

# UnHypnosis: The Workbook

Dear Friend,

Greetings. I'm glad you've taken the time to read my book, *UnHypnosis*, and gladder still that you're showing the initiative to use the workbook to maximize your experience with my writings.

I wrote *UnHypnosis* because I felt that there was a crucial element missing in most self-help literature, that being the lack of respect for the very real, very incapacitating state of hypnosis in which we all live. We've all tried setting goals, saying affirmations, changing attitudes and behaviors, and stepping into a new paradigm for our lives, but most of us have experienced disappointing results. Why? Because until we come out of the effect of our own hypnotic programming, that programming is simply more powerful than all the willpower we can muster.

The message of *UnHypnosis* is simple. We live in a state of semi-awakenedness. We plan our lives and then work our plans with less joy, vibrancy, passion, and clarity than we deserve. The key to a happy life of true self-expression is one in which we've brought consciousness into the very deepest parts of our minds.

With an emphasis on what I've termed The Five Layers of Consciousness, I've laid out a strategy for confronting the illusion of our lives, illuminating the truth of our potential, and embracing the path which leads to the manifestation of our dreams.

In the next several pages, I'll be offering you brief synopsis of each chapter of *UnHypnosis* and a series of exercises, some of which appear in the text, to bring about massive life change. I recommend that you read *UnHypnosis* once in its entirety, and then go back through it a second time, this time stopping at the end of each chapter to review the meaning, contemplate its effect on you, and most importantly, to do the exercises here in the workbook. **For best results, print out the workbook, and write your answers right below the questions.**

I wish you great success on your journey of self-discovery. I'm sure that the insights you gain as you do the following exercises will bring about the liberation you seek. Knowledge is power, and self-knowledge results in the power of change. Open yourself to awareness, and be ready to shed some layers of armor. As we move forward, I'll be inviting you to become more vulnerable, more childlike, and more trusting. As you continue, you'll have moments when it suddenly occurs to you that you do in fact live in a friendly universe and that, as Mark Victor Hansen says, "Whatever you want wants you."

Best regards,



Steve Taubman

## Chapter One: An Overview of the Strategy

*“The key to wisdom is this -- constant and frequent questioning ... for by doubting we are led to question and by questioning we arrive at the truth.”*

-Peter Abelard

In this chapter, I've described *the five layers of consciousness*, and suggested that the path towards liberation requires a *commitment* to understanding each of these layers. In fact, I tell a story of a personal experience which galvanized my understanding of the power of commitment. As you'll remember, I went to Guatemala to study Spanish and work on my own spiritual growth. While there, I met a man named Steve, who, like me, had come to Guatemala to study Spanish and work on his spiritual growth. Without repeating the entire story here, suffice it to say that the series of bizarre coincidences that followed led me to conclude that my commitment to the risky path I'd chosen was validated and supported by the universe.

**If you've been vacillating about taking steps to change your life for fear of the consequences, you should take heart in my experience and the experience of thousands of others who've overcome their fear and taken the risk that change always brings, only to meet with powerful success and growth.**

Here's the quote from WM Murray, the Scottish explorer, which I've used to emphasize the point about commitment:

*Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation there is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, Providence moves too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings, and material assistance, which no man could have dreamt would have come his way.*

Here are the *five layers of consciousness* to which you're now ready to commit:

**Essence**-This deepest layer of consciousness is the fundamental *you* as you were when you came into the world. Our essence includes our infinite potentials and our natural predilections, independent of what we learned, for better or worse, growing up.

**Beliefs**-Just outside the layer of our essence, existing largely below the level of conscious thought, our beliefs drive our capacity for success. Our beliefs must be empowering in order for us to succeed. More importantly, we must have good values that support those beliefs and create a foundation upon which our success can be built.

**Goals**-The next layer moving outward is made up of our goals, which are a direct switch for setting the wheels in motion for manifesting what we want. Every goal we set is informed by our values and beliefs. Many of us have only a vague idea of what

we want. Some of us think we know what we want but are actually operating out of hypnotically programmed desires, rather than being led toward the true desires of our deeper selves. To objectively evaluate our goals, we must know our purpose, which means we must understand why we want what we want.

