

**1**

Write a concise, complete sentence describing something that you experience as stressful or challenging. It's helpful to use the words "should" or "shouldn't."

(EX: "THEY SHOULD LISTEN TO ME")

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**2**

How strongly do you feel this belief to be true?

(PUT YOURSELF MENTALLY IN THE PLACE WHERE YOU FEEL IT THE MOST)

0      1      2      3      4      5      6      7      8      9      10

**3A**

How do you **FEEL** when you believe this?

(CIRCLE BELOW OR ADD YOUR OWN)

*afraid*   *abandoned*   *angry*   *annoyed*  
*anxious*   *confused*   *depressed*   *desperate*  
*embarrassed*   *frustrated*   *helpless*   *hopeless*  
*hurt*   *impatient*   *inadequate*   *insecure*  
*invisible*   *jealous*   *nervous*   *rejected*  
*resentful*   *tense*   *upset*   *worried*

**3B**

How do you **ACT** when you feel this way?

(CIRCLE BELOW OR ADD YOUR OWN)

*argue*   *belittle*   *blame*   *bully*  
*complain*   *cry*   *drink*   *eat*  
*escape*   *fight*   *find fault with*   *give up*  
*gossip*   *insult*   *interrupt*   *lose sleep*  
*manipulate*   *obsess*   *overwork*   *pity myself*  
*preach*   *procrastinate*   *shop*   *shut down*

**4**

Write the negation of your statement from Step 1. In most cases, you add "In reality" at the beginning, flip the main verb, and add "at this time" or "at that time" at the end.

(EX: "IN REALITY, THEY SHOULD NOT LISTEN TO ME AT THIS TIME.")

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5

Write below all the proof you can find that supports the negation being true in reality at a single point in time. Be thorough, using an additional sheet of paper if necessary.

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Read what you found out loud to yourself. Can you come up with any more proof? Do you see the negation as true in reality at a single point in time?

6A

How do you FEEL when you see the truth of the negation?

(CIRCLE BELOW OR ADD YOUR OWN)

*calm      clear      compassionate      connected*  
*curious      enlightened      enthusiastic      excited*  
*free      grateful      honest      humble*  
*intimate      light      loving      optimistic*  
*peaceful      playful      relaxed      relieved*  
*supportive      tolerant      truthful      understanding*

6B

What ACTIONS might come from this?

(CIRCLE BELOW OR ADD YOUR OWN)

*accept      apologize      approach      be honest*  
*breathe      clarify      communicate      contribute*  
*delegate      exercise      focus      explore*  
*follow through      forgive      listen      give thanks*  
*make amends      open up      participate      prioritize*  
*reach out      share      speak up      support*

7

Read your original statement again. How strongly do you feel this belief to be true now?

(MAKE SURE YOU ARE RATING THE ORIGINAL BELIEF FROM STEP 1)

0      1      2      3      4      5      6      7      8      9      10

Congratulations on completing your Active Insight worksheet. Take action on the items in 6B in order to lead change.