



Step Three: Emotional Roots

1. Re-read Step Three in 'Creating a World Where Everyone Wins'.
2. Every day, listen to the audio track.
3. Let your eyes alight gently and without discrimination on all you can see around you for 5 minutes.
4. Record on the worksheet the different emotions you experience stimulated by what you see.

This is subtle, so tune into yourself.

This exercise deepens the experience of the Listening Exercise in Step Two where you start to become aware of the preconceptions in your mind, your patterns of thought.

Notice how EVERYTHING you see, only has the meaning that YOU have given to it.

5. Record your most powerful emotional reaction of each day.
Ask yourself:

- a) 'What am I thinking or believing that is creating this feeling?
- b) Is it really true?
- c) Could I see this another way?
- d) Can I see it from the opposite point of view?
- e) .What happens to my emotional experience when I change my thoughts?
- f) Is it serving me or the world to hold onto my old belief?



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1. Emotions stimulated by sight:

Most powerful emotional reaction:

Answers to:

- a)
- b)
- c)
- d)
- e)
- f)

2. Emotions stimulated by sight. Try this in different locations, out of the window, at work (subtly!) from a park bench **N.B. Not while driving!**

Most powerful emotional reaction:

Answers to:

- a)
- b)
- c)
- d)
- e)
- f)



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- a) 'What am I thinking or believing that is creating this feeling?
 - b) Is it really true?
 - c) Could I see this another way?
 - d) Can I see it from the opposite point of view?
 - e) What happens to my emotional experience when I change my thoughts?
 - f) Is it serving me or the world to hold onto my old belief?

 - g) Is there any way in which the circumstances that triggered my powerful emotional reaction, could be seen to serve me and the world?**
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3. Emotions stimulated by sight:

Most powerful emotional reaction:

Answers to:

- a)
- b)
- c)
- d)
- e)
- f)
- g)



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4. Emotions stimulated by sight. Try this in different locations. **N.B. Not while driving!**

Most powerful emotional reaction:

Answers to:

- a)
- b)
- c)
- d)
- e)
- f)
- g)

5. Emotions stimulated by sight:

Most powerful emotional reaction:

Answers to:

- a)
- b)
- c)
- d)
- e)
- f)
- g)



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WELL DONE AGAIN!

To be prepared to look into your thoughts and beliefs with the willingness to give them up if they are not serving you or the world is a wonderful and fairly unusual trait.

Thank you for your heartfelt desire to choose patterns that bring joy into the world. You are doing life/world changing work.
I really appreciate you!

Look through your notes.

What have you learnt from examining the roots of thoughts?

Do you see any patterns?