

Your Mind's {self} Worksheet

A tool to help you map and visualize your mind's {self}.

Tell Me About You

**If I were just meeting you,
write a paragraph to me
telling me who you are
in the short space of this
paragraph. Sum it up if
you can.**

Some Basic Questions 1/6

How old are you?

Do you feel that old?

Do you like being that old?

How old would you rather be?

How much do you weigh?

Do you like being that weight?

How much more/less weight would be good?

Do you like your level of health?

Answering these basic questions makes you think about the answers.

This is a practice in meta-awareness.

Some Basic Questions 2/6

Do you like your physical appearance?

What would you change if you could?

Do you like your physical capabilities level?

What would you change about your physical capabilities if you could?

Answering these basic questions makes you think about the answers.

This is a practice in meta-awareness.

Some Basic Questions 3/6

What gender are you?

Do you like being that gender?

What race are you?

Do you like being that race?

List 5 things you are most proud of in your life:

Answering these basic questions makes you think about the answers.

This is a practice in meta-awareness.

Some Basic Questions 4/6

Do you like your personality?

Do you like your intelligence level?

Do you like your current job?

Do you like your current income level?

Do you like your current home situation?

Would you like a bigger or second house?

Would you like a better or second car?

Answering these basic questions makes you think about the answers.

This is a practice in meta-awareness.

Some Basic Questions 5/6

Do you like your current relationship status?

What about your current relationship would you change if you could?

What about your current partner would you change if you could?

Answering these basic questions makes you think about the answers. This is a practice in meta-awareness.

Some Basic Questions 6/6

Do you wish you would have studied more

in school?

Do you wish you could have accomplished

more in life before now?

Do you wish you could have traveled more

in life before now?

Are there a lot of things on your bucket list?

List a few:

Answering these basic questions makes you think about the answers.

This is a practice in meta-awareness.

Some Basic Questions Reminder

Getting to better know your mind's position on your life better prepares you to relieve your life's previous pain and suffering regarding those issues.

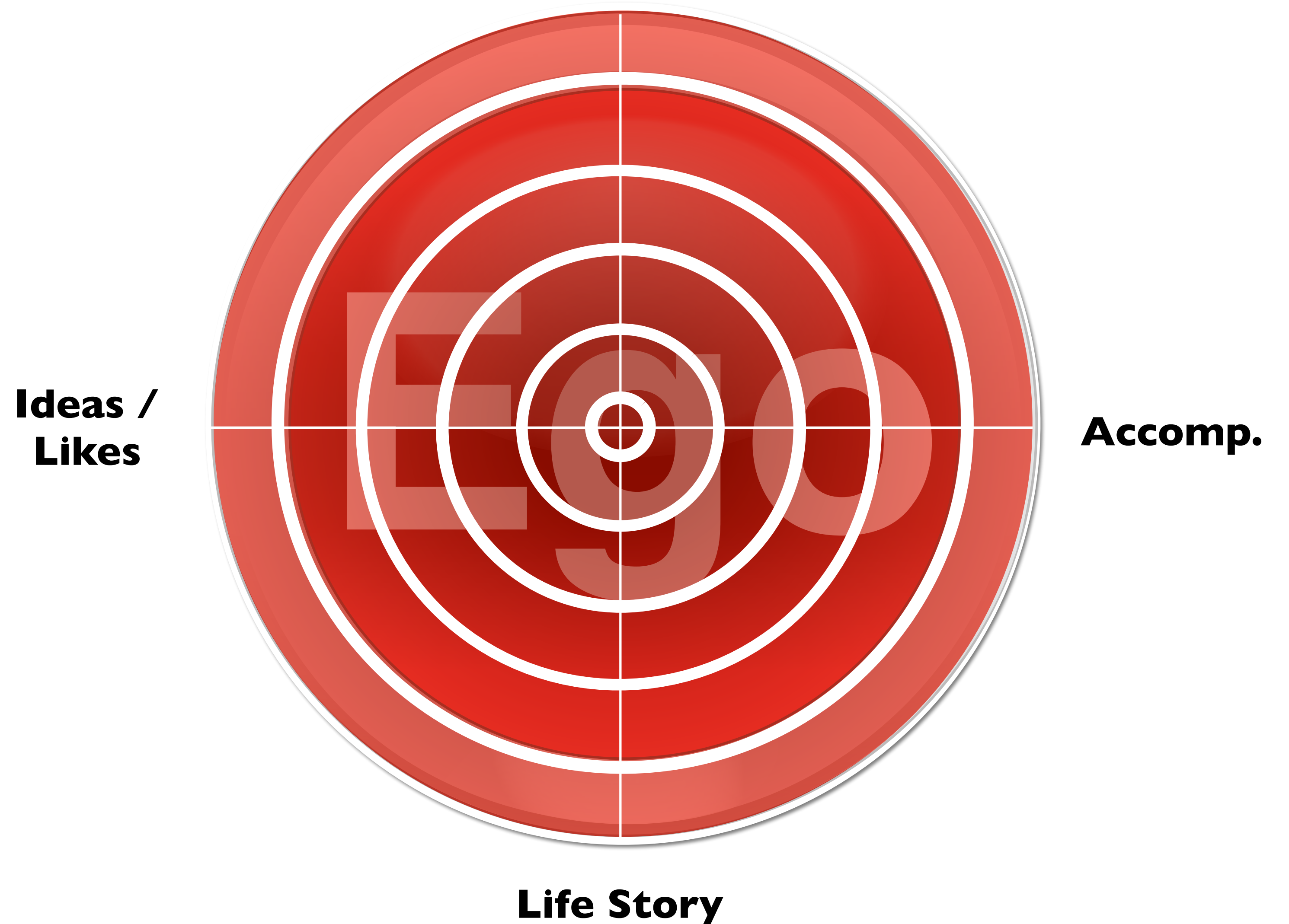
It's important for you to know that the answers to every question you've answered... are right answers. They are simply how you feel about your life's situation at the moment.

