**Session 2 “Cultivating Compassion” Pre-Workshop Worksheet**

**Faulty Assumptions:**

**Choose all items that resonate with you right now.**

**Please complete this worksheet and have it available during Session 2 “Cultivating Compassion”**

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| **Faulty Assumptions About My Job** | **Faulty Assumptions About My Health** | **Faulty Assumptions About My Family & Relationships** |
| \_\_\_\_Most of my problems in life stem directly from my demanding job.  | \_\_\_\_I feel good, so my health must be okay.  | \_\_\_\_My family understands that the reason I work so hard is because of them. Everything I do is for them. |
| \_\_\_\_The only way I can meet the demands of my job is to work longer and harder. |  \_\_\_\_I’m still young, so I can get away with doing things that are bad for my health.  | \_\_\_\_It’s okay with my family when I come home from work exhausted and disengaged. They appreciate all that I do for them at work. |
| \_\_\_\_I’ll lose my job if I don’t keep my cell phone on and constantly check my emails at home.  | \_\_\_\_I have no time or energy to exercise. | \_\_\_\_We simply couldn’t survive on any less money. |
| \_\_\_\_If I get the promotion and salary increase, I’ll be happier and feel better about myself.  |  \_\_\_\_Taking care of myself is a luxury I can’t afford right now.  | \_\_\_\_I’m thankful that I don’t have the responsibility of a family or a serious relationship. This gives me a competitive advantage, allowing me to achieve my goals and reach happiness a lot quicker, because I can devote everything to being the best at work. |
|  | \_\_\_\_I devote what little time and energy I have to the areas of my life that matter most my family and my job. |  |