

Step 1

To get your essential self to “speak” to you, we first need to assemble all the things you hate most. In the spaces below, list the answers you circled on all the exercises in this chapter. Flip back to see your responses if you need to.

List your:

- A. Lowest-energy situation: _____

- B. Three people who bring out your worst social behavior:
 - 1. _____
 - 2. _____
 - 3. _____
- C. Worst medical symptom: _____

- D. Most forgettable information type: _____

- E. Stupidest mistake: _____

- F. Problem that most disturbed your sleep: _____

- G. Worst bad-habit “trigger”: _____

- H. Setting for your worst mood: _____

Step 2

Now we’re going to create a little scenario together—a scenario that should set your teeth on edge. Using the items you’ve written on the list in Step One, fill in the blanks in the following story. For example, if you wrote “dental appointments” next to the letter “A” in Step One, you’ll write “dental appointments” in the blank labeled “A” below.

YOUR OWN WORST-CASE SCENARIO

Imagine for a moment that you are in (A: your lowest-energy situation)

You are surrounded by (B: *all three* names on your list)

You’re not feeling your best; in fact, your (C: worst medical symptom)

is bothering you more than ever before.

You’ve been given a lifetime assignment that involves working with (D: most forgettable information)

All the people in the room are authorized to watch you constantly, criticize your performance, and punish you if you make any mistakes.

Speaking of mistakes, you’ve just done (E: stupidest mistake)

a fact that is being noted by your three supervisors. Your life in general is pretty difficult right now; that whole thing with (F: most sleep-disturbing problem)

is happening all over again. You’re also trying to deal with (G: worst bad-habit trigger)

To top it off, (H: your bad-mood situation)

is more intense than ever before.

Just when things are at their worst, (B-1: the person who makes you most uncomfortable)

walks up. He or she orders you to sit up politely, smile in a way that is both humble and worshipful, and say to the entire assembly, “I admire you so much. Thank you, thank you for letting me be here. You are such a terrific person, and this is just what I deserve. I want to live this way for the rest of my life.”