

“MORE THANS” WORKSHEET

The following series of questions will help you to assess yourself mentally and emotionally, to find the “more thans” that you use today. Remember to *stop* when you have a realization and see how it *feels*.

1. List your mental “more thans” with regard to others. (For example: “I’m more open minded,” “I’m smarter,” “I’m more creative,” “I’m more complex,” “I’m more perceptive,” “I know more than others,” “I’m more decisive than others,” “I have more common sense”)

2. What emotional “more thans” do you have with regard to others? (For example: I’m more considerate,” “I’m more sensitive,” “I’m more caring,” “I’m more loving,” “I’m more fun and exciting,” “I’m more vulnerable,” “I’m more in touch with my emotions”) List your own emotional more thans”:

Do Your “More Thans” Help You?

Take up the first “more than” on your list. Answer all of the following questions for this “more than.” When you have finished, take up the next “more than” on your list and repeat the same procedure. Your goal at this stage is to become aware of which “more thans” you have and which ones have helped you in your survival.

3. How does this belief about yourself make you different from other people? How does it make you feel special?

4. Describe how this “more than” keeps others from controlling you.

If we are superior to others in an area, we will have to learn the virtue of humility. Humility lets become inclusive instead of destroying or controlling others in this area. Then we can use this superior quality to help others. It's worth trying. Being able to serve others from our areas of strength while we make up for our "lesser thans" by getting help from others is a part of learning *interdependence* and *relationship consciousness*.

Unity is the goal of relationship consciousness. We can learn to become "more than" in a balanced way. It takes some skill to bring about unity in a positive manner. Don't worry about getting bored, it's an exciting and adventurous mountain to climb with happiness and love as our rewards as we ascend to each new plateau. The ability to maintain that precious love and having the relationships we have always wanted awaits us at the top of the mountain.