



Path Basics Core Exercise

These questions are gifts to help you explore your beliefs and find your own best answers. They are to help you question your beliefs, not as a sign of disrespect or an indictment of yourself or others, but to give you an opportunity to review, to reaffirm or to change your beliefs, to choose those beliefs which best facilitate your happiness and health. There are no right or wrong answers.

Write down something that is making you unhappy. (If you can't think of something that makes you unhappy, try upset, anxious, angry, frustrated, stressed or any uncomfortable feeling.)

What are you unhappy about?

What is the belief behind that feeling? What is the underlying belief? This step may be harder, you need to get beyond "it would be upsetting to anyone."

I feel this way because I believe ...

Is it true? Can you test it with an experiment or by asking a question for someone? What evidence do you have? Does everybody believe it?

What might be an alternative belief, one that might allow you to feel happier and less stressed?

What can you **NOT change** about the situation? (other people, the past, the future – you may have a list of things)

*Our feelings are the result of the stories we tell ourselves. . .
Change your story - change your feelings - change your life!*



What **CAN** you change about the situation? (Again, you may have a list of things, including beliefs.)

Look at your options:

- 1) Things you can do about the situation (get out, share your feelings, set consequences.)

- 2) Examine your assumptions and beliefs. Look for evidence. Ask a question about the assumptions you are making. Run an experiment.

- 3) Review alternative belief(s) you can take for a test drive.

- 4) Choose the belief that leads to less stress and greater happiness. Let go of the thought there is a 'true belief.'

- 5) What are you afraid would happen if you changed your belief? Assess the reality of your fear.

- 6) What might you do to remind yourself to practice your new belief?

- 7) Next time the feeling comes up in a similar situation, try to remember the new belief sooner than the last time.

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