## Workbook Lesson #5 and #6: The Book Of Why And My Action Plan Introspection Self-Awareness And Personal Growth Journal

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## Introduction

This workbook is all about analysis. Take your time and answer the questions carefully. You can go one section at a time, there is no rush.

The prompts are made to get you thinking and get those ideas flowing so you can get a clear picture of the source of your issues, identify negative patterns in your life and take a deep look into causes of dysfunction so you can then begin the work of healing.

## **Exercise 1: Analyzing Issues**

Issue #1

Describe a serious issue or problem you had recently that



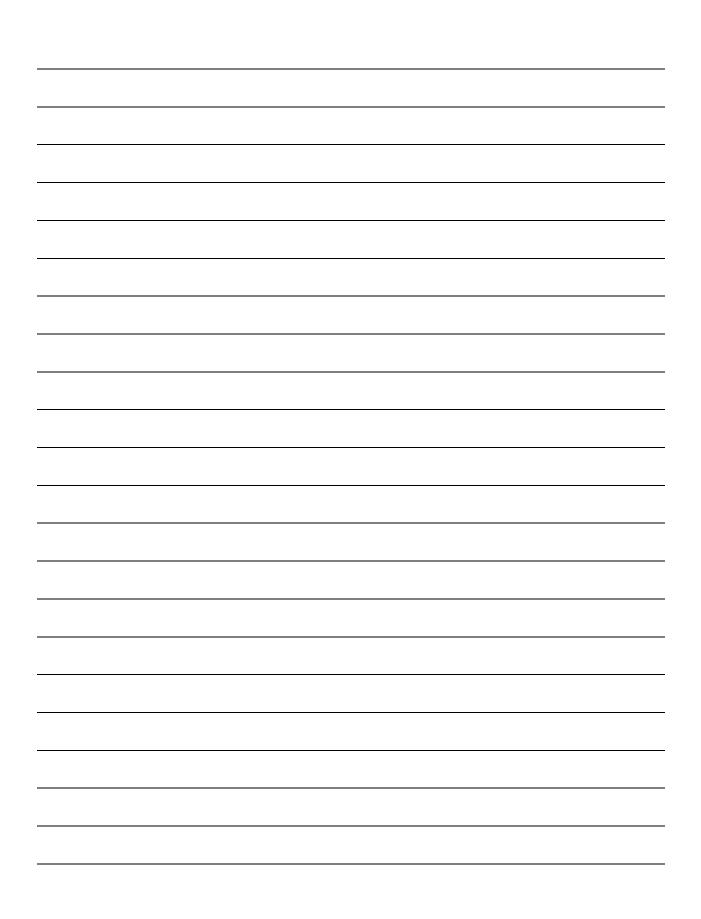
How did you feel when going through this issue? Be specific and detailed.



How does this issue affect your life?

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How long has this issue been a problem for you?	



What prompted the issue?		

What role did you play?

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What did you do or not do that created this issue? Personal responsibility.





What strengths of mine are relevant to this issue?



What weaknes	ses of mine a	re relevant	to this issue	e?	

What does this issue remind me of?



Were your actions or reactions typical for you?

If I had done	things would be different	
If I had done	things would be different	
If I had done	things would be different	
If I had done	things would be different	
If I had done	things would be different	
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Is this an issue you have faced before? How is it similar?



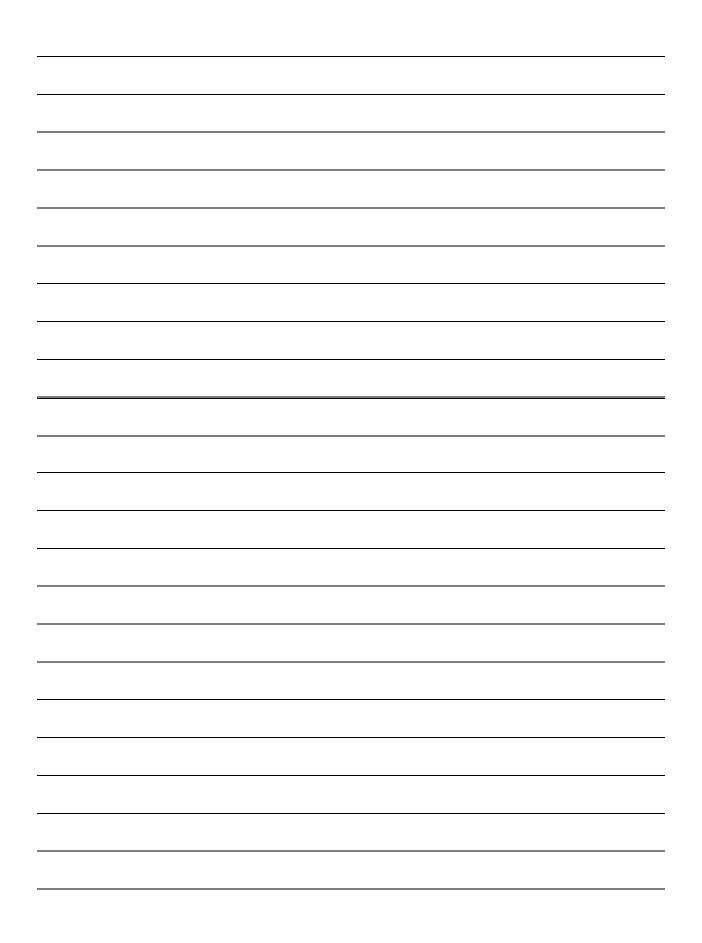


Is this issue a comfort zone for me? Meaning, does it feel familiar, comfortable, a place I know well and have dealt with before.





What connections can you draw between this issue and past issues?



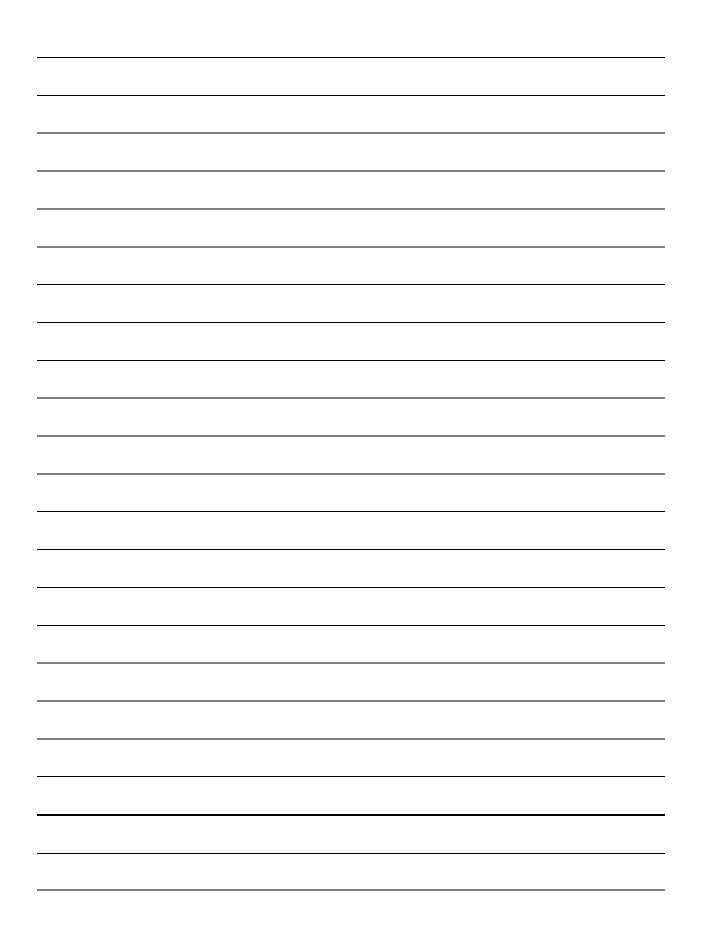


What connections can you draw between this issue and your childhood?





