

THE ANATOMY OF FEEDBACK WORKSHEET

ANATOMY OF FALSEHOOD

Close your eyes. Take three slow, deep breaths.

Think of a time you felt disconnected from yourself, others, and the world (the divine). Try to place yourself in that moment as vividly as you can. Turn up the volume on the sights, colors, sounds, and smells around you. Pay attention to how you feel in this moment.

How is your breathing? Deep or shallow?

What is your heart rate like?

What does your posture want to do?

Do your muscles feel tight or loose?

What is going on in your chest?

What do you feel in your stomach?

What thoughts go through your mind?

What emotions come up for you?

Take three more slow, deep breaths, open your eyes, and write down your answers.

My Reactions to Falsehood

Now you have your unique Anatomy of Falsehood down on paper as a reference for the future.

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THE ANATOMY OF FEEDBACK WORKSHEET

ANATOMY OF TRUTH

Close your eyes again. Take three slow, deep breaths and clear your mind.

Think of a time you felt connected to yourself, others, and the world (the divine). Try to place yourself in that moment as vividly as you can. Turn up the volume on the sights, colors, sounds, and smells around you. Pay attention to how you feel in this moment.

How is your breathing? Deep or shallow?

What is your heart rate like?

What does your posture want to do?

Do your muscles feel tight or loose?

What is going on in your chest?

What do you feel in your stomach?

What thoughts come up in your mind?

What emotions come up for you?

Take three more slow, deep breaths, open your eyes, and write down your answers.

My Reactions to Truth

How was it to react to Truth? It usually manifests as openness and lightness in the body, clarity of thought, and bright emotions.

Now that you know how your body reacts to Truth and Falsehood, you can more easily identify when you've aligned yourself with a false belief. Then, ask yourself, "What am I believing that is making me feel this way?" The reply will be a thought ripe for Inquiry!

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