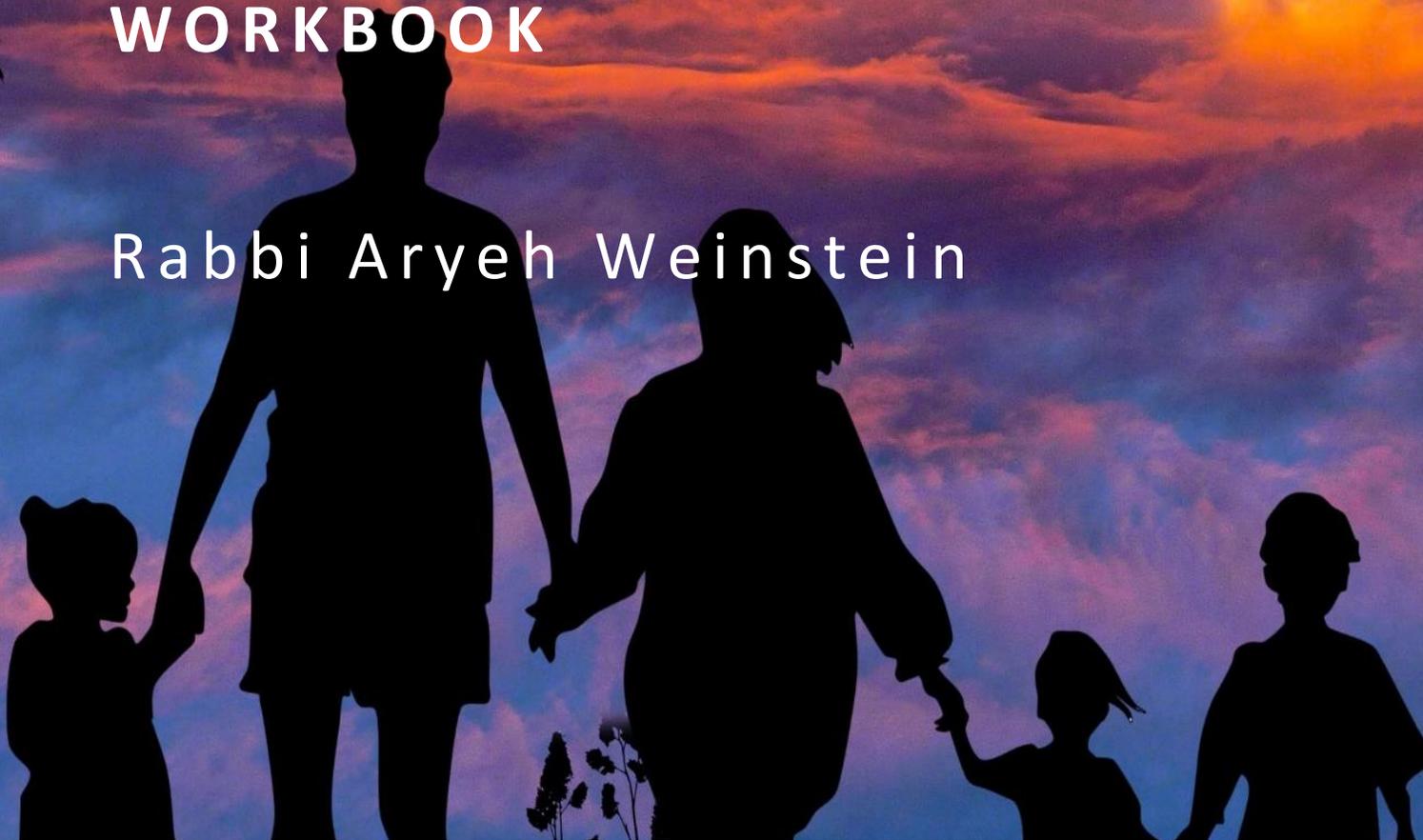


# BEGINNING WITHIN

MASTER COURSE  
WORKBOOK

Rabbi Aryeh Weinstein



Exclusively for Participants of  
the Beginning Within Advanced  
and VIP Master Course



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# ***Beginning Within Master Course Workbook***

## **WHERE AM I AT EXERCISE**

From 1 – 10, 1 being the least and 10 being the most, which number would reflect how much of your life is lived from within. Don't overthink this, simply choose a number.

- ①    ②    ③    ④    ⑤    ⑥    ⑦    ⑧    ⑨    ⑩

Question 2: Write down one way your life would be different if you lived more from within.

