

Radical Openness Worksheet (Educational Template)

Flexible Mind REVEALS

R: Recognize secret desires for control

- Noticed instances of wanting to secretly control social situations.

Example:

E: Examine your social signaling and label what you find

"Don't Hurt Me" Responses

- Noticed desires to be treated specially.

Nonverbal signals:

"Pushback" Responses

- Noticed secret desires to prove someone wrong.

Nonverbal signals:

V: Remember your core Values

- Identified core values conflicting with control tendencies.

Self-Enquiry Questions:

E: Engage with integrity by outing yourself

- Practiced outing my true intentions.

Experience:

A: Practice Flexible Mind ADOPTS

- Used guidelines to enhance receptivity to feedback.

Notes:

L: Learn through self-enquiry

- Willingness to question my intentions, beliefs, or behavior.

Self-Enquiry Questions:

Summary

Write a summary of what you've learned from this worksheet, any patterns you've noticed, and steps you'll take moving forward.