**Manifestation-**To manifest is to create. What we manifest is a direct result of how we've mastered our consciousness at the deeper levels. Once we've experienced our essence, clarified our values and beliefs, and established our goals, we can begin to manifest the fruits of our labor. We can learn much about our consciousness by looking at what we've manifested thus far in our lives.

**Interaction-**The outermost layer of consciousness is the part which interacts directly with the world around us. How well we connect, and how often we fail to connect are a direct result of the sum total of our mastery of the deeper layers of consciousness.

**Now, get a pen and start answering these 15 questions:**

What works in my life?

What doesn't work in my life?

Who or what is responsible for the problems I'm now facing?

Where would I like to see myself a few years from now?

In what ways is it obvious to me that I'm hypnotized, powerless over my actions or emotions?

What do I perceive to be the primary factor holding me back? (Is it an outer circumstance or an inner attitude? Is it a habit of not taking the necessary steps?)

What thoughts do I continue to replay about myself that aren't serving me?

What must I do to become more committed to my path of change?

What must I do to become more congruent as a person?

What would I create in my life if I had a magic wand?

When have I felt that the universe was cooperating with my plans?

What do I see as my most unique qualities and gifts?

**Once you've completed these questions, go back and reread your answers, then sit quietly alone in a room and allow the insights you've gained to act upon your subconscious mind.**

*"The unexamined life is not worth living."*

-Socrates

## **Step One: Discover Your Essence**

In this chapter, I've explored the nature of our reality, apart from the hypnotically programmed desires, demands, and expectations that we've come to believe represent who we are as human beings. To know our true self is the work of a lifetime, and can only be attained through a path of detachment. What that means is that we need to be able to stand apart from the apparent, relative truth of our day to day existence and feel the deeper truth of our natural, unchanging selves.

One of the obstacles to knowing our true selves is the ever-present internal dialogue we have with ourselves. We keep replaying the same scripts over and over again, constantly reinforcing our self-view and our world-view. In the previous chapter, we identified some of those scripts. Now, let's begin to explore methods for quieting that internal dialogue and putting us in touch with our true essence.

Take a moment to close your eyes and try to quiet your mind. Allow thoughts to come and go, but don't attach to any of them. Imagine them to be clouds drifting across your field of vision, easily passing on by. After a few minutes, return your attention to this page and begin to write about the experience.

Now, try this. Once again, close your eyes and allow your thoughts to wind down. But this time, direct your attention to the small area below your nostrils, trying to keep your entire attention there, noticing the sensation of the air as it moves over that area with every breath. Do this for a few minutes, then return to the page and report the results. Was it easier to stay focused? Was your attention pulled away into thought? Were you able to sustain attention on that area? What did it feel like to attend to that small area for a time?

Contemplate this statement from the Course in Miracles: “Nothing matters”  
What does that mean to you? How would your life change if this were true? How does your mind attempt to attribute meaning to events and circumstances in your life? What if all the meaning you give to everything were subjective, assigned by you arbitrarily or as a result of habitual programming?

Imagine that beneath every thought you have or have ever had is a quiet, still presence. If you could allow your thoughts to fall away, you'd directly experience that presence. What if that presence were "God within," and touching that state put you in touch with infinite potential for joy, forgiveness, growth, and love? How would you treat yourself and others if you experienced yourself as God?

For one day, try saying to everything you experience within or around you, "This is God." When you see a tree, you say, "This is God." When you see a homeless person, say "This is God." When you feel sadness, anger, insecurity, say "This is God." Write your discoveries after having done this for a day.

Practice presence. In the text of UnHypnosis, I say:

We find our essence in the space between our thoughts. It's what naturally arises when we cease to uphold our previously erroneous view of who we thought we were. It can't be found in the future, and it can't be found in the past because neither of these exists right now. It's found in the relinquishing of all sense of time, all thought, all identification with our minds.

Try taking a walk in nature. Become very present. If you begin to think about something else in your life, remind yourself that you're outdoors right now, and that nothing else matters. Bring your attention immediately back to the beauty around you. Do this for at least a half hour, then come back and write about the experience.

