

The Three Legs of Trust

Worksheet #1

The three key aspects of trust are having integrity, getting the job done, and having other people's best interests in mind. A person cannot have a high amount of trust without possessing all three. Rate yourself on a scale of 1 to 10 on each, then add up the total and divide by three to find your overall level of trust. This is a good starting point to figuring out where you stand. A more detailed explanation of each of these aspects is in the end of Book 1 of Scott's Story, as well as worksheets to help you increase each of these. Feel free to make copies and use this as much as you want.

Integrity

1 2 3 4 5 6 7 8 9 10

Getting the Job Done

1 2 3 4 5 6 7 8 9 10

Having Others' Best Interests In Mind

1 2 3 4 5 6 7 8 9 10

Total = /30

Average (total/3) =

If you have questions or want to email a story about your experience using this worksheet, send an email to "scottthebook@gmail.com"

Who are Your Three, Twelve, and Seventy? Worksheet #2

Your three, twelve and seventy are those you know around you. Your three are your closest friends, your twelve are your other friends, and the seventy in your life are your acquaintances. In Book 2 of Scott's story, you'll find more on how to use this tool.

People usually start in your seventy and then move into your three or twelve as you get to know them better. The exceptions, who end up in your three before being in your twelve or seventy, are people you should watch closely, especially when it comes to trust.

How did you score on the three legs of trust? Now it's time to assess your friends. Maybe you noticed that there were some similarities in your score and in theirs. Usually, we don't pick friends who score higher than we do; we're often equal with our peers.

When you work on changing your ability to be trusted, you'll find friends who match you—the more trust there is, the more meaningful the relationship will be.

In private, write the first name of each person in your three and twelve, and write down their level of integrity, having others' best interests in mind, and getting the job done. Remember, this is only based upon your experience as you have seen them deal with you and others around them. From there, you can choose to place higher trust people closer to you.

Your Three

1. _____ 2. _____ 3. _____

Your Twelve

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

7. _____ 8. _____ 9. _____

10. _____ 11. _____ 12. _____

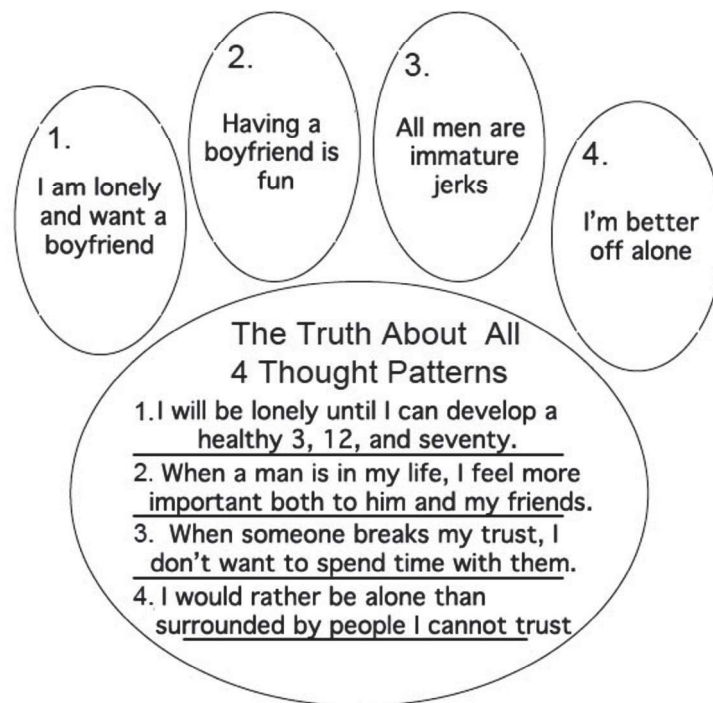
Your Seventy = Everybody Else

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Understanding Thought Patterns Worksheet #3 (page 1)

Thought patterns are repeated mental experiences. They determine which actions we take in any situation, and changing them will change our actions. Remember, our current thought patterns do not make us bad people, they are only made up of obsolete paradigms that we will replace with truthful ones. This can be done by yourself or with a coach.

Example: A young single woman is looking for Mr. Right, and things aren't going as smoothly as she would like. She needs to identify her thought pattern and the truth behind each paradigm to write a new truth-aligned thought pattern.



The goal with changing thought patterns is to break out of a cycle that isn't getting you where you need to be. The first example can be repeated for a lifetime, with the poor young woman not getting anywhere in her quest for a relationship. The truth-aligned pattern, however, will cause her mind to find the right solutions without wasting time in unsuccessful paradigms.