What connections can you draw between this issue and past experiences?





Have friends or family given you input or advice regarding this issue? What was it?





What perceptions or ideas were created by this experience in my mind? About myself? About life? About others?







If I don't	this will likely happen again			

I am sick of		



l wish	

## I want



l need	

I hate		



I am scared that		

Is this issue an act of self-sabotage?



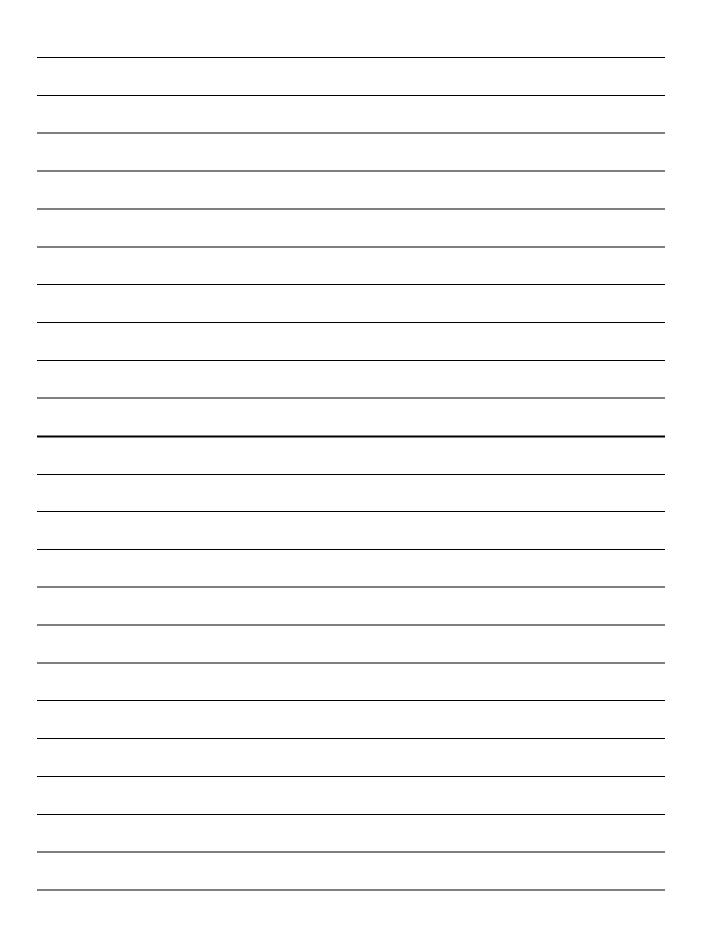
How do I feel about myself in regard to this issue?



## What payoff or reward does experiencing this issue offer?

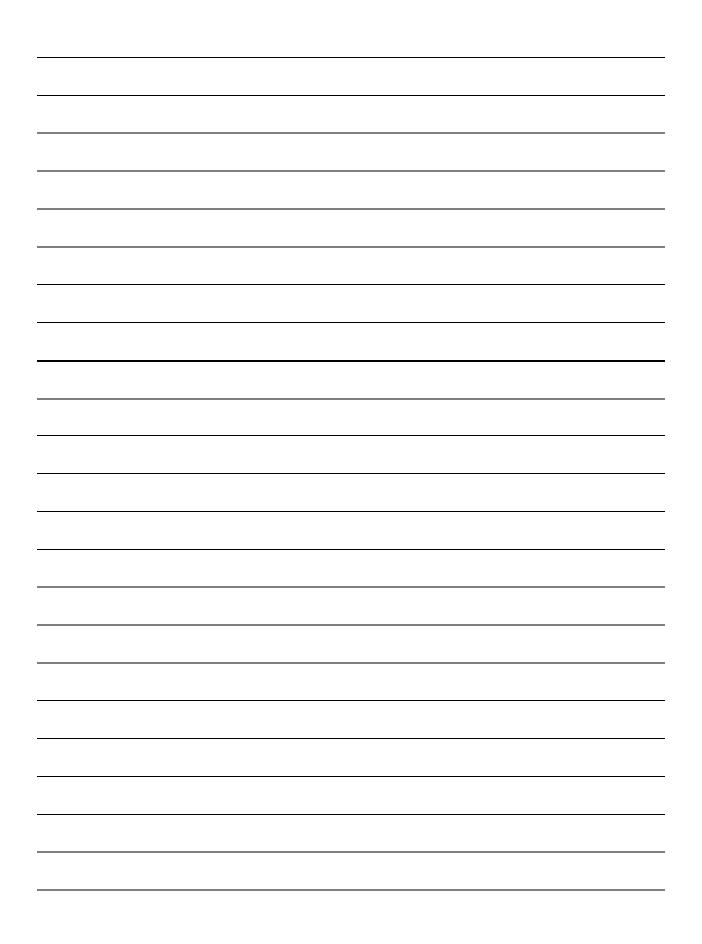
Think carefully about this, especially if this is a recurring issue, there is a payoff for you, a psychological benefit. The payoff or reward is not necessarily positive, in fact most often on the surface it is not but you perceive it as such, even if it is as simple as it being something you are comfortable with and within your comfort zone, though it is painful and troubling.







What stands in the way of reclosing this issue?

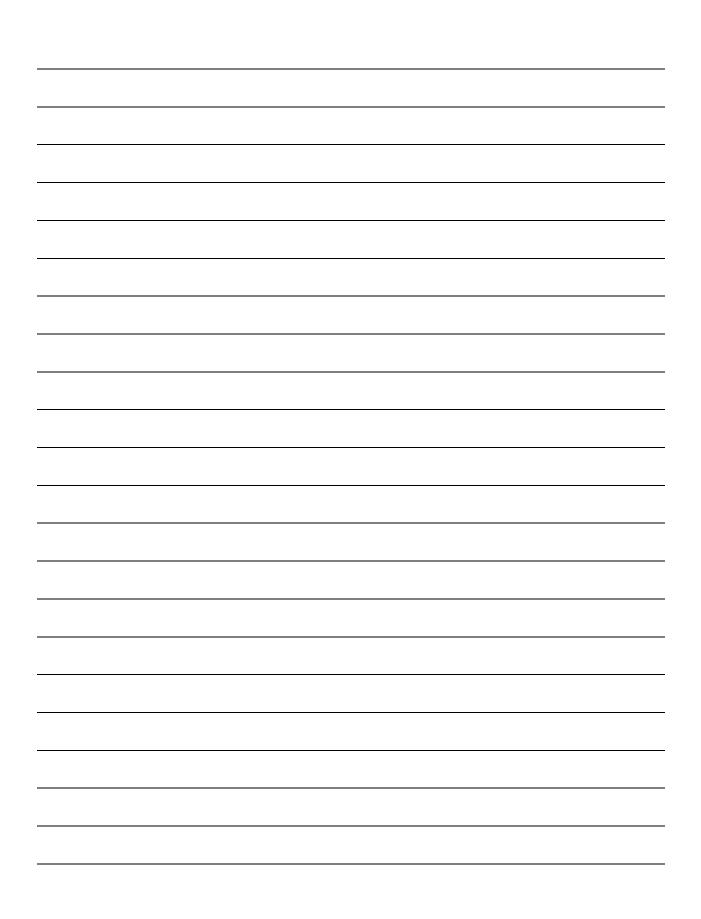





What is the core problem behind this issue?