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# module **YOUR FUNDAMENTAL NEED**

## one:

The objective of this exercise is to get you to become more aware of how people and circumstances affect us. We are not trying to fix anything, we only want to become aware of what's happening.

### **DAILY EXERCISE 1**

Reflect on your day today and identify one event or interaction with another person where they said or did something that triggered a negative emotion or response from you. Write down the event or interaction that triggered your negative emotion or response, and then answer these questions about it:

- What emotional feeling or response was triggered in you?
- Did you consciously decide to have this feeling or was it an immediate reaction to the event?
- Was your feeling triggered from within or from without?

### **HERE ARE SOME EXAMPLES**

#### *Example 1*

- My boss told me he didn't like the way I prepared the report.
- I felt hurt.
- I immediately felt hurt when he said he didn't like the report.
- My feeling was triggered from without, it was triggered by his comment.

#### *Example 2*

- My child hit me.
- I got angry.
- The moment after he hit me I got angry.
- My feeling was triggered from without, it was triggered by his hitting me.

#### *Example 3*

- I tripped and fell.
- I got angry.
- The moment after I fell.
- My feeling was triggered from without, by my tripping.

# DAILY EXERCISE 1 WORKSHEET

## Day 1

- Write down the event or interaction that triggered your negative emotion or response.

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- What emotional feeling or response was triggered in you?

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- Did you consciously decide to have this feeling or was it an immediate reaction to the event?

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- Was your feeling triggered from within or from without?

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## Day 2

- Write down the event or interaction that triggered your negative emotion or response.

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- What emotional feeling or response was triggered in you?

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- Did you consciously decide to have this feeling or was it an immediate reaction to the event?

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- Was your feeling triggered from within or from without?

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### **Day 3**

- Write down the event or interaction that triggered your negative emotion or response.

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- What emotional feeling or response was triggered in you?

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- Did you consciously decide to have this feeling or was it an immediate reaction to the event?

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- Was your feeling triggered from within or from without?

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## Day 4

- Write down the event or interaction that triggered your negative emotion or response.

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- What emotional feeling or response was triggered in you?

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- Did you consciously decide to have this feeling or was it an immediate reaction to the event?

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- Was your feeling triggered from within or from without?

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## Day 5

- Write down the event or interaction that triggered your negative emotion or response.

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- What emotional feeling or response was triggered in you?

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- Did you consciously decide to have this feeling or was it an immediate reaction to the event?

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- Was your feeling triggered from within or from without?

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# module

## two: BEING YOU

The objective of this exercise is to get you to become more aware of things that you think, say or do to gain acceptance from others. Once again, we are not trying to fix anything, we only want to become aware of what's happening.

### DAILY EXERCISE 2

Reflect on your day today and identify one event or interaction in which you thought, said or did something to gain the acceptance of another, no matter how trivial it might seem.

- Write down what you said or did, and then answer this question about it:
- What you were hoping to gain from this thought, statement or action?

### HERE ARE SOME EXAMPLES

#### Example 1

- When my spouse told me she's upset that I made her late, I made myself the victim, thereby not taking responsibility and hiding.
- I said, "*Everything is always my fault*," instead of acknowledging that I did cause her to be late and apologizing. I was hoping she would stop being upset at me and feel bad for me, thereby falling back in favor with her.

#### Example 2

- When my spouse asked me who I was talking to, I lied.
- I said, "*My boss*," instead of a friend he doesn't approve of. I was hoping to avoid a confrontation with him and maintaining his acceptance.

#### Example 3

- When I angrily insisted, my employee do it my way and not their way.
- When my employee wanted to do something differently than I, I angrily said, "*This is my business and things will get done my way*." I was hoping to use the intimidation of anger to force them to acknowledge my importance as the boss.

# DAILY EXERCISE 2 WORKSHEET

## Day 1

- Write down what you said or did.

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- What you were hoping to gain from it?

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## Day 2

- Write down what you said or did.

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- What you were hoping to gain from it?

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## Day 3

- Write down what you said or did.

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- What you were hoping to gain from it?

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## Day 4

- Write down what you said or did.

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- What you were hoping to gain from it?

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## Day 5

- Write down what you said or did.

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- What you were hoping to gain from it?

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# module

## three: YOUR POWER SPACE

The objective of this exercise is to get you to help you slow down your inner processing system when you experience things in your life. This gives you the space needed to choose how you want to feel about the situation instead of falling into an instinctive feeling. Every time you do this you will also be pushing away eternal worth and tapping into your inherent worthiness.

