

## Worksheet: Inquiry into a stressful situation or event

### **Purpose of the Worksheet:**

Something happens and you may notice that you are hurt, or frustrated, or scared or angry or saddened by something for instance. I call this a stressful situation.

The intention of this worksheet is to help you to observe and inquire about yourself in a stressful situation. An unpleasant or stressful situation may be an event that occurred and you feel that you would like to feel different, or to have responded differently to the event.

Often the same thoughts and feelings re-occur within us for different stressful situations. We may also notice how the same situation occurs, and what happens. For example my son (can change to my partner/child/boss/another) calls me and I am busy with something. Do I respond to him happily or do I react that he is disturbing me, and get frustrated at the interruption?

By noticing what is happening to us during our day we become more conscious of how we think and then react. When we are conscious then we can decide how to respond rather than to react.

### **Instructions:**

During a stressful situation or as soon after do this worksheet.

Read the questions below and write down as much as you can. Whatever is not relevant you can skip over. The worksheet is only for you. You do not need to show this to anyone or keep it. The externalization of the event also helps to clear your mind and free you of your troubling thoughts or feelings.

Should you wish to receive feedback on this inquiry, you are welcome to email your response to Sam at [sam@ask-your-coach.com](mailto:sam@ask-your-coach.com) and she will do her best to respond to you as soon as possible.

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### **Start here:**

**When did this happen?**

**Where were you?**

**What happened?**

**What did you think? What sentences were in your mind?**

*Example: "Why me?" Or "Not again" or "He has no respect for me?" Try and find those sentences as they come up again and again.*

**What did you feel? What emotions ran through you?**

**What sensations did you feel and where in your body?**

**Was there more than one emotion?**

*Notice if there was more than one emotion or a cycle in your emotions. In other words when the event occurred, there was Frustration and then other emotions followed.*

*Example: Frustration and Despair → then Anger → The Sadness*

**What else happens with you?**

**What do you think you can do (to feel better now)?**

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### **More Inquiry:**

Notice the **fact** of the event or situation. Write down the fact.

Now distinguish between this and your **perception** or your **subjective** belief.

Question your belief: Is this true? Is your belief true?

What happens to you when you believe your thought?

Are you judging another?

Are you jumping to a conclusion?

Are you being extreme, like thinking in absolute black and white terms?

If the incident is about you:

- Are you condemning yourself?
- Are you judging yourself?
- Are you calling yourself names like – Failure or I failed or I am not good enough
- Are you now seeing all the things you did wrong? Can you see what you did right?

Are you demanding perfection of yourself or another?

Do you feel like it's a disaster or catastrophe? Are you overestimating the situation?

Are you perhaps exaggerating, making a mountain out of a molehill? (often we notice this in retrospect and not at the time when we don't inquire)

Are you perhaps assuming something – do you absolutely know for sure what you think is correct?

Are you telling yourself I have to, I need to I should do this? (*Can you see that everything you do is your choice and turn the sentence into I choose to do this or I want to do this*)

Did you have an expectation or a desire and you are disappointed? *For example its your birthday and your best friend forgot. You thought she doesn't care about me. Here you are*

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*assuming this. Have you ever forgotten something? When we expect or desire something you open yourself up to disappointment. By not expecting anything from anyone we can love in the present moment.*

What else do you think you can do to help yourself reach a higher self?

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### **Example 1: write everything down about the event**

**Event:** I am waiting in a queue at the movies and I overhear a man talking badly to his wife.

**When:** yesterday

**Where am I:** at the movies

**Who am I with:** my daughter

**What happened.** I notice that I am starting to get angry at the man for talking like that to his wife.

**What did you think? What sentences were in your mind?**

He is humiliating her in front of others. He doesn't respect her.

**What did you feel? What emotions ran through you?**

Anger and upset at the man.

**What sensations did you feel and where in your body?**

I felt hotter.

**Was there more than one emotion?**

Yes both Anger and sadness at what was happening

**What else happens with you?**

I went from being in a good peaceful mood to being angry. When my daughter asked me a question I felt I was irritated with her. In other words I noticed my anger impacted on others now all because of watching this man speak badly to his wife.

### **More Inquiry**

**Notice the fact of the event or situation. Write down the fact.**

Fact: Man speaking badly to wife

**Now distinguish between this and your perception or your subjective belief.**

My Belief: Men shouldn't ever speak badly to their wives.

Another Belief: There is such injustice in this world

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**Is it true ? Is your thought or belief true?** – Men shouldn't speak badly to their wives?  
Well I wish it were true. In reality people speak badly to others, sometimes...

**What happens to you when you believe your thoughts or beliefs? They can be true or not.**

I lose my peace. I get angry at the world and stop loving myself.

**What do you think you can do?**

Notice what is happening to me. I feel terrible now and before I felt great.

Take a few deep breaths and try to calm down (because I am angry)

Follow my breathing.

Remember that I am now judging him and just maybe like myself he is doing the best he can right now.

Trust in the woman (his wife) that she can defend herself.

Remember that if this is affecting me then it's an opportunity for me to grow and to try do a deeper inquiry to see what my lesson is here. What is the universe trying to teach me?

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