

Judgements

Think of a person or persons you have reoccurring stress around

Beliefs:

Should be different

Wrong

Nothing for me to learn

No contribution

Unlikeable/loveable

Incompetence

Questions:

Is it true?

How do I know?

What happens when you believe that thought?

Who would you be?

What's the payoff?

Mental Models
Assumptions
Suffering

Wisdom
Inquiry
Peace