### DAILY EXERCISE 3

Reflect on your day today and identify one event or interaction you had. Apply the five steps of the Checking In To Reality exercise to this event.

- Write down an event or interaction that triggered your negative emotion or response.
- Describe your judgment of the event.
- Describe your immediate feeling about the event.
- Describe your feeling after giving yourself some space to reassess the event.
- Describe your response to the event with the perspective you have gained.
- Then, after applying the exercise, verbalize your response to the event to yourself, forging it into a true reality.

### HERE ARE SOME EXAMPLES

#### *Example 1*

**Event:** My spouse said to me, “You’re eating too much.”

**Judgment:** My spouse treats me like a child who can’t determine how much to eat on my own.

**Feeling:** Insulted

**Space:** After using my space to reassess my judgment, I realize that whether or not my spouse considers me a child, I know am not. I know I am worthy whether or not I choose to eat more and whether or not my spouse approves of it.

**Response:** I calmly choose to say, “Honey, I really do want to eat that so I’m going to have some,” or perhaps I’ll choose to say, “Honey, while I really want to eat that, I won’t because I love you.” In either instance, I am not being a victim of my spouse. I am owning my decision with great responsibility.

## *Example 2*

**Event:** My employee did the project in the manner I explicitly told them not to.

**Judgment:** My employee thinks I'm a pushover and they know better than I do.

**Feeling:** Anger

**Space:** After using my space to reassess my judgment, I realize that my judgment may not be true. Neither my employee's opinions about me nor the possibility that I am a pushover is what matters. In either event, I am worthy and my employee has a responsibility to listen to and follow my directions.

**Response:** I calmly explain to my employee, "*When we discussed my expectations about this project, I was clear about how it should be implemented. While I understand that you may feel that you had a better way to achieve the same results, I expect that you will complete projects the way I ask for them to be completed.*" I am not becoming a victim of my employee. I am owning my decision with great responsibility and simply responding to the reality, not any biased feelings I may have about the reality.

## *Example 3*

**Event:** My friend says to me, "*Why are you trying to fix it? You're only making it worse.*"

**Judgment:** My friend thinks I'm not capable of fixing the situation.

**Feeling:** Hurt

**Space:** After using my space to reassess my judgment, I realize that my judgment may not be true. Additionally, even if my friend thinks I'm incapable, I am worthy. I will do my best to honestly decide whether I am capable or not while knowing I am worthy either way.

**Response:** I may calmly say, "*You're right. I'm not great at this but I enjoy it so I plan to work on it until I fix it.*" Or, "*I'm actually really good at fixing things. I'm sorry you don't think so.*" Or, "*You're right. I'm not good at this. Would you mind giving me a hand?*" In each case, I am not becoming a victim of my friend's statement. I am owning my decision with great responsibility and simply responding to the reality, not any biased feelings I may have about the reality.

# DAILY EXERCISE 3 WORKSHEET

## Day 1

- **Event:** Write down the event or interaction that triggered your negative emotion or response.

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- **Judgment:** Describe your judgment of the event.

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- **Feeling:** Describe your immediate feeling about the event.

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- **Space:** Describe your feeling after giving yourself some space to reassess the event.

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- **Response:** Describe your response to the event with the perspective you have gained.

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## Day 2

- **Event:** Write down the event or interaction that triggered your negative emotion or response.

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- **Judgment:** Describe your judgment of the event.

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- **Feeling:** Describe your immediate feeling about the event.

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- **Space:** Describe your feeling after giving yourself some space to reassess the event.

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- **Response:** Describe your response to the event with the perspective you have gained.

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## Day 3

- **Event:** Write down the event or interaction that triggered your negative emotion or response.

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- **Judgment:** Describe your judgment of the event.

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- **Feeling:** Describe your immediate feeling about the event.

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- **Space:** Describe your feeling after giving yourself some space to reassess the event.

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- **Response:** Describe your response to the event with the perspective you have gained.

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## Day 4

- **Event:** Write down the event or interaction that triggered your negative emotion or response.

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- **Judgment:** Describe your judgment of the event.

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- **Feeling:** Describe your immediate feeling about the event.

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- **Space:** Describe your feeling after giving yourself some space to reassess the event.

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- **Response:** Describe your response to the event with the perspective you have gained.

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## Day 5

- **Event:** Write down the event or interaction that triggered your negative emotion or response.

