



NOTE: This ActivInsight worksheet is for people reading *The Myth of Stress* or for those learning ActivInsight online at [activinsight.com](http://activinsight.com). Some of the steps are counterintuitive and require guidance. Please don't try to fill out the worksheet unless you have one of these resources available.

1

Write a concise, complete sentence describing something that you experience as stressful. It's helpful to use the words "should" or "shouldn't." (Ex.: "They should listen to me.")

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2

How strongly do you feel this belief to be true?

0    1    2    3    4    5    6    7    8    9    10

3a

How do you **feel** when you believe this?  
(Circle below or add your own)

afraid abandoned angry annoyed anxious  
confused depressed desperate embarrassed  
frustrated helpless hopeless hurt impatient  
inadequate insecure invisible jealous nervous  
rejected resentful tense upset worried

3b

How do you **act** when you feel this way?  
(Circle below or add your own)

argue belittle blame bully complain cry drink  
eat escape fight find fault with give up gossip  
insult interrupt lose sleep manipulate obsess  
overwork pity myself preach pretend procrastinate  
shop shut down smoke suffer withdraw yell

Continue to Step 4...

4

Write the negation of your statement from Step 1. In most cases, you also add "In reality" at the beginning and "at this time" or "at that time" at the end.

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5

Write below all the proof you can find that supports the negation being true in reality at this time (or in the past). Don't rush. Be thorough, using an additional sheet of paper if necessary.

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Read what you found out loud to yourself. Can you come up with any more proof? Do you see the negation as true in reality?

6a

How do you **feel** when you see the truth of the negation? (Circle below or add your own)

- calm clear compassionate connected curious
- enlightened enthusiastic excited free grateful
- honest humble intimate light loving optimistic
- peaceful playful relaxed relieved serene
- supportive tolerant truthful understanding

6b

What **actions** might come from this? (Circle below or add your own)

- accept apologize approach be honest breathe
- clarify communicate contribute delegate exercise
- explore focus follow through forgive give thanks
- listen make amends network open up participate
- prioritize reach out share speak up support

7

Read your original statement again. How strongly do you feel this belief to be true now?

0    1    2    3    4    5    6    7    8    9    10