This reminds me of	



What does my life look like with this resolved?





My perfect scenario on how this issue will be worked out for good?





If I were guaranteed that this never happened again, I would

What is a way I can move toward a solution?



What is the ultimate solution to this issue?





## What effect would it have on you personally to resolve the triggers and catalysts that create this issue in your life so that it never happens again?

Would you build inner strength, be happier, be relieved, gai resilience, list all the positives you envision.





Who can I ask for help?					

How can I resolve this issue? What do I need to do or work on?











Issue #2

Describe a serious issue or problem you had recently that

How did you feel when going through this issue? Be specific and detailed.



How does this issue affect your life?

How long has this issue been a problem for you?

What prompted the issue?	
What prompted the issue?	
What prompted the issue?	

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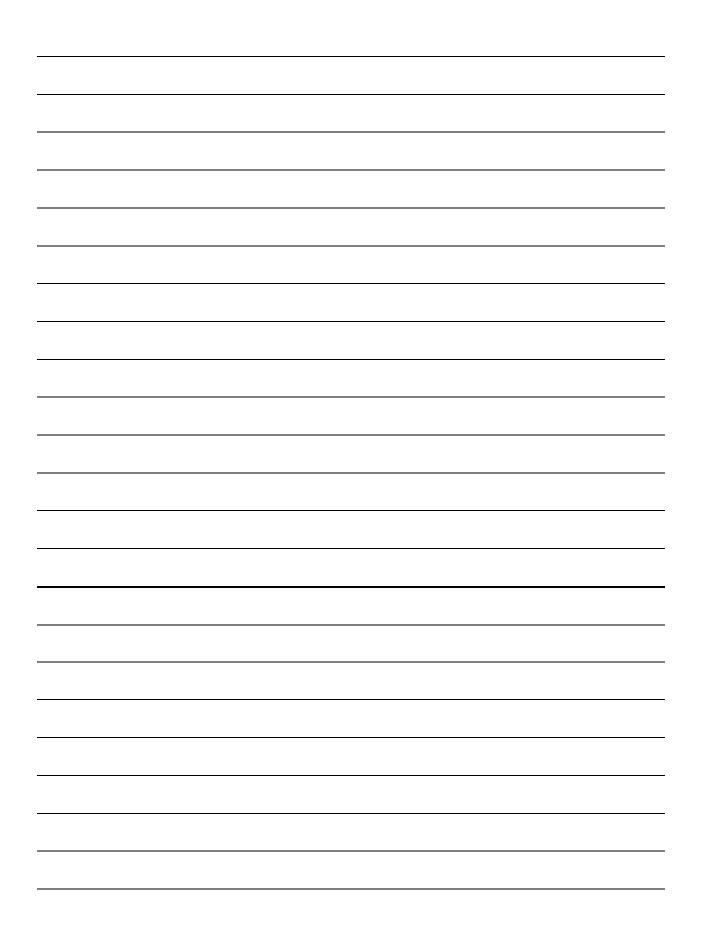
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Vhat role did you play?		



What did you do or not do that created this issue? Personal responsibility.





What strengths of mine are relevant to this issue?

What weaknesses of mine are relevant to this issue?



What does this issue remind me of?

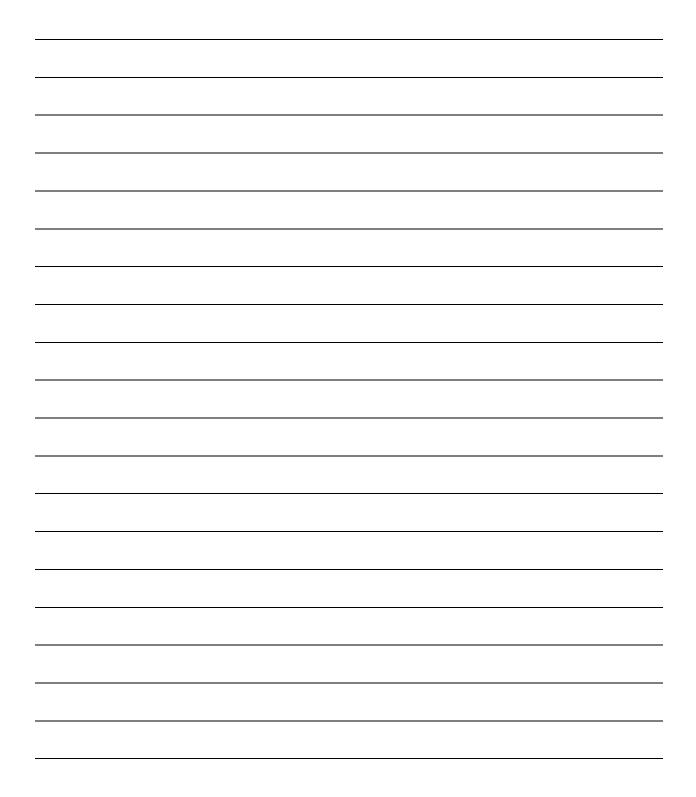
Were your actions or reactions typical for you?



