

The WORK TURNAROUND EXERCISE

Fill in the following, using people and/or situations from your own life. Find the turnarounds for each statement. This is a practice exercise to get some ease with the structure of the turnarounds. Be playful and patient as you get used to how to turn the thought around. With some practice, it becomes easier to find the turnarounds when you are doing your Work. When doing the Work – it is important to find at least 3 genuine examples for each turnaround – how this TA could be true. It is also important to first do the 4 questions, and then find each turnaround and the associated examples. This work is for your own clarity, not to convince anyone.

Example:

Tom does not include me.

To the opposite: *Tom does include me*

To the other: I don't include Tom

To the self: I don't include myself

1) _____ does not respect me.

- **To the opposite:** _____
- **To other:** _____
- **To the self:** _____

2) I want _____ to listen to me.

- **To the opposite:** _____
- **To the other :** _____
- **To the self:** _____

3) _____ should not shout at me.

- **To the opposite:** _____
- **To the other :** _____
- **To the self:** _____

4) I need _____ (my child, parent, spouse....) to be kind to me

- **To the opposite:** _____
- **To the other:** _____
- **To the self:** _____

5) _____ is (angry, mean, harsh, pushy...)

- **To the opposite:** _____

(sometimes there are two ways to turn to opposite here) ie "mean" TA to "not mean" and also TA to "kind".)

- **To the other:** _____
(there may or may not be a way to ta to the other)

- **To the self:** _____

Turnaround to "my thinking"

Sometimes if you are doing the Work on your body, an object (ie money) or a group of people (ie. doctors, police, men/women...) there can be an additional turnaround to "my thinking". It is not always applicable, but can sometimes bring an interesting insight or perspective.

ie. My body is sick TA to "My thinking about my body is sick." or

"Police are violent" TA to "my thinking about police is violent."

6) My body is _____

- **To the opposite** _____

- _____

(possible additional opposite)

- **To my thinking** _____

7) _____
(try your own belief here)

- **To the opposite:** _____

- **To the other:** _____

- **To the self:** _____