



Mystery, a Shadow, and an Amazing Game

Homework Questions for Video One--A Mystery

Answering the following questions will create insights leading to tremendous positive changes—and transform what you learned in Video #1 (The Mystery) from merely being “knowledge” to creating deep awareness of how you create your experience of life.

If you have any trouble with these homework questions, please don’t worry about it. Just do the best you can, including leaving a question blank if necessary.

If you need help, feel free to call our support line at 503-672-7117 between 9:30 and 5:00 Pacific time, M-F and let them help you.

1. Rate each life area below on a scale of 1 to 10. 10 means this part of your life is working spectacularly well, and 1 means it isn’t working at all.

- ___ Money, financial security
- ___ Fulfilling work (or other projects)
- ___ An overall sense of well-being
- ___ Friends
- ___ Romantic relationship, intimacy
- ___ Relationships with family
- ___ Motivation
- ___ Something you feel passionate about
- ___ Learning
- ___ Freedom to be in charge of your life
- ___ Hope for the future, something to look forward to
- ___ Feeling loved
- ___ Giving physical nurturing
- ___ Receiving physical nurturing
- ___ Giving emotional nurturing
- ___ Receiving emotional nurturing
- ___ Personal power
- ___ Self esteem ___ A feeling of safety
- ___ Inner peace
- ___ A sense of purpose
- ___ Fun
- ___ Joy



- ___ Health
- ___ Showing others who you really are
- ___ A sense of belonging
- ___ Feeling respected
- ___ Respecting others
- ___ A sense of adventure
- ___ Trusting others
- ___ Trusting yourself
- ___ Self expression
- ___ Spiritual connection
- ___ Self Discipline
- ___ Sex
- ___ Parenting
- ___ Other? _____
- ___ Other? _____
- ___ Other? _____

2. From the above list, choose the three areas of life that are working least well, and which are also important to you (in other words, if any area isn't working well but just isn't important to you, don't list it).

3. For each of these areas of life, describe what keeps happening in that area of life.

1.

2.



3.

4. Demonstrate that internal representations directly create feelings.

PURPOSE: To get you to 1) make internal representations of a positive event and notice that picturing and thinking about this event causes positive feelings, then 2) make internal representations of a negative event and notice that picturing and thinking about this events causes negative feelings.

The main points of this exercise are discovering that:

INTERNAL REPRESENTATIONS --> FEELINGS

And that: BECOMING AWARE OF THE INTERNAL REPRESENTATIONS YOUR MAKE AND HOW THESE INTERNAL REPRESENTATIONS CREATE YOUR FEELINGS CREATES CHOICE.

a. Think of a situation where you were extremely happy or when something went very well for you (you might ask a friend to read these instructions to you, so you can focus solely on following them— or, better yet, have a Centerpointe support coach lead you through this process).

This situation might be a time when you got something you really wanted or when you successfully did something you really wanted to do. It does not need to be a FABULOUS event, just something that has some positive feelings.

Once you've picked a situation, go back to that time in your memory and step right into your body, in your imagination, and see what you saw, hear what you heard, and feel what you felt.

Notice what you are you seeing, what are you hearing, and what you are feeling. (What you are seeing and hearing are internal representations of what happened in that situation. We remember by making internal representations.)



As you re-experience that situation, what feelings are being created by the internal representations you are making? A moment ago, before you made those internal representations, you weren't having the same feeling.

Again, the whole point of doing this is for you to notice that when you think about something positive, something you want, you create positive feelings. (If you experienced negative feels, you must have switched your focus to something about the situation you did not want. If so, notice that.)

b. Now think of a situation where something did not go well, an unpleasant or negative event in their life.

[Don't choose something horrible, something that has a huge negative emotional charge. Instead, think of a small negative event, such as losing something, a small failure, a more minor negative event. The point is to see the direct connection between internal representations of what you do not want and negative feelings.]

As before, go back in your memory to the time of the event and step right into your body, in your imagination, and see what you saw, hear what you heard, and feel what you felt.

Notice what you are seeing, what you are hearing, and what you are feeling. (As before, what you are seeing and hearing are internal representations of what happened in that situation. We remember by making internal representations.)

As you re-experience that situation, what feelings are being created by the internal representations you are making? A moment ago, before you made those internal representations, you weren't having the same feeling.

Then, to leave yourself in a more positive state, think once again of the pleasant experience.

Remember these main points: 1) internal representations create feelings, and 2) internal representations of what we want create good feelings while those of what we don't want create bad feelings.

In a real situation, rather than a remembered situation, the emotional change can often be much stronger.



This sort of focusing (making internal representations) usually happens unconsciously, outside your awareness. If you experience a lot of bad feelings in a certain area of life, it means that you are unconsciously making a lot of internal representations of what you do not want in that area of life.

The goal is to become aware of these internal representations, so they aren't unconscious and automatic anymore.

