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# THE SEPIA PROCESS WORKSHEET

STOP SURVIVING AND START LIVING IN NINE SIMPLE STEPS

To begin the SEPIA process, select an issue in your life that you would like to change. Write out all of your thoughts on this issue, using short, direct sentences. Try to write at least three per principle.

**Step One: TRUTH** - The principle of **Truth** allows you to identify the issues in your life. To begin, write out your problem:

Example: *I hate the way my partner doesn't listen to me.*  
*I hate that he ignores my needs and places his first.*  
*I wish he would treat me better.*

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The first thing that usually comes up when you write it down isn't the truth, but your feelings. After you have written the first thoughts that came into your mind about the subject, take it one step further and write down your part:

Example: *I want to be heard when I want to be heard.*  
*I have a tendency to whine and complain.*  
*I usually stay stuck in a problem and don't look for solutions.*

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**Step Two: ACCEPTANCE** - The principle of **Acceptance** allows you to acknowledge your reality as it is. In this step you will write out your acceptance of the situation:

Example: *I accept that my partner doesn't always listen to me.*  
*I accept that he sometimes ignores my needs.*  
*I accept that I sometimes whine and complain.*

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**Step Three: ACTION** - The principle of **Action** will lead you out of a victim mindset and into a solution oriented one. In this step you will ask yourself the question: *What is it that I can do to support what I have just accepted?* and then write down what comes to you:

Example: *I will stop expecting my partner to fix my problems.*  
*I will stop thinking that there is something wrong with my partner when the problem is within me.*  
*I will stop complaining and start looking for creative ways to solve my issues.*

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**Step Four: COMMITMENT** - The principle of **Commitment** will enable you to support the solution that you have chosen in the third step of Action. In this step, ask yourself the question: *What can I do commit to this course of action?* and then write it down:

Example: *I commit to releasing my partner from the expectation that he can conform to my standard of behavior.  
I commit to no longer whining or complaining when discussing my problems.  
I commit to use my words to clearly convey my needs.*

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### **Step Five: FOCUS**

The principle of Focus enables you to keep your attention on the solution. In this step you will write down a few of the ways that you can keep yourself focused on your solution:

Example: *When I start focusing on what my partner isn't doing, I will choose to focus on what I can do instead.  
When I begin to think that my partner is responsible for my feelings of dissatisfaction, I will focus my energy on creating a solution to my problems.*

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***The last four SEPIA Principles can be utilized as either actions, affirmations or both.***

**Step Six: FAITH** - The principle of Faith will carry you through moments of doubt. A very simple way you can use this principle is by saying an affirmation or mantra. It doesn't matter how long or short the length, or whether or not you are an Atheist or a believer. The purpose of this principle is to assist you in developing the habit of projecting positive thoughts, for we attract to us what we put out in the world.

**Step Seven: LOVE** - The principle of Love is used to generate emotional and spiritual growth within yourself and others. This principle can be used by actively extending yourself spiritually and emotionally to another person or by changing the way you think about yourself or others. For the example given in this outline, you can meditate on having anything which limits your ability to love and accept others *for exactly who and what they are in this moment* to be removed.

**Step Eight: HUMILITY** - The principle of Humility helps us remain teachable and to keep our egos right sized. This principle can be used actively by manifesting humble behaviors such as reflecting on the specific character defects that you discovered in the principle of Truth, and envisioning them being removed and/or by actively searching for the spiritual lesson in the issue you are dealing with. In this particular example, you can focus your attention on trying to understand the higher purpose of the disagreement with your partner and/or you can envision your character defects being removed.

**Step Nine: CHARITY** - The principle of Charity eliminates our tendency to think in terms of scarcity by showing love to others through selfless acts of giving. This principle can be actively manifested by giving of your time, resources or money to those who need it or by giving to others what they emotionally need *despite how you may be feeling in the moment*. In this particular example you can envision that your emotional discomfort is removed so that you may be of service to your partner. If after reflecting you are still feeling resentful, write down a gratitude list, which is a line by line account of all the things for which you are grateful for ie.:

*I am grateful for:* The air that I breathe  
The lesson of acceptance with my partner, etc.

Keep writing until you have a list of at least ten things down, and then review. Do you see how fortunate you are?

**CONGRATULATIONS!**

You have just worked through the SEPIA process. Stay in the process and watch how your life changes!