

## PRACTICE FREEDOM WORKSHEET

## Stop. Don't react.

The next time somebody asks you for something, or something happens in your life, practice not saying or doing the first thing you think or feel you want to say or do.

The first part of this practice is to notice what you want to say or do. The first few times you will probably say it or do it. That's okay. The key is to take note of what it is that you say or do, and to write it down.

What did you say and/or do?

## Be aware of your thoughts & feelings.

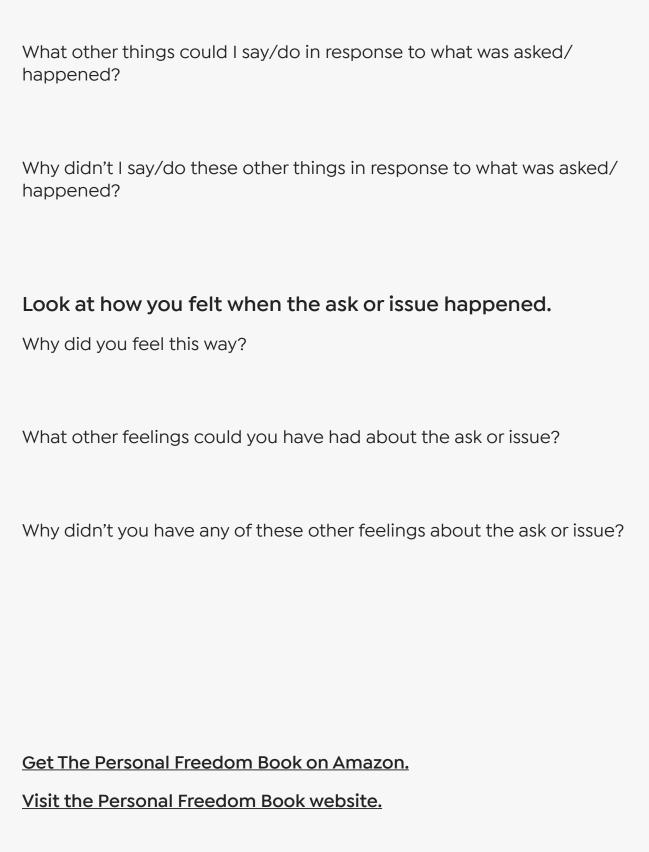
Notice how you feel when the ask or issue happens.

What feelings did you have?

Why do you want to say/do this?

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