



## CHAPTER 1 WORKSHEET: BAGGAGE

Hurt Hunting has many faces: reading emails, journals, old love letters, searching pockets for “proof.” Proof of what? That ‘it’, whatever it may be, is happening again. The greatest relationship on earth is doomed, nothing can possibly survive this type of thinking.

What kind of hurt hunting have you done in the past? How did you feel afterwards? Why would you want to continue to sabotage yourself and your relationships? How can you stop yourself from doing that again?

To quote Shawn, when do you want to say, “I done with searching for this caustic evidence and I’m done with feeling this way.”

When you feel the urge to go on a hurt hunt, searching for negative evidence, you are experiencing fear based on past experiences. FEAR is just false evidence appearing real. I can choose to change my mind about the past and let it go, it’s over.

It’s time to purge those old tapes and baggage, to exchange the self sabotage for new, supportive habits. List your worst hurt hunting in the left column below. Then move to the right, and choose a new behaviour that you will do the next time the urge for that hurt hunt comes up.

Hurt Hunting I’ve done. *(to be replaced by)* My new, trust based supportive habit.

-----	-----
-----	-----
-----	-----
-----	-----
-----	-----