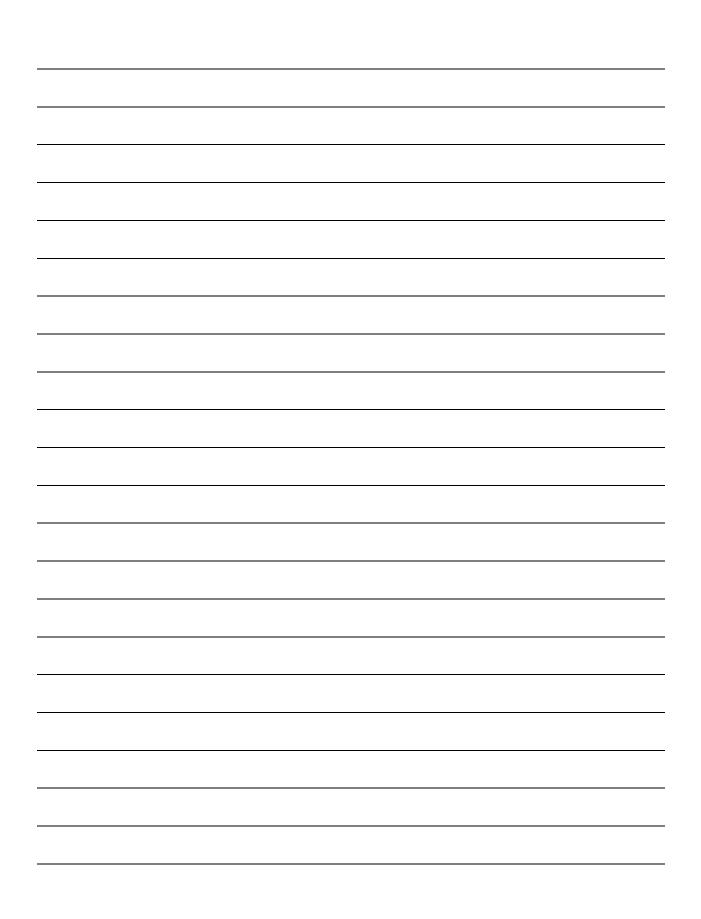
If I had done	things would be different

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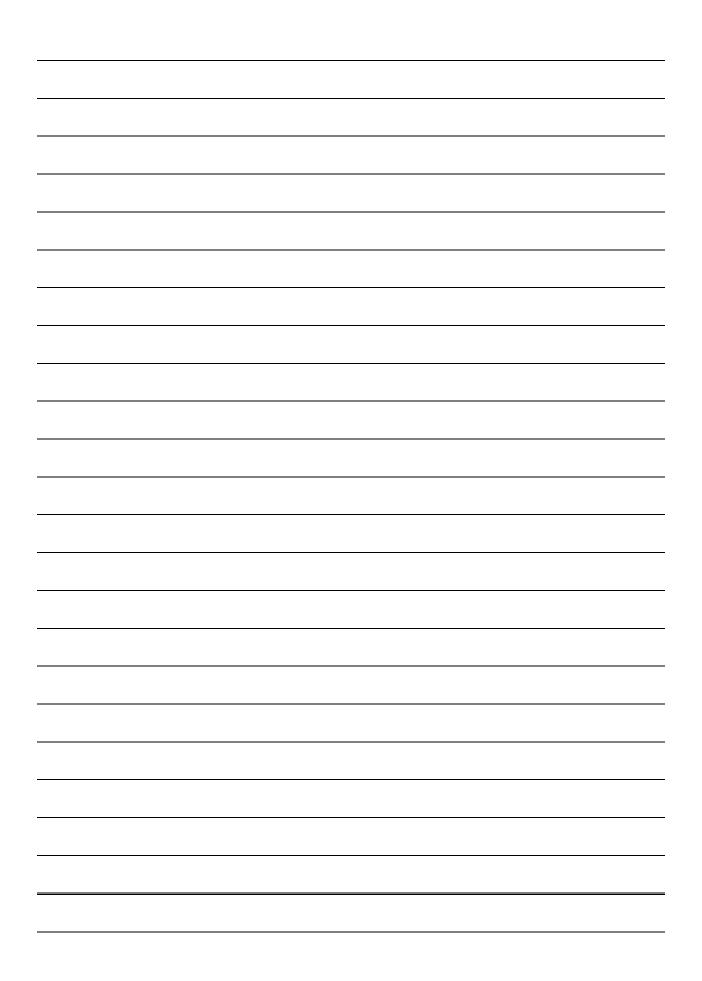


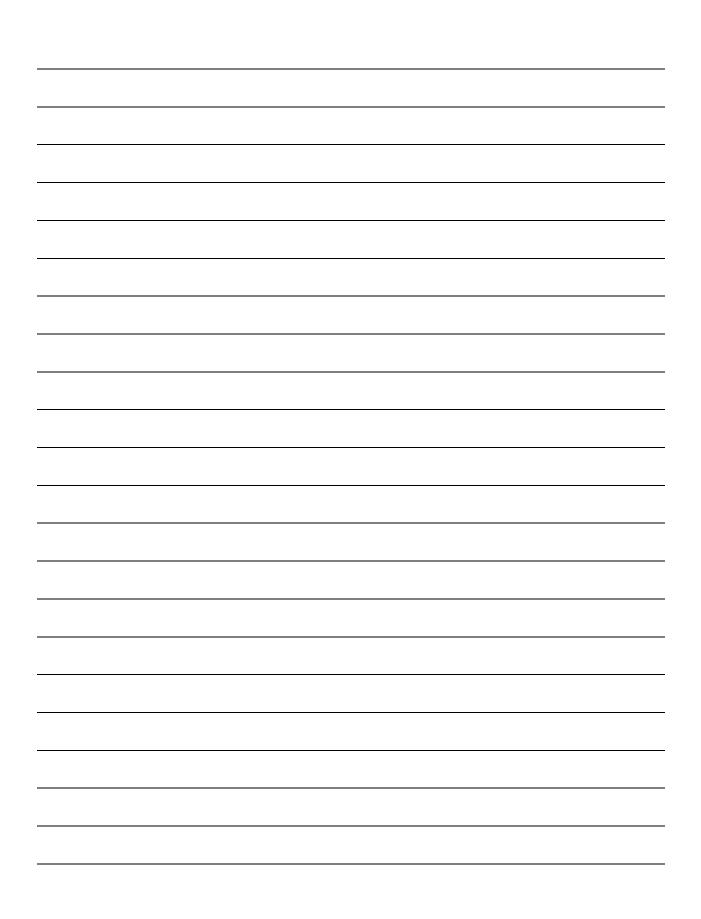
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What connections can you draw between this issue and past issues?





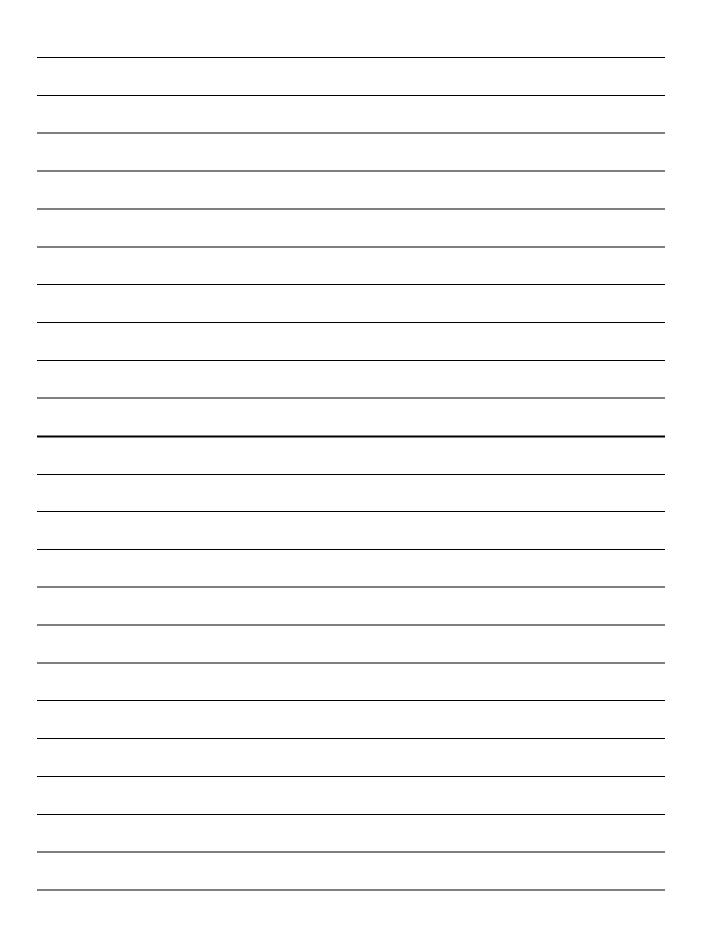
What connections can you draw between this issue and your childhood?