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- **Judgment:** Describe your judgment of the event.

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- **Feeling:** Describe your immediate feeling about the event.

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- **Space:** Describe your feeling after giving yourself some space to reassess the event.

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- **Response:** Describe your response to the event with the perspective you have gained.

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# module four: SPEAKING TRUTHFULLY

The objective of this exercise is to help you slowly embrace the vulnerability of speaking truthfully. This is the key to a new horizon of freedom in your life. It will also release a lot of toxic energy that you may be carrying around by hiding from the truth.

## DAILY EXERCISE 4A

As in Daily Exercise 3, reflect on your day today and identify one event or interaction you had. Apply the five steps of the **Checking In To Reality** exercise to this event.

Then, after applying the exercise, verbalize your response to the event to yourself, forging it into a true reality.

## HERE ARE SOME EXAMPLES

### *Example 1*

I yelled at my spouse for spending a lot of money on clothing. After calming down, I applied the **Checking In To Reality** exercise and took responsibility for my anger. I realized that my anger wasn't their spending of money, it was my fear of not having enough money.

Later that day I apologized to my spouse for making it appear as if their spending made me angry. The real reason I got angry was because I became scared.

## Example 2

My friend told me he didn't like the content of the course I was teaching and I got upset, angrily asserting to him that everyone else loves it, so he must be the problem. After calming down, I applied the **Checking In To Reality** exercise and took responsibility for my fit of pique. I realized that I felt inadequate and incompetent because he didn't like the course. When I met him next I apologized for getting upset and thanked him for his honest feedback. I explained that I got upset because I personalized his comment instead of hearing it as valuable objective feedback.

## Example 3

I asked my friend to lend me \$1000 and he said no. I felt hurt that my friend refused to help me when I needed him. After calming down, I applied the **Checking In To Reality** exercise and took responsibility for my hurt feeling. I realized that he has the right to use his money as he wishes and isn't obligated to live up to my expectation. I was hoping that through feeling hurt he would feel guilty and change his mind.

When I called him, I apologized for attempting to use my hurt to manipulate my friend into giving me what I wanted. I felt hurt and hoped that I could use it to change his mind, which was very ugly of me. I thanked him for answering me honestly.

*As a refresher, the **Checking In To Reality** exercise asks you to reflect on the following:*

1. **Event:** Write down the event or interaction that triggered your negative emotion or response.
2. **Judgment:** Describe your judgment of the event.
3. **Feeling:** Describe your immediate feeling about the event.
4. **Space:** Describe your feeling after giving yourself some space to reassess the event.
5. **Response:** Describe your response to the event with the perspective you have gained.

# DAILY EXERCISE 4A WORKSHEET

## Day 1

- Write down the event or interaction that triggered your negative emotion or response.

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- Describe your realization about the event after using the **Checking In To Reality** exercise.

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- What did you tell your friend in response to your realization?

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## Day 2

- Write down the event or interaction that triggered your negative emotion or response.

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- Describe your realization about the event after using the **Checking In To Reality** exercise.

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- What did you tell your friend in response to your realization?

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### Day 3

- Write down the event or interaction that triggered your negative emotion or response.

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- Describe your realization about the event after using the **Checking In To Reality** exercise.

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- What did you tell your friend in response to your realization?

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### Day 4

- Write down the event or interaction that triggered your negative emotion or response.

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- Describe your realization about the event after using the **Checking In To Reality** exercise.

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- What did you tell your friend in response to your realization?

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## Day 5

- Write down the event or interaction that triggered your negative emotion or response.

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- Describe your realization about the event after using the **Checking In To Reality** exercise.

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- What did you tell your friend in response to your realization?

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The objective of this exercise is to help you slowly embrace the vulnerability of speaking truthfully. This is the key to a new horizon of freedom in your life. It will also release a lot of toxic energy that you may be carrying around by hiding from the truth.

## DAILY EXERCISE 4B

Reflect on your day today and identify one event or interaction in which you blamed your emotional state on an external circumstance or another person. Remind yourself through the **Checking In To Reality** exercise that you are the one in control of how you feel and respond to anything.

See the examples from exercise 4A

# DAILY EXERCISE 4B WORKSHEET

## Day 1

- Write down the event or interaction that triggered your negative emotion or response.

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- Who is responsible for your negative emotion or response?

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## Day 2

- Write down the event or interaction that triggered your negative emotion or response.

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- Who is responsible for your negative emotion or response?

