



Inner Obstacles Worksheet

Thank you for sharing the [iNLP Center](#) message and taking your consciousness to the next level by using this tool. This worksheet supports the article: [The One Gigantic Happiness Realization and a 5-Step Process to Apply It](#)

Use this worksheet for one specific outside annoyance (jerky boss, demanding lover, controlling parents, difficult children, lack of money, time or other resources, etc...)

Name the Specific Annoyance: _____
(Example: My Jerk Boss)

Rate how stressful this is to you, as you think about it right now, on a scale of 1-10.

1-10 Rating _____

Next, write down detailed answers to the following 5 questions:

1. When I think of this specific annoyance, I **see** the following in my mind's eye:
(Ex: Image of my boss's face, up close and ugly).

2. When I think of this specific annoyance, I hear the following in my mind:
(Ex: Hear his voice, yelling. Hear my own voice, complaining, etc...)

3. What's the most stressful aspect of your inner experience? (What you see or hear?)



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4. Shift the most stressful element.

(Ex: Mentally push the image into the distance. Turn down the volume on the sounds. Do something different...!)

What I did:

5. Rate how stressful this is to you now.

1-1- Rating _____

Recycle through the steps. Now, you can rinse and repeat, work on the other elements of your inner experience, etc...if you want to lower the stress further.