What connections can	you draw between	this issue and	past experiences?







Have friends or family given you input or advice regarding this issue? What was it?



myself? About life? About others?

What perceptions or ideas were created by this experience in my mind? About





If I don't	_ this will likely happen again



I am sick of			

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I want
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## Ineed



I hate		

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Is this issue an act of self-sabotage?


How do I feel about myself in regard to this issue?

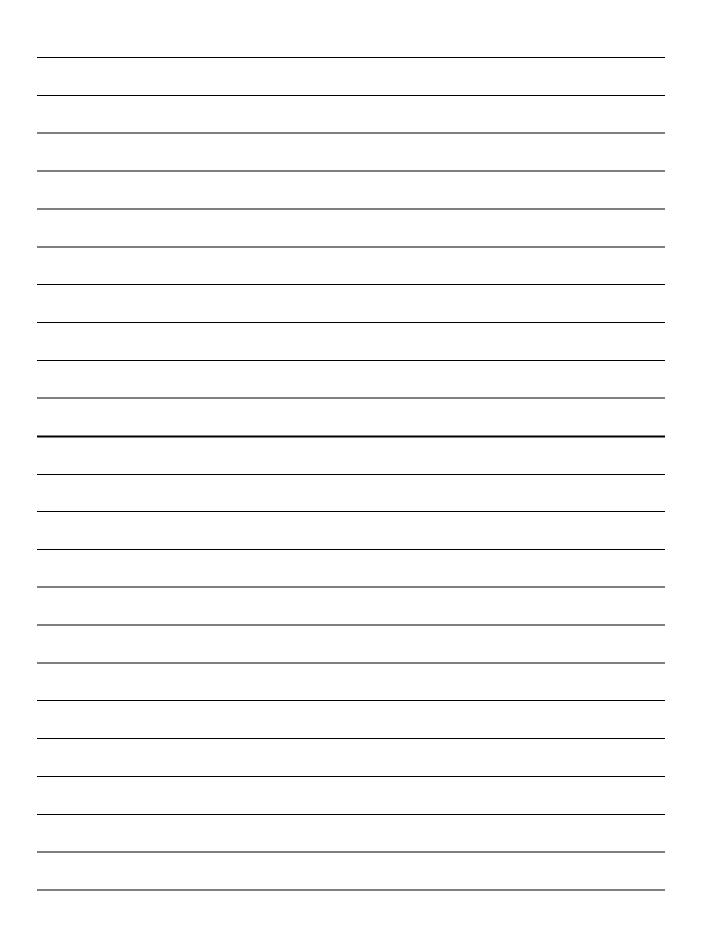




## What payoff or reward does experiencing this issue offer?

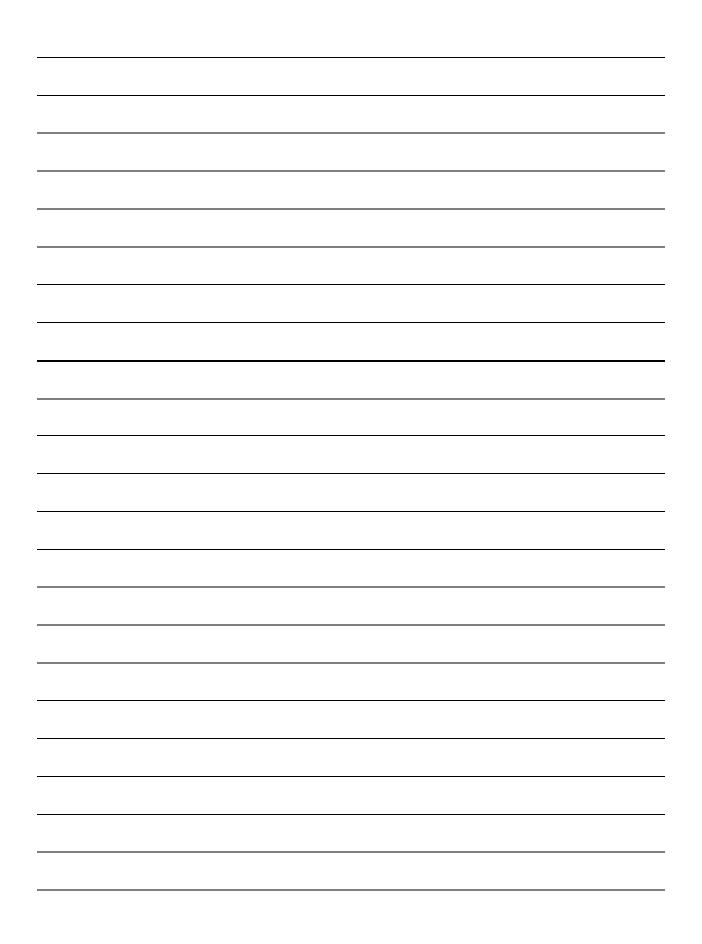
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What stands in the way of resolving this issue?

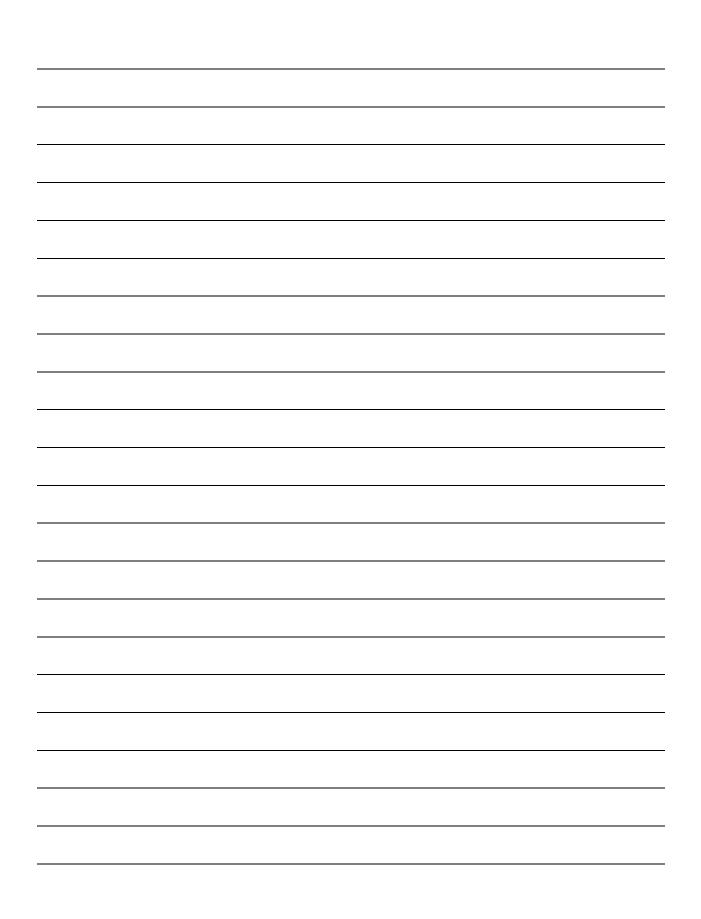





What is the core problem behind this issue?



This reminds me of	



What does my life look like with this resolved?





My perfect scenario on how this issue will be worked out for good?





If I were guaranteed that this never happened again, I would

What is a way I can move toward a solution?



What is the ultimate solution to this issue?