For an advanced version of this, try going out in extreme weather. Commit to accepting all the sensations you feel as normal and natural. If you're cold, don't fight it; just be cold. If it's windy, let the wind blow over you without resistance. If it's raining, don't shrink from it. Just feel what is, and notice any resistance you create. Then, do your best to let go of the resistance. Realize that not only can you survive the feelings, but you can rejoice in them. Try this, then come back and write about any breakthroughs, realizations, and discoveries you've had as a result.

Now, we're going to try meditation. Realize that meditation is not meant to put you in an altered state, but rather to put you in better touch with what is really happening within and around you. You'll be exercising your powers of attention. The two keys to meditation are awareness and equanimity. That means that you're to become very aware of what you sense, and very accepting of it all. Here is a review of the twelve steps for a successful meditation practice. Follow these steps, and then write about your experience. Realize that the more you do this, the more you'll gain both awareness and equanimity.

### **Twelve steps for a simple meditation practice:**

1. *Sit comfortably in an upright position with your back straight, arms in your lap.*
2. *Keep your eyes and your mouth closed.*
3. *Take three “cleansing breaths,” forgetting your cares.*
4. *Commit to using this time for self-inquiry, not thought.*
5. *Focus on your breath as it enters and leaves your nostrils.*
6. *Don’t try to change anything you notice. Accept it as it is.*
7. *Give yourself a brief reminder to maintain perfect awareness and perfect equanimity or acceptance throughout this process.*
8. *Begin to become aware of the sensations over your body. Move your attention up and down your body, uncritically noticing whatever feelings arise.*
9. *If you become bored, distracted, frustrated, or overwhelmed, realize that these, too, are just sensations. Observe them as you do all other sensations or thoughts.*
10. *Practice for at least twenty minutes. Do as much as an hour at a time. It’s best to practice both in the morning and in the evening.*
11. *Use this same practice any time something upsetting or stressful occurs during your day. Bring your attention, as quickly as possible, into your body and away from your thoughts.*
12. *Remind yourself that you are not your thoughts; you are not your mind.*

Now, we're going to begin to apply the lessons learned from the meditative practices with which we're experimenting. Bring to your awareness some situation or event that disturbs the balance of your mind, that upsets you. Then, follow these steps exactly. First, think about the situation until it produces mental and emotional discomfort. Second, turn your attention away from your thoughts and begin observing the sensations in your body. Scan your body as you would while meditating. Maintain equanimity. It's OK that you feel those feelings. Third, welcome the circumstance that led to these feelings. It's the universe's way of allowing you to become aware of areas in which you're stuck so you can heal them. Fourth, let go of any thoughts of right and wrong. It is what it is. Let it be. And fifth, continue to observe your sensations and notice how long they last. See if they change, evolve, shift, or melt. Just continue to be curious about those feelings, knowing that they were manufactured by habitual patterns of thought, which you've now chosen not to feed. Eventually, they'll just melt away.

Now, write about this experience. Have you felt freedom? Liberation? Frustration? Despair? Whatever you feel is OK. Remember that "despair is the prerequisite to the next level of consciousness!"

Exploring addiction: The word addiction has different meanings to different people. Many assume that addiction applies only to substances, such as alcoholism or drug abuse. Others include things like co-dependency, the addiction to another human being. However, ultimately, all addiction is addiction to thought. We are addicted to our view of ourselves, who we are, how we relate to the world, and what we need. As a result, we behave in addictive ways. An addiction is anything you feel you need in order to be happy or content. That includes circumstances, the behaviors of others, standards to which you hold yourself, and an infinite variety of other things. Whenever you're upset, it's because you've had an addiction violated. You didn't get your "fix" and you're suffering. What are you addicted to? How do you know when your addictive programming is triggered? What do you feel when you don't get what you think you need? Realize that if you weren't addicted, you couldn't be upset. It's only when you have something you think you need that you can be triggered.

Now let's explore using mindfulness to overcome addiction. Whenever you're upset, it means your demand for your fix has gone unmet. At that point, what do you usually do? Argue? Fight? Act out? Become unreasonable? Pout?

What if you were to notice your next upset, but not act out as a result? What would you be forced to feel if you were to simply sit with the feelings evoked? Try bringing your attention to the sensations in your body the next time you're upset. Withdraw all attention from the thoughts and pay attention to your feelings alone. How long do they last? How quickly do they subside? Or, are you drawn back into thought despite your best intentions? Realize that the thoughts you can't seem to stop are the addiction. Write a list of the things that trigger you and the thoughts you can't stop whenever you're triggered.