The good news is you have the power to change any of the answers you are not comfortable with by changing the situation itself, or by changing

Your mind's perception of the situation. This was simply an exercise to better know your mind.

Your {self} Map

People



Next, we'll start to identify some of the items on your mind's {self} map.

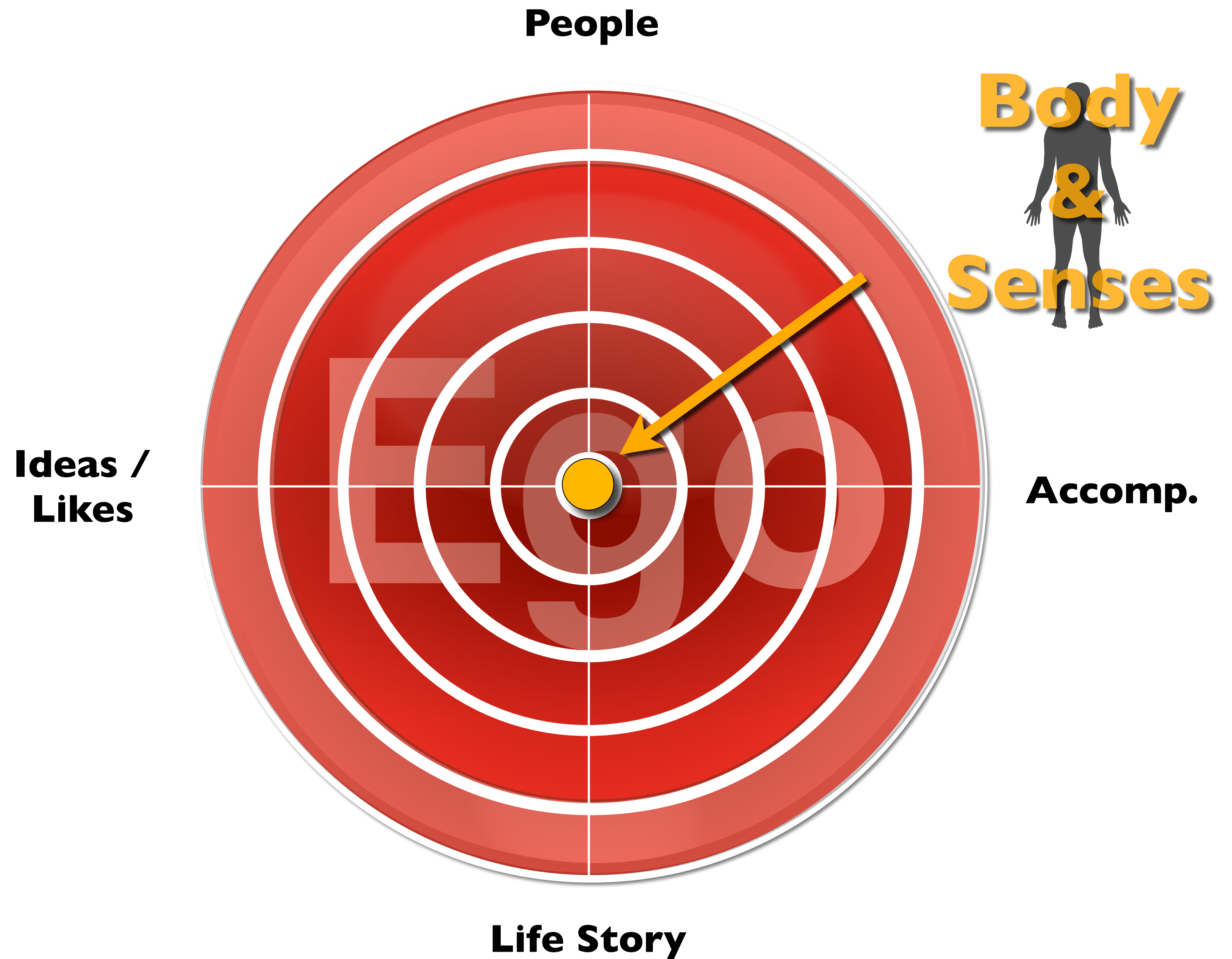
This is the map your mind uses to create much of it's emotional processing.