## What effect would it have on you personally to resolve the triggers and catalysts that create this issue in your life so that it never happens again?

Would you build inner strength, be happier, be relieved, gai resilience, list all the positives you envision.





Who can I ask for help?				

How can I resolve this issue? What do I need to do or work on?











## **Exercise 3: Event That Changed My Life**

## Describe an event that changed your life forever





How did you feel about it then?




How do you feel about it now?




What role did you play?




What was the outcome?



What effects did it have on you? Be specific. Think carefully.





How do I feel about myself in regard to this event?





What about it still affects you today? Consider feelings, behaviors and mindset.



What were your personal consequences of this event?



Did it make you stronger?



Did it make you weaker?



What perceptions or ideas were created by this experience in my mind? About myself? About life? About others?







Did it cause any dysfunctional behaviors?

\_\_\_\_



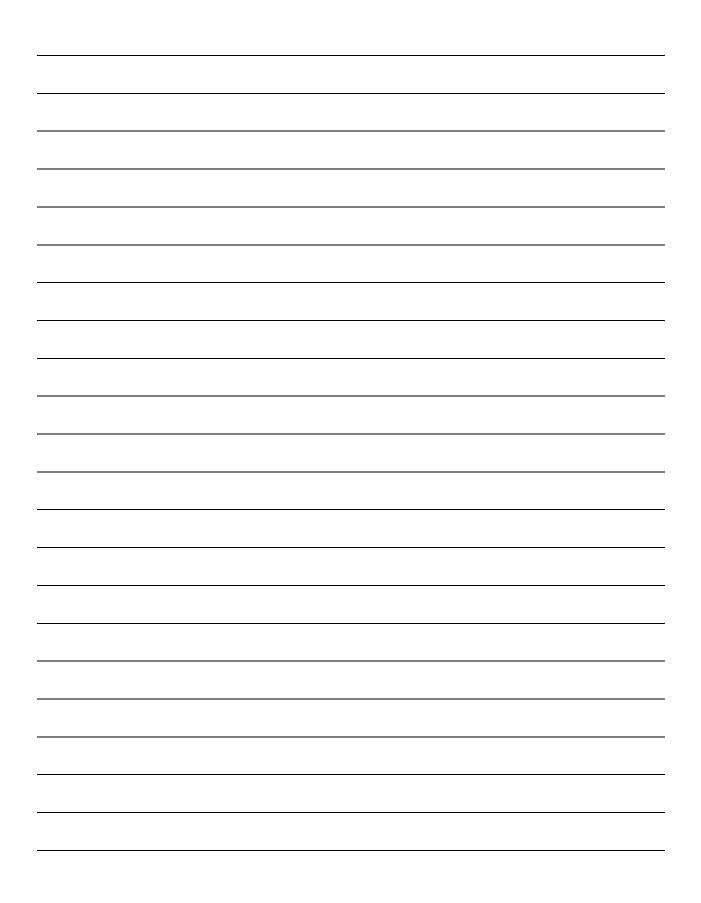
It is resolved or do you still think about it and struggle with what happened?



What about it do you struggle with, be specific?



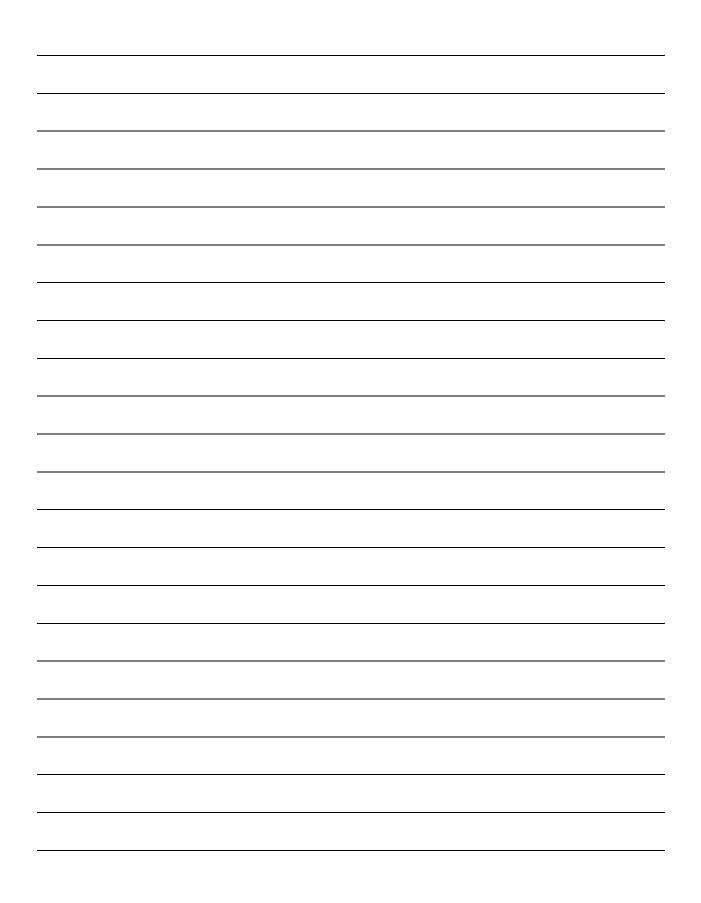
Who can I ask for help?



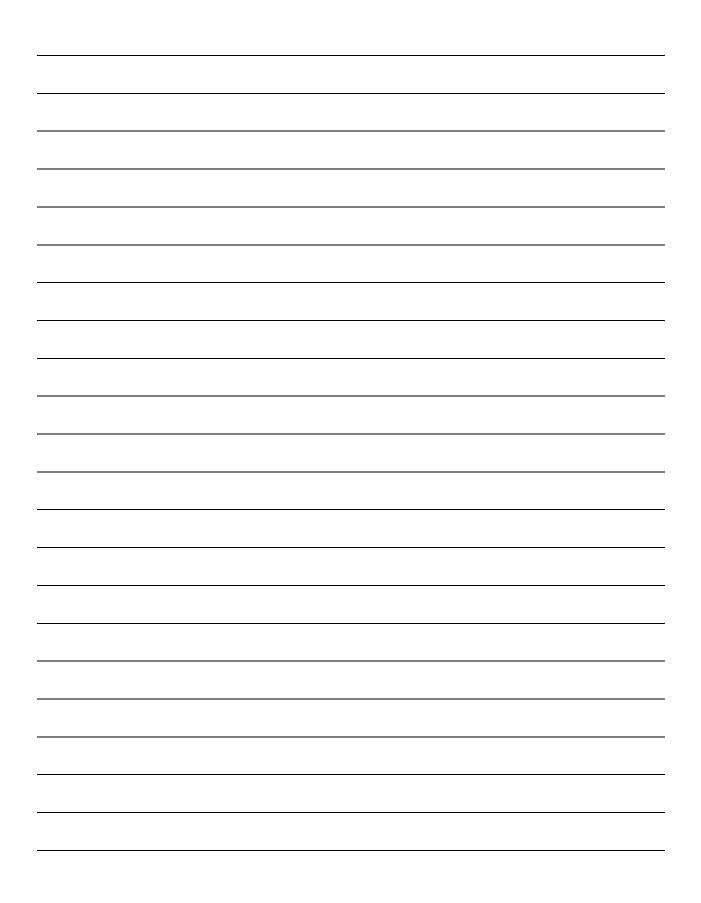
What plagues you about it?



