Active Insight™

*Stress doesn't come from what's happening in your life. It comes from **your thoughts about** what's happening in your life. Consequently, the opposite of stress isn't relaxation — it's **insight**, a clear shift in how you think.*

This worksheet guides you step-by-step to test a stressful belief and see it more clearly. That shift — not willpower or positive thinking — is what creates real change.

1 Write one sentence describing something that feels stressful. Use "should" or "shouldn't" so you're identifying a belief, not just a situation. (Ex. "They should listen to me.")

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2 How strongly does this belief feel 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 blame bully complain cry
drink eat escape fight find fault
with give up gossip insult interrupt
manipulate obsess overwork pity myself
preach procrastinate shop shut down
suffer withdraw yell

Pause to notice how your actions (Step 3b) come directly from your feelings (Step 3a), and your feelings come from what you're thinking (Step 1). The stronger a thought feels true (Step 2), the stronger the emotions and behaviors that follow. We're not going to try to change any of this directly. Instead, we're going to examine the underlying belief behind it.

Continue to Step 4....

4 Write the **negation** of your topic from Step 1. In most cases, you add "In reality" at the beginning, flip the main verb from positive to negative or vice versa, and add "at this time" at the end. (Ex: "**In reality**, they **should not** listen to me **at this time**.")

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5 Now imagine that time has paused and you're viewing the situation from high above. Look for evidence that makes the negation true **in reality**. You're not condoning anything — you're simply trying to see the causes as accurately as possible. List only what you can verify — not guesses or judgments. What factors or conditions are making the negation true?

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Do you see the negation as true in reality? If not, take a little more time. This is hard — you're asking your mind to challenge its own belief system — but the more deeply you do this, the bigger the insight and change. Breathe, reread what you wrote, and take it in.

6a How do you **feel** when you recognize the negation is true in reality? (Circle or add your own)

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

6b What **actions** might follow from this clearer state? (Circle or add your own)

accept apologize approach breathe
clarify communicate exercise explore
focus follow through forgive listen
make amends 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

Congratulations on completing your Active Insight® worksheet. Review it later to take action and lead change. *©Resilience Academy All rights reserved. resilienceacademy.com*

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