



MODULE TWO: THE SAYS WHO? METHOD™ WORKSHEET

The Says Who? Method™ & Relationships

Directions: Using the chart below, apply The Says Who? Method™ to transform a negative or fear-based thought in the area of your relationships.

*Please use the space below to identify the negative or fear-based thought you will be transforming.

1. SAYS WHO?

By asking yourself “**Says Who?**” – you are confronting and challenging a negative or fear based thought to find out what it’s doing in your mind.

By answering, “**I am saying this thought**”, you now assume responsibility for your thought, and can begin the process of questioning and examining it more closely to find out what purpose it’s serving for your well being.

2. HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?

By asking yourself, “**Have I heard someone say this thought before?**” – you’re finding out if this is your original thought, or if it came into your mind because you heard someone else – such as a parent, relative, teacher, spouse, boss, or anyone other than yourself-say this to you before.

By identifying the originator of the thought, you are able to know if it isn’t your original thought, and does not belong to you as your own.

3. DO I LIKE THIS THOUGHT?

By asking yourself “**Do I like this thought?**” – you’re finding out if this thought is desirable or appealing to you. If not, why are you thinking it?



4. DOES THIS THOUGHT MAKE ME FEEL BETTER?

By asking yourself “*Does this thought make me feel better?*” - you’re finding out if this thought builds you up or tears you down; improves how you feel or makes you feel worse.

If it doesn’t make you feel better about yourself or enhances your self-esteem in any way, why are you thinking it?

5. DOES THIS THOUGHT WORK FOR ME?

By asking yourself “*Does this thought work for me?*” - you’re finding out if this thought is useful or productive for you, and if it supports your desires or goals.

If not, why are you thinking it?

6. AM I IN CONTROL OF THIS THOUGHT?

By asking yourself “*Am I in control of this thought?*” -you’re finding out if this thought has any kind of hold or power over you, or whether you are in control of it.

If not, why would you think a thought that has the power to have control over you?

7. DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?

By asking yourself “*Do I want to keep this thought or let it go?*” - you’re finding out if you want to hold on to a thought that serves no useful purpose for your well-being.

If not, are you willing to let it go?



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STUDY GUIDE

1. How has your negative or fear-based thought sabotaged you in the area of your relationships?

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2. Reflect below on any insight(s) you may have realized upon identifying the origin of your negative or fear-based thought that has prevented, harmed or blocked you in the area of relationships?

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3. Now that you have identified the origin of your thought and how it has affected your relationships, it is time to transform it. How can you reframe that thought in a positive, constructive way to serve your well-being in the area of your relationships?

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