### I am scared that



l want	



Ineed	



## I worry that




# How can I move towards processing and resolving any issues I have as a result of this event?





How can I resolve any issues, challenges, obstacles, or
problems related to this event? What do I need to do or work
on?













# **Exercise 4: Reflect On Negative And Traumatic Experiences**

An effective analysis tool is to reflect in detail on negative and/or traumatic experiences in your life. In identifying patterns and making connections from those experiences to who you are, how you feel and how you behave today you can begin the healing process and grow emotionally and mentally.

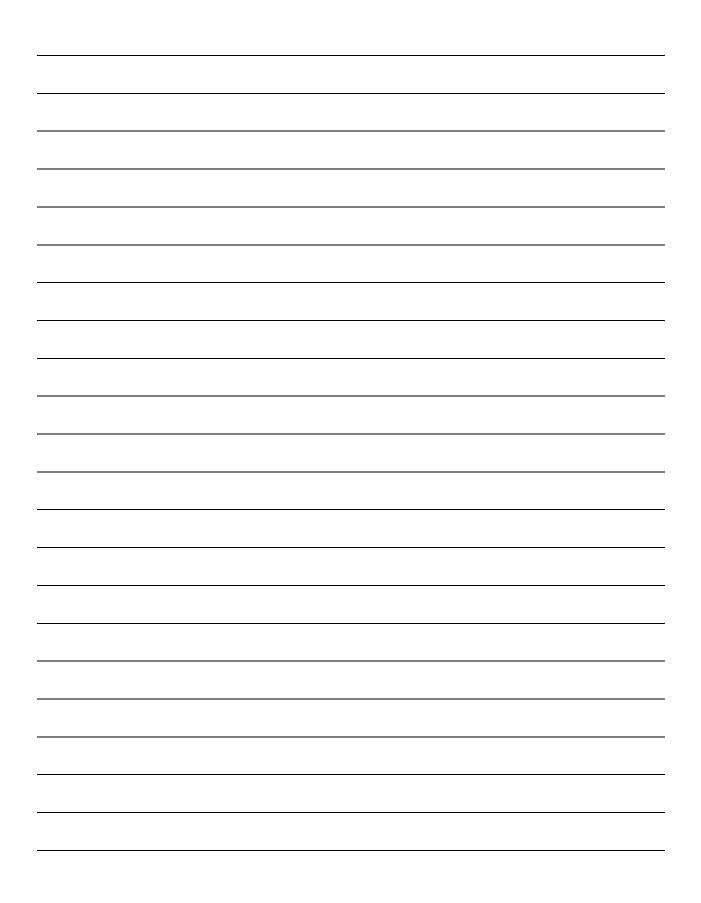
#### Describe a traumatic or very negative experience







How did I fee	?
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What did I do about it?




How did this affect me then?




What effects does this still have on me today?





Am I free of it?		



Do I seek out or create drama, trauma, or pain in my life? How does that connect to the traumatic experience?





What perceptions or ideas were created by this experience in my mind? About myself? About life? About others?









l wish			



l want		



I need		



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What	did I	learn?
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What positives came from it?



What negatives came from it?



What do I want to do about this?




If I had a magic wand

\_\_\_\_\_



## What dysfunctional behaviors do I engage in because of this issue?

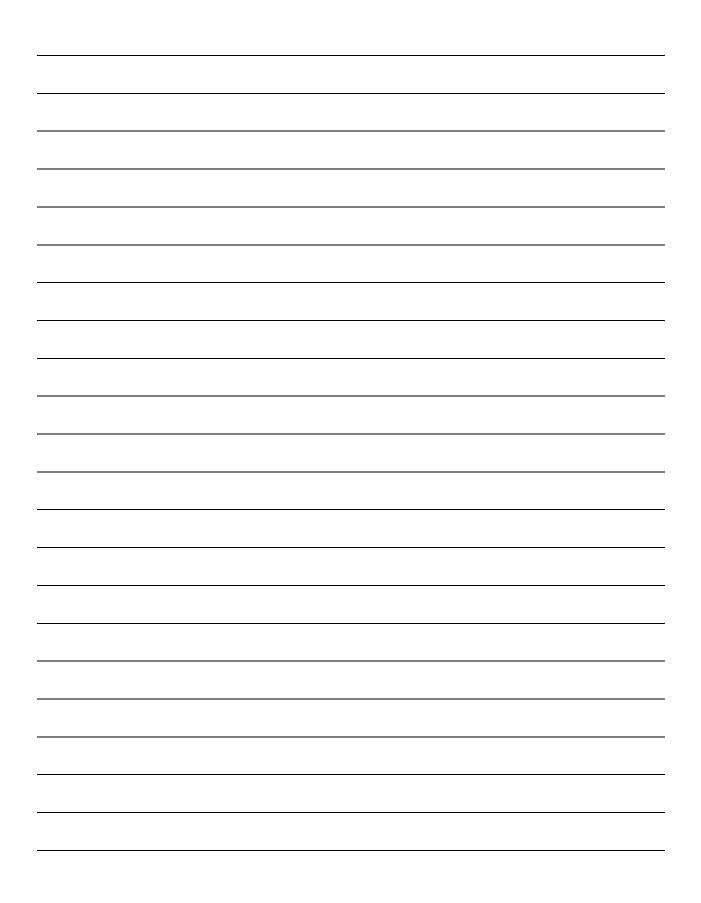


What steps can I take to make it better?









## **Exercise #5: Childhood Introspection**

Describe your childhood. Be specific. Give details.











How do you feel about your childhood?








What did you learn?

\_\_\_\_\_



What did you not learn?

<u></u>	



What were the issues?



What y	was	hap	py?
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What was not happy?




## Thinking about it as an adult, what would you change about your childhood?





If I could press the Undo button this is what I would undo





If only	



I need		



l want		



I fear		



If I had a magic wand

\_\_\_\_\_



I am so angry because

\_\_\_\_\_



l am	sad	beca	ause
l am	sad	beca	ause








I am elated because

\_\_\_\_\_



\_\_\_\_



I wish this never happened




I wish more of this happened




## Describe your childhood in 4 words

Describe your childhood caretakers (parent(s)) in 4 words What effects of your upbringing are you struggling with today?









Describe how you feel about yourself today

	_





What are your happy childhood memories?



What are your unhappy childhood memories?



What memory makes you cringe?




What were the best things about childhood?




What were the worst things about childhood?




## My family was



My family wasn't

\_



Did you feel supported at home?




Did you feel guided?

\_



Were you treated well?



Were you caretakers encouraging and offering praise?





Were you caretakes loving and caring?




What challenges faced you in your childhood home?




What problems did you have growing up?



## What problems do you have today that stem back to your childhood?



What strengths did you gain from your upbringing?




## What weaknesses do you possess as a result of your upbringing?



If you could now sit with you at age 7 what would you tell him or her?







## If you could now sit with you at age 10 what would you tell him or her?









## If you could now sit with you at age 14 what would you tell him or her?









Who are you as a result of your upbringing?				







f you could now sit with you at age 19 what would you tel im or her?				







Identify connections between childhood and dysfunctional thinking and/or behavior in your adult life





What issues from my childhood to I need to work on? Consider effects on your adult you and your adult life.







