

OM Reflection Worksheet

1. This is what "V" did to me (#2 from the Iceberg Worksheet):

2. Based on "V's" actions, "V" must think I'm:

3. Based on "V's" actions, I think that "V" is:

4. Write your responses to the above statements expressed as statements about yourself, remembering that "Everyone reflects something back to us that we think or feel about ourselves." I am:

5. This is supporting me in my purpose of ___ getting out of or ___ staying in the MATRIX.

6. These beliefs are not true because:

7. I now choose to believe (make it an expanded belief):