Make a list and continue to add to it with sentences that read:

When \_\_\_\_\_ occurs, I create the feeling of \_\_\_\_\_. When I try to stop thinking about it, the thought that keeps coming back is \_\_\_\_\_.

Example: When Mary raises her voice at me, I create the feeling of fear and anger. When I try to stop thinking about it, the thought that keeps coming back is that she shouldn't do that. (It's that thought that represents the addictive demand)

Give up the fight: Realize that every addictive demand is a fight with reality. Whatever is is. Let it be, and allow yourself to either accept it or to feel your resistance and then let that go. Remember, what you resist persists. Take each addictive demand you've identified, and write "I can be happy even when \_\_\_\_\_." Then, when you're not happy, realize that what stands in the way isn't the unwanted circumstance but your unwillingness to feel those feelings. Become willing to feel them, and watch them dissolve.

Imagine that you had a super-power. You could heal instantly. If someone shot you or stabbed you, the wound would close as quickly as it formed. If someone said harsh words to you, the emotional wound would dissolve, leaving not a trace. If this were to happen to you, how would you view those who sought to harm you or those who harmed you unknowingly? Would you become angry or reactive?

Now, before leaving the topic of essence, list the activities which bring you pleasure, which put you in touch with your essence. Commit to participating in these activities regularly. For example, if hiking produces serenity for you, write, "I commit to hiking \_\_\_\_\_ times per week." Then, stick to it!

## Step Two: Clarify Your Beliefs

In this chapter, I've presented the idea that our values and beliefs color our perception so completely that we have no hope of seeing beyond them. For that reason, it's important to know what those values and beliefs are and if possible to choose empowering ones. Our values are those qualities which we hold dear. Our deepest values are non-negotiable, and we'll behave consistently with them even when nobody else is looking. Look at the list below, and circle those values which resonate with your deepest priorities. Then, add any others which you feel are important. Ask yourself, and answer below, how congruent you are with those values. That is, how consistently do you practice those values, without compromise?

Integrity  
Compassion  
Forgiveness  
Kindness  
Accomplishment  
Responsibility  
Honesty

Empathy  
Truth  
Knowledge  
Reliability  
Self-preservation  
Freedom  
Impeccability

Accountability  
Devotion  
Accuracy  
Love  
Sex  
Peace  
Openness

To discover our values, we can examine our past and current behaviors. Try answering the following questions:

How have I treated others?

Have I been honest?

Have I gravitated towards or away from getting something for nothing?

How hard have I worked to achieve what I've wanted?

Have I been willing to pay the price for success, or have I been looking for short cuts?

How do I react when I don't get my way?

What's my view of situations in which I'm mistreated?

If I've agreed to do something, how reliable have I been about doing it?

If I'm called on something I've done wrong, how have I viewed the correction?

Do I become defensive, or do I accept criticism gracefully and gratefully?

When I'm triggered by someone else's actions, who do I see as responsible?

Is it their fault for making me mad?

Or do I see the emotional response as something I've generated and which I have the responsibility to overcome?

Another approach to discovering our values is to contemplate our reputation. Try answering these questions:

How do people view me?

Do they count on me?

Do they trust me?

Do they feel safe in my presence?

Do they enjoy my company?

Do they expect great things from me?

How would I like to be seen?

How would I like to be remembered?

What would I like to be famous for?

What would I like said about me at my funeral?

A third way to discover our values is to think about the people we respect, admire, and aspire to be like. The qualities we admire in them are the ones we value for ourselves. Make a list of the people you admire.

What qualities do they possess?

Where do their strengths lie?

What is it about them that you want to emulate?

**Remember that positive values plus diligent adherence in outer behavior equals inner peace.**

Discovering our beliefs is of paramount importance, since they are the single greatest determinant of our success. Limiting beliefs keep us stuck in unacceptable situations much more strongly than can any outer circumstance. Whether you think you can or you think you can't, you're right. We justify our limited beliefs based on two things:

First, the evidence of our past experience.

