

Four Questions That Will Change Your Life!

Adapted from Loving What Is by Byron Katie to work with challenging SoulCollage cards

Describe the SoulCollage card you want to work with.

(For example using my Barbie card. She believes the best way to live is to look good, not much going on inside)

What does this card think your or others should do or not do?

(She thinks others should dress well, be polite, be nice, don't make waves, don't ask questions. She thinks I'm too fat)

What is one of the SoulCollage card's fear-based core beliefs?

(If you don't look good and act right, no one will like you and your life will be a disaster)

Use the following questions to examine your fear-based core belief.

Answer these questions of your card. Be open, curious and accepting. You may be tempted to edit. But listen with your heart. You're about to liberate yourself!

1. **Is it true?** No _____ Yes _____
(From Barbie's point of view "yes it's true if you don't look good . . .")

2. **Can you absolutely know that it is true? When might it not be true?**

(Well not entirely true, my mother would still love me)

3. **How do you react when you think that thought?** What do you feel? What do you think? How do you act? How do you treat others? How do you treat yourself?
(When I believe that idea or story, my whole day can be ruined if I don't have the right clothes, or if I've gained weight or if someone isn't nice to me. I start getting self conscious. I withdraw from people, I over eat or I try to skip meals. I get obsessive about cleaning the house. I'm short with people I care about because I'm afraid)

4. **Who would you be with out that thought?** How would you feel? What would happen if you were not capable of thinking that thought? How would you treat other people if you couldn't think that thought? What happens to your daily routine when you are not held hostage by that story?
(Without that idea, I'd be totally natural. I'd throw out half of my clothes. I'd laugh a lot more. I'd stop going to the gym and maybe do art. I'd be more available to people I care about. I'd sleep better.)

Turn Arouds. Turn the thought around. What is the opposite of that thought? Can you find the truth in the alternative thought? Is it more true? Does it help you take back your power? Which creates less stress?

- (The opposite: He should understand me – TO - He **shouldn't** understand me. He doesn't) Is this more true?
- (Personalize it: He should understand me – TO - **I** should understand me.) Is this more true?
- (Give what you expect: He should understand me - TO - I should understand **him**.) Is this more true?

Turn Arouds with Barbie's beliefs

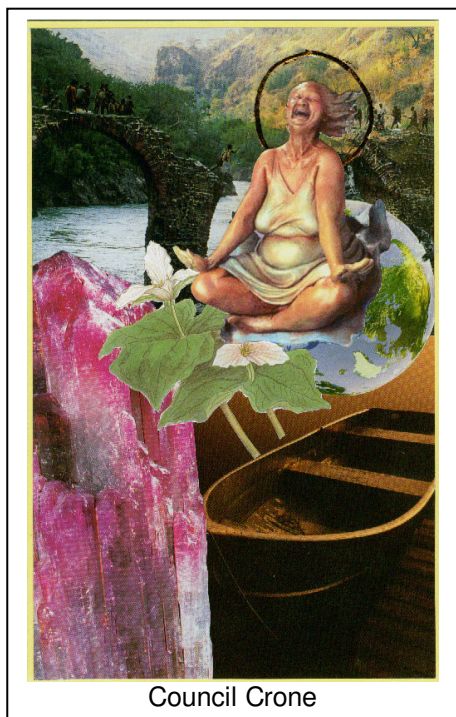
1. "If I **DO** look good and act right, no one will like me and my life will be a disaster" – could be true, people could be jealous or think I'm stuck up
2. "If I look bad and act wrong, everyone will like me and my life will be a success" – well it works for Roseanne Barr and a guy at work. My mother still likes me.
3. "If others look bad and act wrong their life will be a disaster" – definitely not true
4. "Other should not put so much emphasis on their appearance" – true
5. "I should not put so much emphasis on my appearance" – true
6. "I should put more attention on my inner appearance" – true but I don't know how, so I do what I know.

Can you think of any stress free reasons to keep the old thoughts?



Getting to know your SoulCollage card's story. Questions to ask your SoulCollage card? Let the card write the answer in first person, starting with "I"

1. Describe yourself.
2. What do you need to be happy?
3. What do you think is lacking in my life?
4. What are you good at doing?
5. What do you long for? What is really important to you?
6. What do you want to avoid at all costs?
7. What characters in the SoulCollage deck do you love? Dislike?



Council Crone

Other things to notice:

1. When is this challenging SoulCollage card's story most active?
2. When are **you** most vulnerable to this card's story? And when has the card's story been most successful in the past? How?
3. How have you confused who you really are and what's important to you, with the story, agenda and goals in this aspect of yourself?
4. In what situations do you function so effectively that this card's story can't mislead you?
5. Pick a SoulCollage card that represents your most authentic self and write down a dialogue between the two of them. You could take a specific situation (should I take the job? Should I go to the social event? Should I buy _____) or you could just see what they have to say to each other.