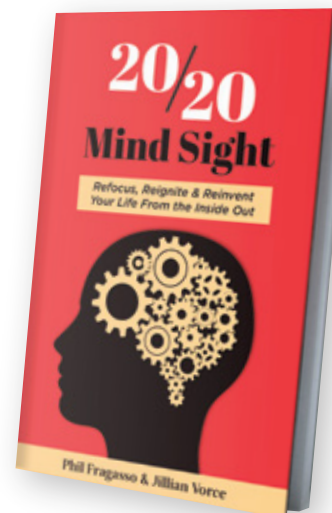


## Chapter 8: “A Kind of Salvation” Face Down Your Fears

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### Sight Line Worksheet

This worksheet is provided as a supplement to **Chapter 8** of *20/20 Mind Sight*. For maximum benefit, please read the chapter prior to completing the exercise.



AVAILABLE AT:



# 20/20 Sight Line: Monkey Wrench

We've long been advocates of playing the role of the devil's advocate in business, but the approach works equally well in our personal lives. The vast majority of our beliefs could be strengthened – or decimated – simply by tossing a monkey wrench into the mix. Unfortunately, it's a technique that requires a level of confidence and spiritual courage that is rarely found in a society that celebrates consensus and frowns upon intellectual curiosity. Nonetheless, monkey-wrench questioning would be an invaluable exercise for the vast majority of us, and it's simple. Just use this template:

1

<b>I believe</b>	_____
Because	_____
But how	_____
Why	_____
What if	_____

Your questions will need to be worded differently for each of your indoctrinated beliefs, but make sure you can ask and answer at least three probing questions for each belief. And, above all else, make sure your responses do not depend on other indoctrinated judgments and convictions.

2

<b>I believe</b>	_____
Because	_____
But how	_____
Why	_____
What if	_____

# 20/20 Sight Line: Who's In Control

## EXTRA CREDIT: WHO'S IN CONTROL

Since being introduced by Dr. Rotter, the Locus of Control Scale has been studied, tested and tweaked by dozens of psychologists. Many of these versions are available on the web for self-scoring. We would recommend trying two or three of the versions and see if your scores are consistent. Start with the URL links below.

Mind Tools: Locus of Control: [2020minds.com/LocusOfC](https://www.2020minds.com/LocusOfC)

UNC-Charlotte: Locus of Control: [2020minds.com/LocusTest](https://www.2020minds.com/LocusTest)