



Worksheet 8

WORKING AN OBSTACLE — THE 8 FOLD PATH

The Eight Fold Path is a method adapted from Buddhist teachings for helping you to clear obstacles from your path.

1. SEE CLEARLY WHAT IS WRONG

*Feel and identify your feelings. See where you are shut down, upset or hurt.
Do your best to identify the source.*

The problem I want to work on is:

2. DECIDE TO BE CURED

Decide consciously that you don't want to feel this way anymore, that you can be without this problem or live fully from inside this problem. Decide you can find a way.

*Write down as many tools and ideas as you can think of that will help you to work on your problem.
When this problem is cleared, how will you feel?*

3. SPEAK SO AS TO AIM AT BEING CURED

*Drop your doubt, any pretending, any self-deprecation, and any lying. Own that you are working on yourself.
Talk about your self-work with optimism. Live in the possibility of your healing with your words.*

Write 3 affirmations that you will say to give you the mindset you feel will assist you best in working through your problem. Repeat them daily.

Make a list of negative thoughts and words you will no longer hold about yourself or your issue.



4. YOU MUST ACT!

*Take action. Show up. Use your tools. Develop new tools if needed along the way.
Aim for your healing and move toward it.*

*What are you going to commit to doing each day to help you move through this problem?
Write them down. Practice!*

5. YOUR LIFE SHOULD NOT CONFLICT WITH YOUR ABILITY TO WORK ON YOUR PROBLEM

*Try not to engage in things that you know will derail you from being better.
Keep your environment supportive. Don't get in your own way.
Don't let others get in your way. Keep the path clear.*

*What might you need to change in your routine or your environment to make sure that you have the support and tools you need to keep working on this problem?
Who are your best allies and who might you need to limit time with?*

6. YOUR PRACTICE MUST GO FORWARD AT THE STAYING SPEED

*You're not in a rush to be better. It takes as much time as it takes.
Move forward at a pace you can sustain.*

*What does the right pace of accomplishment feel like to you?
How long are you willing to keep working on this.
Commit to an amount of time that you will engage in your practices and then check your progress after that amount of time and see where you are.
Is there anything you need to reassess?*



7. YOU MUST FEEL AND THINK ABOUT YOUR CURE OFTEN

*Feel into the healing you are seeking. Keep it top of mind. Be all for it!
If you get off course, get back on as soon as you remember to.*

*How will you feel once this problem is gone? What will your life look like?
How does it feel to know you are working on this problem proactively?
Revisit your commitments and your goals as often as you can.
Don't beat yourself up or be a taskmaster; just course correct as needed.*

8. LEARN TO CONTEMPLATE WITH THE DEEP MIND

*Listen to more than just your thoughts about your healing. Think, feel and be it.
Unite the internal and the external. Use your intuition.
Follow the path of least resistance. Allow for transformation and transcendence.*

*Meditate on it!
Close your eyes and feel into the solution you seek.
Breathe and relax.
Envision yourself overcoming this obstacle.
Bring that feeling into your body, heart and mind.*