The Pre-Wired Stuff

First, it's important to understand that some standard pre-wired items exist on your mind's {self} map naturally.

This includes your body, but also your body's senses.

Of course, many of the previous questions you answered are connected with your body.



Map Your People 1/3

First, map the people in your life which are a part of your life. Put the people who mean the most to you nearest the center, and those who are less meaningful near the edge.

Start with family, then add friends, coworkers, or whomever else you feel is a part of your life, even if they are no longer with us.



Map Your People 2/3

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for space.**



Map Your People 3/3

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for space.**



Map Your Stuff 1/3

Next, map the stuff that you own which is part of your life. List out the things you would miss if they were gone tomorrow.

Put the things that you favor more near the center of the map, and the things less important but still a part of your life near the edge.



Map Your Stuff 2/3



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Map Your Stuff 3/3



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Map Your Roles & Accomplishments 1/3

Third, map your life's accomplishments. Start with your job and other roles you fill for other people.

Add things you've done of meaning. Put roles or life history that is more important to you near the center of the map, and the things less important but still a part of your life near the edge.



Map Your Roles & Accomplishments 2/3

**Life roles and accomplishments
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Map Your Roles & Accomplishments 3/3

**Life roles and accomplishments
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Map Your Likes/Dislikes 1/3

Lastly, map your likes and dislikes that you have chosen over the years. These can be political, religious, topical, opinions, sport or hobby affiliation, preferences of whatever.

Put the things you feel strongly about or that are more a part of you near the center, with less important things near the edge.



Map Your Likes/Dislikes 2/3

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Map Your Likes/Dislikes 3/3

**Likes/Dislikes
page 3 added
for space.**



(Wait Until Prompted:) **List Your Angers**

**This is the section to list
out and review any angers
you have regarding
specific items on your
{self} map.**

(Wait Until Prompted:) **List Your Sadness**

**This is the section to list
out and review any
sadness you have
regarding specific items
on your {self} map.**

Space for Additional Notes



Space for Additional Notes



Space for Additional Notes



Space for Additional Notes



Space for EoE Analyses

1. What was the Emotion?
2. What was the {self} item?
3. What was the specific EP?
4. What was the Perception?
5. Can you change either?

$$EP \Delta P = ER$$



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