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Understanding Thought Patterns Worksheet #3 (page 2)

Write out each thought pattern, then directly beneath, write out the truth behind each of them. If you have a hard time knowing which thought patterns to write, you can use negative comments you say about yourself as thought patterns in the exercise. These truths will help you develop a better pattern for your mind to follow.

1. _____

2. _____

3. _____

4. _____

**The Truth About All
4 Thought Patterns**

1. _____

2. _____

3. _____

4. _____


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Isolating Paradigms Worksheet #4 (page 1)

When scientists in a lab are trying to make a discovery, they isolate what they are trying to measure so that they only see the things that matter in their experiment. Now, we are going to do that with your paradigms. If you had trouble with the last sheet and didn't fill it all out yet, don't worry. Fill out as much as you can, then come here to isolate those few paradigms. This sheet will help you ask yourself the important questions about your current paradigms and help you find a more truthful alternative. I have provided an example for you from Chapter 13, with a thought pattern Stephanie was struggling with.

1. Establish the thought pattern.
2. Identify the situation that created it.
3. List the triggers that cause you to return to this paradigm (from the previous one in your thought pattern)
4. What feelings do you have when you are in this paradigm?
5. Sort out the truth and lies about this paradigm. If you stayed with this paradigm for five years, where would you be? What about the new paradigm you're considering replacing it with? Would your life improve if you adopted that one?

Thought Pattern

- 
1. People who buy me gifts just want to use me
 2. My mom would buy me things as a child then use them as leverage to make me do unpleasant things
 3. Whenever someone who loves me buys me a gift, I return to this thought pattern
 4. When in this paradigm, I feel like the gift giver is holding their love for me on a string over my head, forcing me to jump
 5. If I do not change this paradigm, I'll either continue to date people who use me, or I'll never be able to receive gifts thankfully.

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Isolating Thought Patterns Worksheet #4 (page 2)

Now it's your turn. Fill out the answers to the five questions below and write them in the circle provided.

1. Establish the thought pattern.
2. Identify the situation that created it.
3. List the triggers that cause you to return to this paradigm (from the previous one in your thought pattern).
4. What feelings do you have when you are in this paradigm?
5. Sort out the truth and lies about this paradigm. If you stayed with this paradigm for five years, where would you be? What about the new paradigm you're considering replacing it with? Would your life improve if you adopted that one?

