

HABITUAL SELF-SCHEMA WORKSHEET

for the week prior to beginning 3-S	From <input style="width: 80px;" type="text"/> to <input style="width: 80px;" type="text"/>
<i>In the spaces below, list the primary qualities/characteristics of your "Habitual Self-Schema" -- i.e., when you reflect on the past week, how would you describe the kind of person you were while traveling whatever path (or "super-highway") you were typically on during the week (This worksheet is for your personal use. Use non-judgmental, but honest, self-reflection.)</i>	
1. <input style="width: 100%;" type="text"/>	2. <input style="width: 100%;" type="text"/>
3. <input style="width: 100%;" type="text"/>	4. <input style="width: 100%;" type="text"/>
5. <input style="width: 100%;" type="text"/>	6. <input style="width: 100%;" type="text"/>
7. <input style="width: 100%;" type="text"/>	8. <input style="width: 100%;" type="text"/>
9. <input style="width: 100%;" type="text"/>	10. <input style="width: 100%;" type="text"/>
<i>Reflect on the habitual self-schema, described above, and identify at least one associated ...</i>	
Daydream (theme of mind wandering)	<input style="width: 100%;" type="text"/>
Thought (script/internal dialogue)	<input style="width: 100%;" type="text"/>
Feeling (emotional reaction)	<input style="width: 100%;" type="text"/>
Behavior (action sequence)	<input style="width: 100%;" type="text"/>
Click on the appropriate box to the right if this habitual self-schema caused, or had the potential to cause, any suffering or harm	Potential for suffering or harm <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px;">To yourself <input type="checkbox"/></div> <div style="border: 1px solid black; padding: 2px;">To others <input type="checkbox"/></div> </div>
Rate (from 0-100%) the extent to which you were able to experience and express your Spiritual nature while this habitual self-schema was active last week	Extent Spiritual nature was simultaneously <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px;">experienced <input style="width: 40px;" type="text" value="0%"/> <input style="width: 20px;" type="button" value="v"/></div> <div style="border: 1px solid black; padding: 2px;">expressed <input style="width: 40px;" type="text" value="0%"/> <input style="width: 20px;" type="button" value="v"/></div> </div>
<input type="button" value="clear entries"/>	