

**OM Reflection Worksheet**

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

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

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

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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:

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

6. These beliefs are not true because:

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

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