Second, the evidence of our emotions.

List your own limiting beliefs. Start with "I'm not..." Or "I can't..."

Now, take each of those beliefs and list the past experience evidence that causes you to conclude that that belief is true.

Next, list the feelings you feel which prove to you that that belief is true.

Now, let's discuss *reframing*, a technique for creating new interpretations of the situations you use to define and defend your belief system. Every situation can be interpreted in a multitude of ways. Rejection by others may be proof of your unworthiness or of their unconsciousness. Failure to achieve a goal can be proof of your ineptitude or feedback about where you need to place your attention. Look at the evidence you've used to justify your beliefs, and develop an alternate interpretation of that evidence which empowers and motivates you. For example, my childhood feeling of inadequacy wasn't the result of being inferior, but of being scared. Now, I can forgive myself that feeling of fear and know that I'm OK.

Take a look at the negative beliefs that have held you back and your evidence for that belief. Come up with a few alternate interpretations, reframing the evidence in a useful way.

Use questions to explore your core beliefs: All limiting beliefs become evident at the moment that they become limiting. That is, when you're upset it's because reality is conflicting with one of your beliefs. So, use your upsets to find your limiting beliefs. Follow this line of inquiry:

1. *What, specifically, pushed my button, and what button did it push?*
2. *What does this button say about what I believe to be true or right?*
3. *What does that say about my core beliefs about me or the world?*
4. *What is a more empowering belief which can replace this one?*

Dealing with withdrawal symptoms: Since your upsets represent limiting core beliefs to which you are addictively tied, replacing them with empowering beliefs will bring about withdrawal symptoms. We understand that an alcoholic suffers withdrawal when not getting his fix, but we must realize that when we stop trying to resist what is, we too are no longer getting our fix. So, we suffer. To understand this experientially, try the following:

After choosing empowering beliefs about yourself from the previous exercise, say them to yourself in the form of affirmations. Then, notice the feelings and thoughts that come flooding in.

*Let's take an example. You realize from the above inquiry that when you encounter an obstacle, you become very frustrated. You further realize that this indicates that you feel that obstacles shouldn't exist. You then identify a core belief that the world is unfair. You decide to choose a more empowering belief; that obstacles appear for your benefit and that each problem is an opportunity. You now decide to affirm that, and you begin repeating the statement "My problems are opportunities." But when you say it, you feel angry, distrustful, tense, and ingenuine. These are the withdrawal symptoms. These are your mind's way of trying to keep you stuck in your old pattern. Still, you must persist until the words meet no resistance.*

Now, try it yourself. Choose your affirmations, say them, and then write down the thoughts and feelings that arise.

Make your unconscious beliefs conscious by completing the following sentence stems, writing as many endings as you can for each, allowing one minute for each stem.

One thing I believe about myself is...

One thing I believe about men is...

One thing I believe about women is...

My role in society is....

I'm capable of....

I can't....

The world is...

My friends are....

My family is....

One thing about my past that I can't shake is...

One thing I believe about my future is....

One thing I believe about the power of belief is....

## **Step Three: Identify Your Goals**

In this chapter, we explore the power of having a sense of purpose and clear goals. We also discuss the many misunderstandings that exist about goals.

Pertaining to purpose, having a clear, passionate sense of purpose prevents burnout. As long as we know why we're doing what we're doing, we have the greatest possible chance of enjoying the process and accomplishing our objectives with little fatigue or frustration.

Take a look at what you're doing right now. Ask yourself, "Why am I doing this?" Then write down your answer.

Now, let's take a look at your work. Why are you doing what you do?

How about your religious habits? Why do you pray, meditate, go to church or temple...?

In regard to your personal relationships, why are you in the relationships you're in?

Why do you attend the meetings you attend, join the groups you join, socialize with the people with whom you socialize?

What is your overriding purpose in life? Why do you feel you're here? What contribution are you meant to make?

Having explored your life purpose, how closely have you arranged your life to that purpose? To what extent are your day to day activities supporting that purpose?

What steps would you take if you were to arrange your life so it expressed more of your purpose?

Pertaining to goals, we are constantly setting goals without realizing it. Any objective you have is a goal. Even something as simple as putting on your clothes in the morning is a goal. What goals have you set and achieved today?