Thought Pattern

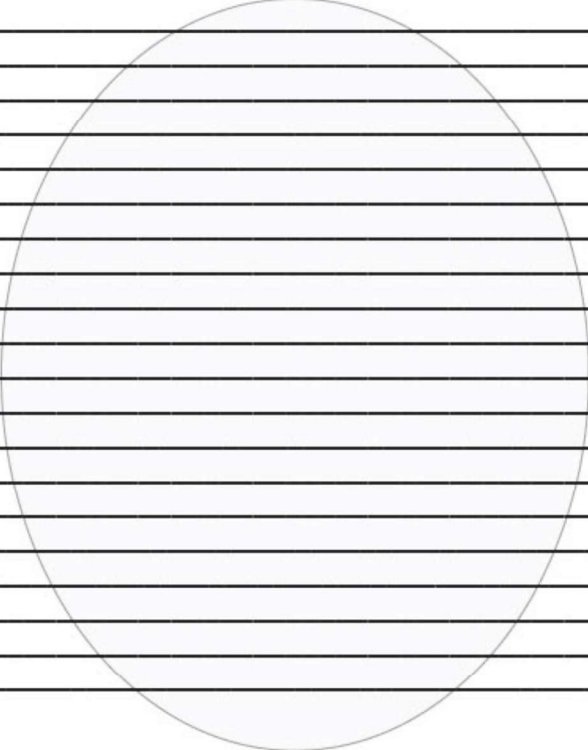
1. _____

2. _____

3. _____

4. _____

5. _____

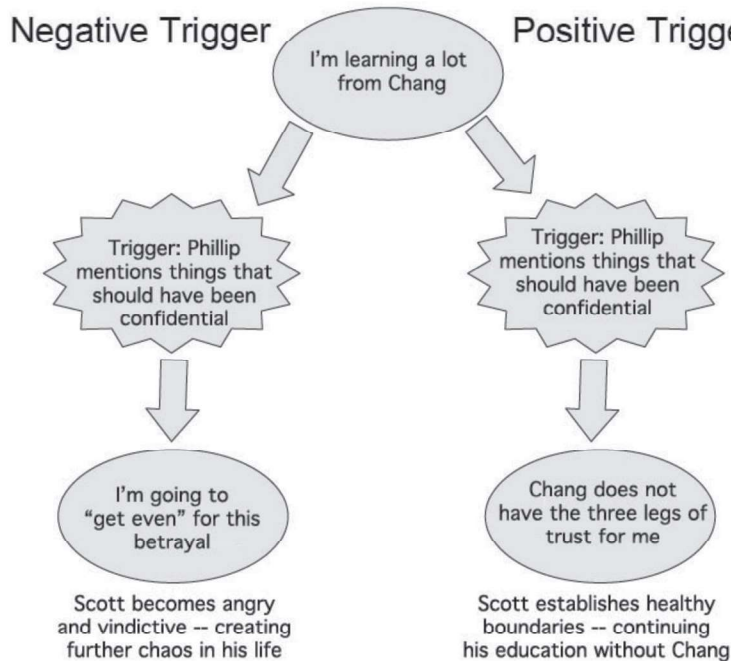


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Understanding Triggers Worksheet #5 (page 1)

Triggers are the life experiences that cause you to move from one paradigm to the next. Most of these are automatic because we've been through the same patterns so many times. The moment they stop being automatic is when you look at them and change them. Once they are changed, they can become automatic again, and you can focus on other things while your mind automatically makes the better choice.

In this example, Scott is deciding whether or not to support his dad in his campaign to be mayor of the town. Notice how by choosing to think different thoughts, Scott is able to act more intelligently in how he interacts with his father and others around him.



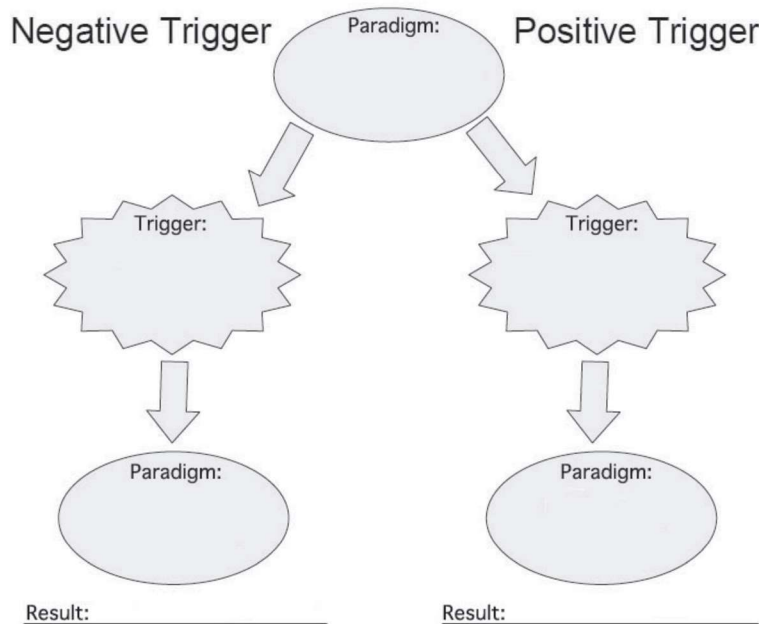
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Understanding Triggers Worksheet #5 (page 2)

Now it's your turn to think about a time in your life where deciding upon a different trigger will cause different results. You can think about a current situation, a past experience, or imagine some event in the future.

Choose a trigger that will move you towards a paradigm aligned with truth. If you are working on the thought patterns of other people, you can choose the trigger for them through actions as well as thoughts. Fill out the sheet and write at the bottom how you feel the positive trigger will yield better results than the negative trigger.



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Ability to be Trusted in Different Thought Patterns Worksheet #6

In order to see whether or not you can be trusted, you need to see the truth about your thought patterns. Once you understand and know yourself, you can become so much more. Take a look back on Worksheet 3 or 5, and pick two of your opposing thought patterns. Write them down here, along with your trust score for each one. Then reinforce the truth about both of your thought patterns. Since you're writing down the truth about each thought pattern, your score should be about 95% for each leg of trust.