# Exercise 5: Rewards, Payoffs, Beliefs and Perceptions

# **Behaviors**

### Identify a situation where you engage in dysfunctional behavior.

For example, you never stand up for yourself, instead you are a doormat for others to walk all over you.





What are your rewards and payoffs of this behavior? How does it serve you? Think, be detailed and specific.



What beliefs and/or perceptions about yourself do these dysfunctional behaviors reinforce?	



# Relationships

#### Are your romantic relationships dysfunctional?

Do they always end badly? Do they make you unhappy? Do you attract emotionally unavailable partners? Do they cause you pain and sadness? Do you often say, he/she will leave me eventually? Are you attracting abusive partners? Do they lack caring and support? Are you stuck in an unhappy relationship and can't get yourself out?

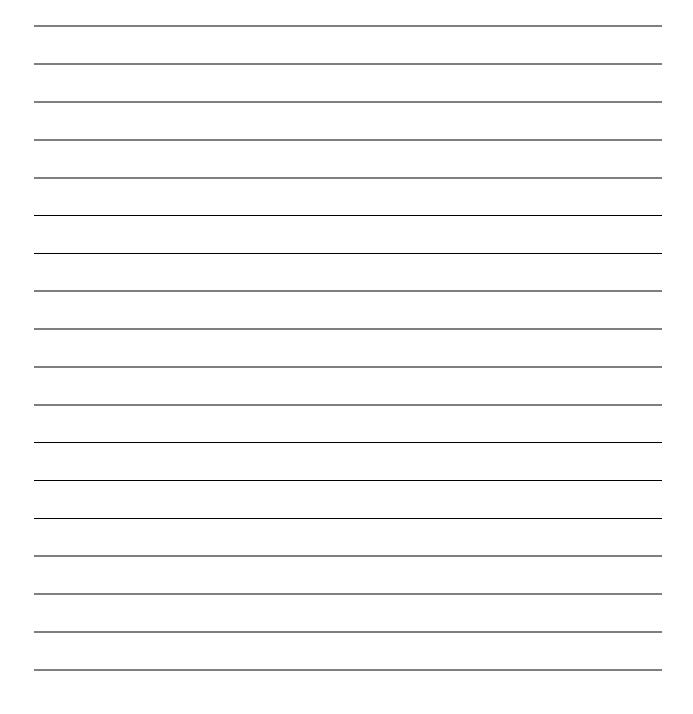




What are your rewards and payoffs in these relationships? How do they serve you? Think, be detailed and specific.



What beliefs and/or perceptions about yourself do these relationships reinforce?



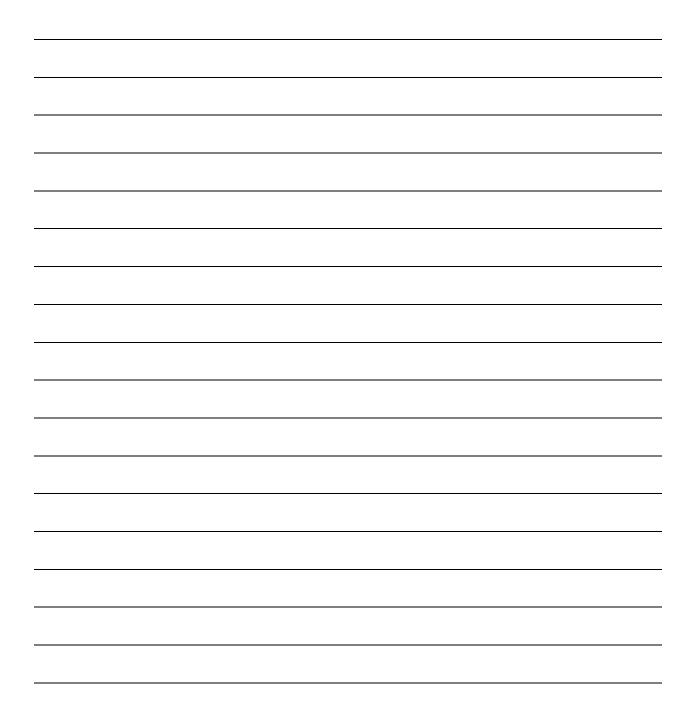


# **Negative Self Talk**

In the first column describe lines of your negative self talk. In the next column list the rewards and payoffs of this negative self talk? How does it serve you? Think, be detailed and specific. In the third column identify the beliefs and perceptions you have of yourself connected to this self talk.

Negative Self Talk	Rewards and Payoffs	Beliefs and Perceptions	Where did this belief stem from
"I will never be very successful"	I don't have to work hard. I have more time for fun. Reinforces my core beliefs and perceptions about myself.	I am incapable I am not driven I don't have what it takes, like other successful people	My father told me I was a loser and always will be.
"I can't do anything right"	Reinforces my core beliefs and perceptions about myself.	I am not capable I am not smart	My mother, who did everything for me, she would say I would get it wrong.
"I don't deserve to be happy"	Reinforces negative belief I have about myself. I am comfortable in this place of negativity, I know it well.	I am worthless I have little value I am not deserving	Not sure, possibly after my last break up, which would be my third in 3 years.

From the above exercise #5 consider which beliefs and perceptions you need to work on or change? Make a detailed plan on how you will do this. Consider therapy and support groups.









# **Exercise 6: How Do I Feel About Myself**

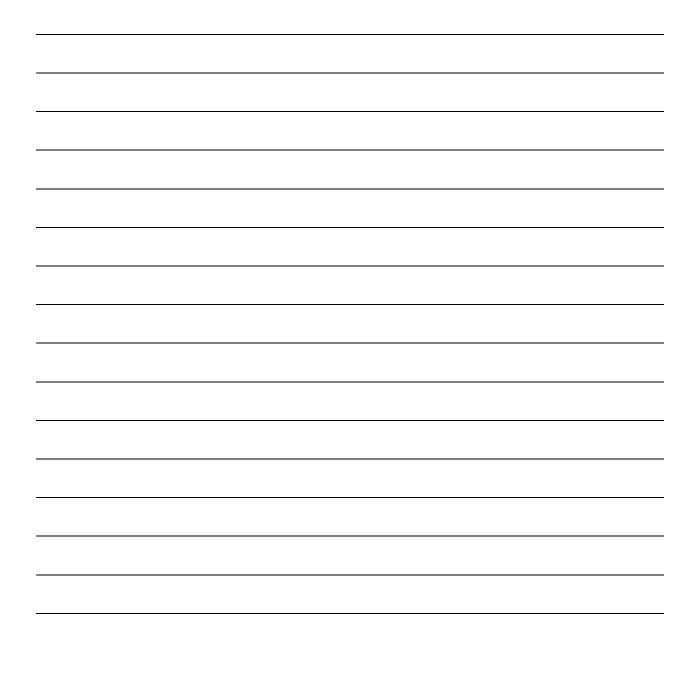
Describe how you feel about yourself





#### What are your beliefs and perceptions about yourself?

Consider your skills, your strength, your weaknesses, who you are, who you are not, how you live, what you do and how you act in your relationships and the world, etc.







Consider how these beliefs and perceptions came to be?	





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IWdill	





I am afraid that	





I am angry that	





I am sad that	





I am happy that		





What beliefs would I like to ch	hange?		





What perceptions would I like to change?





## **Free Journaling**

Write whatever you wish.



