

KNOT Therapy FRONT BURNER WORKSHEET #2 *(Use on Day 1 only)*

Now that I'm actually...

Step 1) *Restate your Back Burner idea or desire as a completed project or goal:*

Step 2) *What I don't like about this new reality and what concerns me now is...*

- ▷ 1 _____
- ▷ 2 _____
- ▷ 3 _____
- ▷ 4 _____
- ▷ 5 _____
- ▷ 6 _____
- ▷ 7 _____
- ▷ 8 _____
- ▷ 9 _____
- ▷ 10 _____
- ▷ 11 _____
- ▷ 12 _____
- ▷ 13 _____
- ▷ 14 _____
- ▷ 15 _____

Step 3) *Does your answer involve another person's thoughts, behavior, or actions toward you?*

If so, color in the triangle on that line and preface with this phrase:

► *I'd rather avoid the feeling of...*

Step 4) *Read aloud from the top of this side of the worksheet to a listener.*

Step 5) *Listener: "Thanks for sharing" Reader: "Thanks for listening."*

Step 6) *Say a prayer for these KNOTs to be unraveled.*

Step 7) *Save this sheet for the future advanced work in Phase II – Character Mining.*