Getting the Job Done ___%

1. _____

Getting the Job Done ___%

2. _____

Integrity ___%

Others' Best Interest in Mind ___%

Others' Best Interest in Mind ___%

Integrity ___%

Getting the Job Done ___%

The Truth About Both Thought Patterns

1. _____

2. _____

3. _____

4. _____

Others' Best Interest in Mind ___%

Integrity ___%

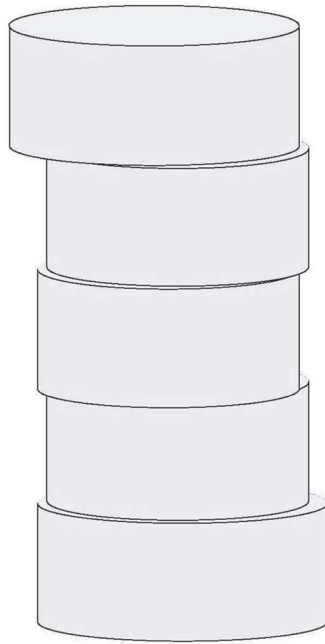
Getting the Job Done ___%

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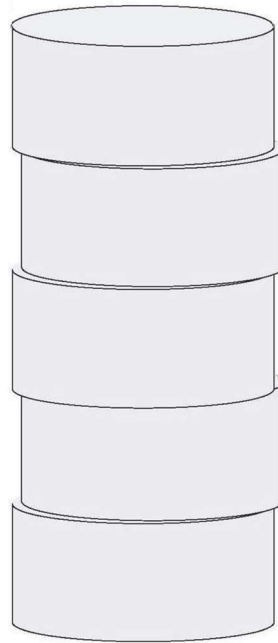
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Changing Thought Patterns Worksheet #7

Changing thought patterns can be an easy process or it can be hard. It all depends on you. Are you willing to change some of your thought patterns? First, take two opposing thought patterns. Write them down in this worksheet, along with thoughts that support each thought pattern. Then choose more positive ones. You will find this takes time. Thought patterns don't change in an instant. It's a matter of building them up and tearing them down. This worksheet and the next are designed to help you through this process.



Thought Pattern 1



Thought Pattern 2

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Changing Thought Patterns Worksheet #8

1. Foundation for this thought pattern:
OR - The first thing you remember that reinforced this thought pattern:
2. More positive reinforcement:
3. More positive reinforcement:
4. More positive reinforcement

5. _____

4. _____

3. _____

2. _____

1. _____

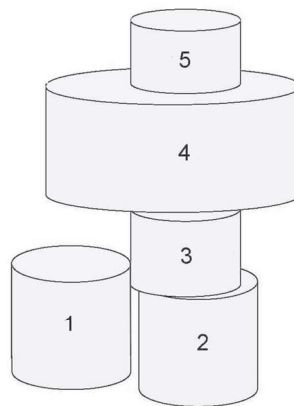
1. Foundation for this thought Pattern:

2. I can discredit the thought pattern of:

3. I can discredit the thought pattern of:

4. I can discredit the thought pattern of:

5. I can discredit the thought pattern of:

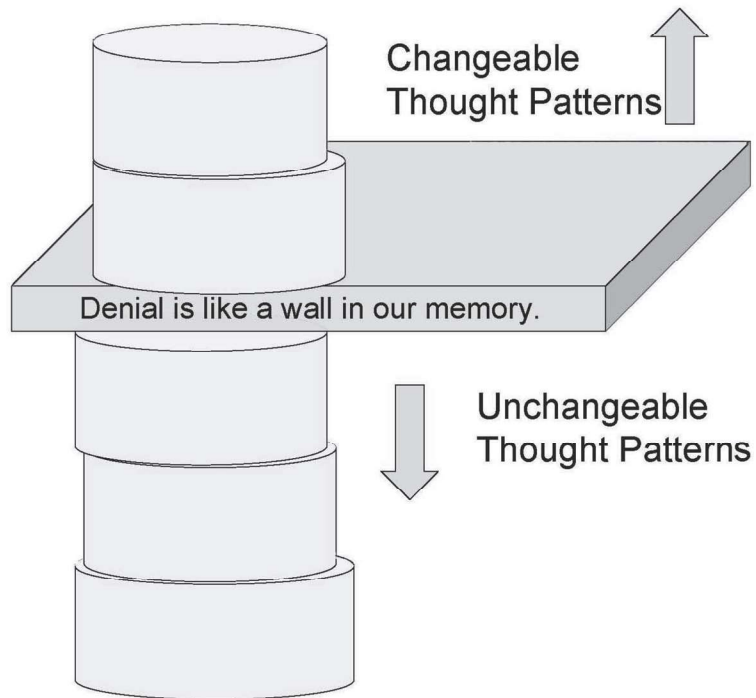


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The Truth About Denial Worksheet #9

Denial is a defense mechanism the brain uses to protect itself from trauma that it may not be able to deal with at that moment in time. Instead of acknowledging the truth, you might consciously or unconsciously store the information in the back of your mind, so as to forget about the trauma because of how your brain handles it. Why, then, bring up such terrible things to memory? So the problem can be dealt with and you can become a healthier person.

It's not always the big things that cause you to go into denial. Often, small things are shoved into denial as well. You'll need a friend for this one, unless you have just come out of denial for something and are now ready to process through that. Most likely, though, a friend will be necessary because you can't tell yourself what you're in denial of! Write on this worksheet what you can remember about something in the top two tuna cans, then have your friend help you with what you're in denial about. You'll see that this may not be a fun process right now, but surely you'll see the benefits in time.



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