Then there are those goals that we fear we won't achieve, or which out of fear we never set in the first place. Here are some questions to ask yourself to bring those goals to light. What would you do if you knew you couldn't fail?

Where would you live?

With whom would you associate?

What trips would you take?

What would you give to others?

What role would you play in life?

For whom would you work?

What would you create?

What would you study?

How much time would you spend on the various activities of your life?

How fit would you be?

What would you do for recreation?

What kind of car would you drive?

How would you decorate your home?

What would your spiritual practices be?

What would be your preferred form of recreation?

How much time would you spend exercising?

Write a brief essay about your life as you want it. Write it in the present tense, as if it were happening right now, in vivid detail.

COUGAR is an acronym for the six steps of goal setting and attainment. It stands for Creativity, Organization, Unblocking, Group, Action, and Relaxation. Taking a goal you'd like to attain, let's move through each of the phases one by one.

Creativity: On the page below, use colored pencils or pens to fill the space with words and images that conjure up elements of your goal. These words and images can be anywhere on the page, not in list form.

Organizational Phase: Now, list the steps for the attainment of your goal in list or outline form.

Unblocking phase: Now look at the individual steps and see where you might encounter obstacles. Take each obstacle and list potential solutions to overcome it. If one of those steps presents its own obstacle, do the same with it. Continue until you have a strategy to overcome every obstacle to the attainment of your goal.

Group Phase: At this point, collect any ideas or solutions presented by friends and trusted advisors. It may be helpful to gather a group of friends together for a brainstorming session. To do this, present your issue to the group, ask for feedback, and accept all ideas without criticism or comment. Simply list the potential ideas presented to you. You can evaluate them for their usability later.

Action Phase: At this point, you should gather all the action steps you've identified and put them into a day planner or onto a calendar, so each of the steps has a specific time associated with it. In this way, you're more likely to accomplish your goals. Write down when you're going to do this.

Relaxation Phase: Many of our ideas present themselves when we're in repose, so it's important to take periodic breaks to recharge your battery. Make a list of those things you can do to reconnect with your sense of peace and serenity. Make sure you refer to this list and do those things regularly which feed your soul and help you relax. Trust that more is accomplished when we periodically do less.

## Step Four: Manifest Miracles

In this chapter, we begin to explore what's possible when our creativity is unleashed on a prepared mind. When our hearts are open, our minds are ready, and our intentions clear, we can manifest miracles. How do we tap into the infinite power of our minds? By following the simple, clear twelve-step protocol outlined in this chapter.

Pick a goal you'd like to manifest, and run it through the following checklist, writing any observations you make about each step.

1. *You must be in touch with your purpose. "Why" is more important than "how."*
2. *You must be in touch with your highest level of consciousness. This means being in the now.*
3. *You must operate at the level of absolute integrity. No lying, cheating, stealing, or bending of any rules.*
4. *You must be impeccable. This means doing everything as if someone were watching and evaluating your perfection.*
5. *Your goal must be worthy. Its attainment must add to the world or to your appreciation of the game.*
6. *Your goal must be congruent with your values.*
7. *You must master your mind. Doubts and despair can exist, but must be witnessed, not given a sense of reality.*
8. *You must take all necessary action. Nothing will be bestowed on those who don't do what they can.*
9. *You must be patient and relaxed. Prayer, meditation, and contemplation are necessary for quieting the mind.*
10. *You must practice seeing all manifestation as an out-picturing of thought. If you can see it, it can be real.*

*11. You must maintain an attitude of gratitude, understanding that your attainments are a gift to you.*

*12. You must do this with a spirit of fun.*

Now, see how quickly you can manifest your good!

Remember that manifestation is a game. Have fun, and enjoy it without attachment to outcomes.

More exercises:

Choose a desired outcome and affirm its existence, writing the future experience as if it were already true.

Write every negative thought or limiting belief you encounter while doing step one.

Acknowledge the resistance, and re-enter the fantasy until you're completely immersed. Write how that makes you feel.

Write a list of steps you'd have to take if you were in a race to manifest the vision.