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## Day 3

- Write down the event or interaction that triggered your negative emotion or response.

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- Who is responsible for your negative emotion or response?

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## Day 4

- Write down the event or interaction that triggered your negative emotion or response.

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- Who is responsible for your negative emotion or response?

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## Day 5

- Write down the event or interaction that triggered your negative emotion or response.

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- Who is responsible for your negative emotion or response?

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# module

## five: CHOOSING FREEDOM

The objective of this exercise is to stop resisting reality and start accepting that this is what is. Only by accepting the reality before us can we begin to constructively answer the question, “What am I going to do about it?” and bring about real change in the future.

### DAILY EXERCISE 5A

Identify one circumstance or person that normally frustrates you. Choose to accept this circumstance or person as it is, without frustration or judgment. Fully accept this circumstance or person as part of your current reality in the same way you would notice a butterfly flying in front of you.

### HERE ARE SOME EXAMPLES

#### *Example 1*

My spouse misplaced their credit card again. I remind myself that my spouse is naturally disorganized. While it's easy for me to always know where my things are, it's not my spouse's strong point. This helps me stay clear and not get drawn into an emotional state. I ask myself, “What can I do to help them?”

#### *Example 2*

I woke up with a bad cold while on vacation. Instead of being frustrated all day at my misfortune, I simply accept that I have a cold. I then ask myself what would be the most productive way to respond to this new circumstance.

#### *Example 3*

My child will need to spend a few days in the hospital because they have pneumonia. Instead of being scared and frustrated, I simply accept that my child is very sick and will need to be in the hospital. I ask myself, “What's the best thing I can to make it easier for my child as well as manage the other areas of my life?”

# DAILY EXERCISE 5A WORKSHEET

## Day 1

- Describe a circumstance or person that normally frustrates you.

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- What do you accept about this circumstance or person that frees you from your frustration or judgment?

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## Day 2

- Describe a circumstance or person that normally frustrates you.

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- What do you accept about this circumstance or person that frees you from your frustration or judgment?

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## Day 3

- Describe a circumstance or person that normally frustrates you.

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- What do you accept about this circumstance or person that frees you from your frustration or judgment?

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## Day 4

- Describe a circumstance or person that normally frustrates you.

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- What do you accept about this circumstance or person that frees you from your frustration or judgment?

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## Day 5

- Describe a circumstance or person that normally frustrates you.

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- What do you accept about this circumstance or person that frees you from your frustration or judgment?

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The objective of this exercise is to stop resisting reality and start accepting that this is what is. Only by accepting the reality before us can we begin to constructively answer the question, “What am I going to do about it?” and bring about real change in the future.

## **DAILY EXERCISE 5B**

When something inconvenient or disturbing occurs, instead of asking why this is happening TO me, making yourself a victim, ask yourself why is this happen FOR me and make yourself empowered.

## **HERE ARE SOME EXAMPLES**

### *Example 1*

I planned an event which involved the investment of a lot of time and money. Very few people showed up. Instead of becoming the victim of the situation, I ask myself how this experience can serve me and be for me? Perhaps there is something I could have done better which this incident will always be a reminder of? Perhaps I can learn not personalize results I'm not happy with when I know I did everything I could've.

### *Example 2*

My child has been whining that they're bored for the last hour. Instead of feeling like the affect of our child's behavior we ask what this is happening for. Perhaps it's to give us the opportunity not to get upset and address our child in a non-emotional way. Perhaps it will get us to look into something deeper going on with our child.

### *Example 3*

My spouse accuses me of always being on my phone instead of spending time together. Instead of getting defensive I ask what gift this is offering me. Perhaps it's to simply spend less time on my phone when my spouse is around. Perhaps it's to realize that my spouse is in need of something which I'm overlooking.

# DAILY EXERCISE 5B WORKSHEET

## Day 1

- Describe an inconvenient or disturbing event that occurred today.

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- How can you reflect on this event such that it's something happening FOR you, rather than TO you?

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## Day 2

- Describe an inconvenient or disturbing event that occurred today.

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- How can you reflect on this event such that it's something happening FOR you, rather than TO you?

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## Day 3

- Describe an inconvenient or disturbing event that occurred today.

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- How can you reflect on this event such that it's something happening FOR you, rather than TO you?

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## Day 4

- Describe an inconvenient or disturbing event that occurred today.

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- How can you reflect on this event such that it's something happening FOR you, rather than TO you?

