought you stop thinking, in other words you do not run with this thought or add new thoughts to it, you simply remain open, observing the thought with no judgment. In this open state a Truth will rise from within you.

*How do you know if the mind or Truth is speaking?*

*Remember, the mind will limit you and cause lower vibrational emotions. The Truth however, will resonate deeply within you, feel empowering and cause higher vibrational emotions. It will feel like an Aha! moment, a light bulb moment, a satori moment, you'll be smiling at the very least, crying with joy, or laughing aloud.*

Or...

### **Climb the ladder of Truth!**

List some opposites until a thought resonates with you.

---

---

---

---

---

**Mental:** My Truth is...

**Emotional:** The emotions I experience when I allow space for this Truth are...

**Physical:** With this Truth my bodily sensations are...

**Physical Action:** With this Truth my actions are...

**Spiritual:** With this Truth I am open to...

## **STEP THREE SELF Confidence**

We are now at Step 3, and here you quite simply look for **evidence and mirrors** to support your new Truth. These must again rise from within you, they **MUST NOT** come from mind. Simply sit and allow this to happen. A good starting point is to add the word 'because' at the end of the new realised Truth. Remember 'mirrors' are thoughts we project onto others, and so we need to claim them back for ourselves. Mirrors tend to show themselves as you go deeply into the evidence.

*How do you know if the mind or Truth is speaking?*

*Remember, the mind will limit you and cause lower vibrational emotions. The Truth however, will resonate deeply within you, feel empowering and cause higher vibrational emotions. It will feel like an Aha! moment, a light bulb moment, a satori moment, you'll be smiling at the very least, crying with joy, or laughing aloud.*

**Write your evidence and highlight your mirrors here:**

Once again, we go through the 4 bodies. This time choose either a Truth from Step 3 or if the most empowering Truth is still the one at Step 2 you can use this one again.

**Mental:** My Truth is...

**Emotional:** My emotions are...

**Physical:** My physical sensations are...

**Physical Action:** My actions are...

**Spiritual:** I am open to...

## **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?

***N.B. The Process works 100% of the time.***

*By step 2 of the process, you should notice a physiological and psychological change. If this is not the case for you, please look for your practice error or join a SEJ Practice Workshop for support.*

*Step 4 - If there is no change from Step 1's 4 bodies please check through all the steps in the process to find your practice error. If you cannot find your error, bring your Worksheet / question to an SEJ Practice Workshop for further guidance and support. Thank you. Ed 28.9.23*