

THE INSTITUTE FOR
TRANSFORMATIONAL THINKING



THE SAYS WHO METHOD™
WORKBOOK
by ORA NADRICH

www.theIFTT.org



THE SAYS WHO METHOD™

To begin the **Says Who? Method™**, it's important to remember these three things when you have a thought you want to work on:

1. Acknowledge it
2. Observe it
3. Do not react to it

Your thoughts will be broken down into these categories:

1. Negative
2. Fear-based
3. Judgmental
4. Worried

You will write them in a “Thought Chart” which is divided into three segments:

1. **Question** - where you will inquire about your thoughts;
2. **Examination** - where you will investigate your thoughts;
3. **Realization** - where you will discover the origin and purpose of your thoughts.

Below, make a list of your negative, fear-based, judgmental or worried thoughts, which occur most frequently:



THE SAYS WHO METHOD™

NEGATIVE THOUGHTS

Example: “I feel like a failure.”

1.
2.
3.
4.
5.

Now, incorporate any one of them into the following chart to help you work **The Says Who? Method**. For instance, say that one of the negative thoughts you wrote down is, “I feel like a failure”

Thought Chart: “I feel like a failure.”

Question	Examination	Realization
1. SAYS WHO?	Who says I'm a failure?	
2. HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?	Is that my own thought or did I hear someone tell me I'm a failure before?	
3. DO I LIKE THIS THOUGHT?	Do I like thinking that I'm a failure?	
4. DOES THIS THOUGHT MAKE ME FEEL BETTER?	Does thinking I'm a failure make me feel better about myself?	
5. DOES THIS THOUGHT WORK FOR ME?	Does thinking I'm a failure work for me in a positive or productive way, or add anything to my life?	
6. AM I IN CONTROL OF THIS THOUGHT?	Do I feel like I can control or manage this thought when it comes up for me?	
7. DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?	Do I want to hold onto the thought that I'm a failure or do I want to get rid of it by letting it go!	



 THE SAYS WHO METHOD™
NEGATIVE THOUGHTS

Your Thought:

Question	Examination	Realization
1. SAYS WHO?		
2. HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?		
3. DO I LIKE THIS THOUGHT?		
4. DOES THIS THOUGHT MAKE ME FEEL BETTER?		
5. DOES THIS THOUGHT WORK FOR ME?		
6. AM I IN CONTROL OF THIS THOUGHT?		
7. DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?		



THE SAYS WHO METHOD™

FEAR-BASED THOUGHTS

Repeat this by writing down your Fear-Based thought, then answering the Says Who? questions in the Thought Chart:

Example: *“I’m afraid I’m going to end up alone.”*

1.
2.
3.
4.
5.

Thought Chart: *“I’m afraid I’m going to end up alone.”*

Question	Examination	Realization
1. SAYS WHO?		
2. HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?		
3. DO I LIKE THIS THOUGHT?		
4. DOES THIS THOUGHT MAKE ME FEEL BETTER?		
5. DOES THIS THOUGHT WORK FOR ME?		
6. AM I IN CONTROL OF THIS THOUGHT?		
7. DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?		



 THE SAYS WHO METHOD™
JUDGMENTAL THOUGHTS

Example: “People who are well educated are smarter than me.”

1.
2.
3.
4.
5.

Thought Chart:

Question	Examination	Realization
1. SAYS WHO?		
2. HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?		
3. DO I LIKE THIS THOUGHT?		
4. DOES THIS THOUGHT MAKE ME FEEL BETTER?		
5. DOES THIS THOUGHT WORK FOR ME?		
6. AM I IN CONTROL OF THIS THOUGHT?		
7. DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?		





THE SAYS WHO METHOD™
WORRIED THOUGHTS

Example: *“I’m not going to pass the bar exam.”*

1.
2.
3.
4.
5.

Thought Chart:

Question	Examination	Realization
1. SAYS WHO?		
2. HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?		
3. DO I LIKE THIS THOUGHT?		
4. DOES THIS THOUGHT MAKE ME FEEL BETTER?		
5. DOES THIS THOUGHT WORK FOR ME?		
6. AM I IN CONTROL OF THIS THOUGHT?		
7. DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?		





THE SAYS WHO METHOD™

DESIRES AND GOALS

Just as it's important to identify your negative, fear-based, judgmental, and worried thoughts, it's equally essential to declare your desires and goals. By writing them down, you can see the distinct difference between them -- your negative type thoughts being "unproductive," and your desires and goals being "productive." When a negative thought is coupled with a positive desire or goal, it will cancel it out because it cannot support what is trying to be attained or achieved. Only positive thoughts can carry a desire or goal into action.

Make a list of your Desires & Goals

DESIRES

Example: "I want a better job."

- 1.
- 2.
- 3.
- 4.
- 5.

GOALS

Example: "I'm going to get the job I want by six months."

- 1.
- 2.
- 3.
- 4.
- 5.





EXERCISE

CONFLICTING SENTENCES

Now, take the thoughts you wrote down in any of the categories – Negative, Fearful, Judgmental, Worried – and combine them with any of your Desires or Goals. This creates a **Conflicting Sentence**, which is a thought that does not match or support your desire or goal.

FEARFUL THOUGHTS

Example: “*I want a better job.*”

GOALS

Example: “*I would love to get a job as an editor of a trendy magazine.*”

Example of a Conflicting Sentence: “*I would love to get a job as an editor of a trendy magazine, but I’m unqualified to get a job like that.*”

CONFLICTING SENTENCES:

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....





EXERCISE

NON-CONFLICTING SENTENCES

Change a Conflicting Sentence to a Non-Conflicting Sentence

Now, take your Negative, Fearful, Judgmental, or Worried thoughts, and change them to match and support your Goal/Desire.

Example: “I would love to get a job as an editor of a trendy magazine, and feel like I could bring a lot to it.”

Now, continue changing your Negative, Fearful, Judgmental, or Worried thoughts to positive ones, and combine them with your Goals/Desires.

NON-CONFLICTING SENTENCES:

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....