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## Day 5

- Describe an inconvenient or disturbing event that occurred today.

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- How can you reflect on this event such that it's something happening FOR you, rather than TO you?

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# module

## six: INFLUENTIAL POWER

The objective of this exercise is to learn to stay focused on another person's needs even when they are attacking or accusing you of something and not get defensive.

### DAILY EXERCISE 6A

When someone is behaving inappropriately, visualize the person as literally drowning in a pool of water. This will help you remain focused on their desperation for worthiness and act immediately to assist the person according to their pain, rather than focused on your own hurt.

### HERE ARE SOME EXAMPLES

#### *Example 1*

Your boss yells at you for a mistake they made. You remain clear and don't get drawn into his drama by visualizing him drowning in his fear of worthlessness. This allows you to address his real concern, reassuring him, rather than becoming defensive.

#### *Example 2*

Your child comes home upset by a low grade they received on a test. Instead of adding to their frustration, you recognize that they are drowning in a fear of worthlessness. Better, you realize that they see their grades as the only measure of their worth. Seeking to reassure, you hug your child while mentioning that nothing will make you love them less, not even a low grade on a test.

#### *Example 3*

When pointing out a friend's offensive behavior, they refuse to take responsibility for their actions and behave like a victim, saying "I always do the wrong thing and I always offend people." Rather than becoming frustrated by their unwillingness to take responsibility for themselves, you recognize that they are drowning in a fear of worthlessness. You also see that they are not in the position to take responsibility. You reaffirm your friendship with them and let them know you love them all the same

# DAILY EXERCISE 6A WORKSHEET

## Day 1

- Describe the inappropriate or offensive behavior directed towards you.

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- Envision the person responsible for the behavior drowning from fear of worthlessness.

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- What one thing can you do to enhance their worthiness?

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## Day 2

- Describe the inappropriate or offensive behavior directed towards you.

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- Envision the person responsible for the behavior drowning from fear of worthlessness.

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- What one thing can you do to enhance their worthiness?

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### **Day 3**

- Describe the inappropriate or offensive behavior directed towards you.

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- Envision the person responsible for the behavior drowning from fear of worthlessness.

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- What one thing can you do to enhance their worthiness?

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### **Day 4**

- Describe the inappropriate or offensive behavior directed towards you.

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- Envision the person responsible for the behavior drowning from fear of worthlessness.

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- What one thing can you do to enhance their worthiness?

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## Day 5

- Describe the inappropriate or offensive behavior directed towards you.

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- Envision the person responsible for the behavior drowning from fear of worthlessness.

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- What one thing can you do to enhance their worthiness?

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# DAILY EXERCISE 6B

The objective of this exercise is to learn to hear what others think and feel while finding acceptance of these thoughts and feelings without judgment, thereby expressing unconditional love.

## DAILY EXERCISE 6B

During your day, identify a moment when someone is sharing with you. In this moment, try to focus on what they are sharing – both the words and the feelings – without making any judgment or offering assistance. Your objective is to empathetically repeat what they have shared in a manner that makes clear that you understood them. Leave the conversation understanding what they said without sharing your opinion of their view.

## HERE ARE SOME EXAMPLES

### Example 1

Someone shares a perspective you disagree with. Instead of telling them that you disagree, you ask them to explain their perspective. You then repeat it to them to confirm that you understand what they're saying.

### Example 2

Your spouse takes a position on a decision which you disagree with. Before sharing your position, you ask them to elaborate more and then you repeat it back to them so they know that you really understand what their position is.

### Example 3

Your child is complaining about something in school. Instead of lecturing them about their complaints, simply listen and repeat their concerns back to them. Share that you can see how they could be upset by the situation without expressing judgment.

# DAILY EXERCISE 6B WORKSHEET

## Day 1

- Did you listen to another?

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- Did you repeat back to them what they said?

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- Did you leave the conversation without sharing your opinion of their view?

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## Day 2

- Did you listen to another?

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- Did you repeat back to them what they said?

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- Did you leave the conversation without sharing your opinion of their view?

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### **Day 3**

- Did you listen to another?

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- Did you repeat back to them what they said?

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- Did you leave the conversation without sharing your opinion of their view?

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### **Day 4**

- Did you listen to another?

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- Did you repeat back to them what they said?

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- Did you leave the conversation without sharing your opinion of their view?

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## **Day 5**

- Did you listen to another?

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- Did you repeat back to them what they said?

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- Did you leave the conversation without sharing your opinion of their view?

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