If you can become aware of their internal representations, especially those of what you do not want, you will not be able to continue making them, because they do not serve you. By watching with awareness as you create your feelings, you will have more CHOICE about them. You'll begin to create more resourceful action in that area, and attract (or become attracted to) better situations and people in that area.

5. Pick one of the three areas of life that isn't working (from homework question #2).

PURPOSE:

FIRST, TO NOTICE WHAT INTERNAL REPRESENTATIONS YOU ARE MAKING IN AN AREA OF LIFE THAT ISN'T WORKING.

SECOND, TO NOTICE THAT THESE INTERNAL REPRESENTATIONS ARE LARGELY ABOUT WHAT YOU DON'T WANT.

THIRD, TO SEE THE CONNECTION BETWEEN THE INTERNAL REPRESENTATIONS YOU MAKE AND HOW YOU FEEL IN THAT AREA OF LIFE.

FOURTH, TO NOTICE THAT WHEN YOU WATCH YOURSELF DO SOMETHING THAT DOES NOT SERVE YOU, WITH AWARENESS, IT BECOMES DIFFICULT TO CONTINUE DOING IT.

a. Think for a moment about the area of life that isn't working. As you think about that area of life, what thoughts about it come to mind? What do you say to yourself? What internal pictures come into your mind? Take a moment to step back and just notice this. Don't evaluate it or judge it. Just be curious. Watch and say to yourself, "Hmmm. Interesting."



Since this is an area of life that is not working, the internal representations are likely to be of what you don't want, what you are worried about, what you are afraid of, or what you want to avoid. These internal representations, even though they are of what you don't want, give your mind an instruction to unconsciously create or attract MORE of it, which is why that area of life isn't working.

Also notice the feelings that are created by these internal representations of what you don't want.

b. Now that you know what you don't want in that area of life, consider what you *do want*.

(Make sure you aren't just saying "I want X to stop"—that's still about what you don't want. Instead, imagine having the outcome you want.)

What would getting what you want look like? What would it sound like? What would it feel like? What actions could you take to get it? What actions would you take if you had it?

What pictures do you make inside when you think about what you want? What thoughts do you think? What feelings are created as you make these pictures and think these thoughts?

Notice that when the internal representations are about what you don't want you feel bad, and when they're about what you do want you feel better.

[It's likely that when you think of what you want in this area of life that isn't working, doing so might trigger old internal representations of what you don't want. In other words, you might have trouble staying focused on what you want.

If this happens, it is an opportunity to notice that when you thought about what you want you felt good as long as you were making positive internal representations, but as soon as you switched to focusing on what you don't want (which likely happened automatically), the feelings immediately changed.]

If this happens, just notice it. Watch how you do it, and say, "Hmmm. Interesting." Awareness (rather than resisting what is happening) is the key to positive change. Just watch to see how the internal representations you make create what you are feeling.



I know there's a lot here. Even so, have fun with these exercises. If you aren't good at them at first (you won't be), let that be okay. It takes time to become more aware of these largely unconscious internal processes. Spend a little bit of time on them each day and you will be amazed at what happens.

Again, I strongly urge you to do these processes with a support coach. Call 503-672-7117 between 9:30 and 5:00 Pacific time, M-F.

EXTRA CREDIT:

First: For the next week or ten days, carry a 3 x 5 card with you. Every time you realize that you are experiencing a "bad" feeling, make a hash mark on the card. Keep score each day, and transfer the totals to a piece of paper at the end of the day. As soon as you notice that you are feeling some sort of bad feeling, say to yourself, "I'm having a bad feeling. I must be focusing on something I don't want."

Look inside and notice what internal pictures you are making and what you are saying to yourself. Say to yourself, "If that's what I don't want, then what DO I want?"

Change your internal pictures and internal dialog so that they are about what you want. One way to do that is to ask yourself, "How can I get _____?" "What can I do to make _____ happen?" Ask these questions, and then notice what internal pictures and internal dialog comes to mind, including what ideas you get.

THE PURPOSE OF THIS EXERCISE IS TO NOTICE, FIRST OF ALL, A BAD FEELING WHEN YOU HAVE ONE; SECOND, TO NOTICE WHAT YOU ARE FOCUSING ON (I.E., MAKING INTERNAL REPRESENTATIONS OF), THIRD, THAT IT WILL BE OF SOMETHING YOU DON'T WANT; FOURTH, TO IDENTIFY WHAT YOU DO WANT AND TO SWITCH YOUR FOCUS SO THAT YOU MAKE INTERNAL REPRESENTATIONS OF THAT INSTEAD.

Second: When you get in bed for the night, spend 5 minutes thinking of several situations that happened that day, and noticing what pictures come to mind and any thoughts you have about these situations. Also notice if there are feelings associated with these internal representations.

THE PURPOSE OF THIS EXERCISE IS TO GIVE YOURSELF SOME PRACTICE IN NOTICING AND MAKING INTERNAL PICTURES, SO THAT YOU BECOME MORE AWARE OF THEM.

Have fun with these exercises.