Take those steps and don't look back

## **Step Five: Step into the world**

Having explored the tools and attitudes which empower us as individuals, it's time to consider how we relate to those around us. Generally, we divide the list of people with whom we associate into two categories; those we like and those we don't. The former list requires little attention. We know how to get along with them and feel loving and positive in their presence (until they do something to aggravate us and we put them on the other list). However, it's our charge to eliminate the duality of good and bad, like and dislike, aversion and attachment. So, we must find ways of bringing positive energy to our association with all people. Here are some exercises to help you relate more effectively with those who challenge you and to bring more love and consciousness to all your relationships:

Bring to mind someone you find challenging. What do you find most difficult about them?

How have you displayed the same qualities in yourself that you find difficult in them?

Notice what you tell yourself when you're in that person's presence. Write down what your mind plays and replays as you interact with that individual.

Write down the attributes that that individual possesses which you admire.

Notice the feelings you feel when in that person's presence. Write them down.

Imagine that that set of feelings were acceptable, and that you could witness them with love and compassion. As you watch those feelings within yourself, what happens?

Imagine that that person was placed in your presence as a gift, allowing you to become aware of areas in which you're stuck. For every upsetting feeling, there is an underlying unconscious demand. Try filling in the following blanks:

When (person) \_\_\_\_\_ does (action) \_\_\_\_\_

it violates my demand that \_\_\_\_\_

and I feel (emotion) \_\_\_\_\_.

I'm grateful to be able to feel that feeling, because as I witness it, I become free of its hold on me. I let go of that demand, and allow myself to forgive \_\_\_\_\_, and to find a loving connection to him or her.

Learn to share your truth:

When you have an issue with someone, it's best to share it in a responsible way. Try scripting your communication using language that indicates that you're taking responsibility for your own feelings, and share your intention for a positive outcome.

Learn to listen:

Our minds are filled with so many voices that it's often difficult to be a good listener. We may become distracted by thoughts of unrelated things, visual input, boredom, judgment, or any number of things. List the ways in which you allow yourself to become distracted when listening to someone.

Now, write what you're going to do when you notice yourself losing focus while listening to someone.

Here are a few more exercises to help you improve your interactions:

List three people with whom you have difficulty and write how you would experience them if you were impervious to their negativity.

Evaluate each of your relationships based upon the notion of appropriate distance. How far or near must that individual be in order for you to maintain a loving feeling for them?

List ten nice things you did for people this week.

List five times you accepted the support of others this week.

Review an uncomfortable interaction you had recently. Re-script it using witnessing and sharing.

We're going to finish off with sentence stems. For a description of this technique, see the appendix in the text of UnHypnosis. Here you're given space to write as many completions for each stem as you can in a minute.

Day 1

One thing I like about myself is-

One thing I don't like about myself is-

One of the ways I've limited my success is-

When I succeed at something I feel

When I contemplate taking a risk to accomplish something new, I feel

One thing I definitely want in my life is-

Day 2

I feel happiest when I-

One thing I'd do even if I weren't getting paid is-

Something that I'm proud of about myself is-

Lots of people say that I'm

One of the qualities of people I respect is-

One way that I lack congruence is-

Day 3

I feel most present when I-

I feel least present when I-

One thing I'd do if I knew I couldn't fail is-

One thing I believe about myself is-

One thing I believe about success is-

One thing I believe about successful people is-

Day 4

One recurrent emotion I feel is-

One feeling that gets in the way of my success is-

When people compliment me I-

When people criticize me I-

If I could change one thing about myself-

One thing I judge in others is-

Day 5

In my business life, I intend to-

In my personal life, I intend to-

In my spiritual life, I intend to-

Regarding my health, I intend to-

Regarding my finances, I intend to-

Regarding my relationships, I intend to-

Day 6

If I took complete responsibility for my feelings-

If I took complete responsibility for my success-

If I were completely reliable-

If I were completely trustworthy-

If I had control over my emotions-

Day 7

One thing about me I'm afraid to share is-

One thing I could do to be a better listener is-

I could be kinder to-

One thing that stops me from asking for help is-

The most important thing I've learned about myself is-

The first thing I'm going to do to create my life is-

Now that you've completed this workbook, watch to see how your life improves.  
Congratulations on your dedication, and best of luck on your journey.

Sincerely,  
Steve Taubman

