

Pathwork Steps

Techniques for working with Daily Review

Pathwork Lecture 28

Full text all lectures may be downloaded from www.pathwork.org

Keep it Simple

A Daily Review is different than a personal journal. The purpose of the DR is to find patterns of behavior, commonalities in triggers and emotional reactions, and to help us prioritize our work rather than respond to sequential events and situations, which may not make sense in context – a paradox, since context is considered important for much of this work.

Suggestion: find a very inexpensive diary, the smaller the better. If you limit yourself to only a few sentences a day, you will need to make your notes more cogent and organized, and this may make them easier to track and analyze.

A diary is better than a notebook because it will help you track which days you either forgot to make entries, or days when you did not experience any disharmonies. The blank pages / dates are a more immediate reminder of time sequence.

Try to note only 4 items: 1) situation, 2) disharmony experienced, 3) emotional reaction, and 4) judgments. You may only need a word or two for most of these, and you may not see some of them for several days.

Example: 1) Cat bit me 2) damn cat! 3) she needs more attention than I can give 4) I can't meet her needs.

Example: 1) Car cut me off 2) stupid driver! 3) rage 4) People are inconsiderate.

Example: 1) Friend hurt my feelings 3) she doesn't really like me 4) I'm not a good friend.

Example: 2) overall feeling of depression 3) fear 4) this will go on forever

The situation is easy to keep to 1-3 words. The disharmony can be a few words that describe a sense of something being wrong, of being inadequate or unprepared, of feeling something that seems inappropriate or overly revealing of an inner distortion. Emotional reaction is where you go once you have this disharmonious feeling – a sudden rush of strong feeling that exaggerates or attempts to minimize what happened. Judgments create an alignment between the incident and beliefs that we already hold – the incident is seen as proof or validation of our beliefs, reinforcing them. There is a difference between analysis and judgment – one is considered, the other comes abruptly. Being able to distinguish these four will take some practice – performing a Daily Review is a skill.

Prioritize

Not all emotions and feelings will lead to doing personal process work. That's why we focus upon disharmonies. A disharmony is something that disturbs us because we know instinctively that we are not in integrity, not connected with our real self, or enmeshed in emotional reaction, projection or transference rather than being grounded and real about ourselves.

Share good feelings with friends and loved ones, and enjoy them.

Lecture #127 on the Four Stages of Evolution lists the following stages:

1. Automatic reflex – you aren't conscious of a disharmony or distortion
2. Awareness – this is the most uncomfortable place to be. It feels like sleepwalking – you know something is wrong, but not what it might be about. We tend to feel overly responsible or overwhelmed here, and try to shut down the feelings or invent reasons rather than waiting for...
3. Understanding. This is an ongoing process, and since you might be at different stages on different subjects or types of situations, you might have lots of understanding about work situations but only be emerging into awareness in relationships, while your parenting skills might already be in...
4. Knowing. Everyone has places of knowing, where we have worked through our difficulties and are comfortable with temporary setbacks. Depending upon your age and skills, driving, cooking, playing sports or figuring out puzzles may be places of knowing. If you examine places of knowing,

and track back to the stages you went through to get there, you might be able to imagine what doing spiritual and emotional work might feel like in these different stages.

One way to distinguish which situations are most accessible for this kind of work is the following formula:

- 1) If it doesn't hurt (you feel no pain or disharmony) and it works (you sense positive results from your presence or your efforts), hooray! Congratulate yourself and maintain these positive feelings and results.
- 2) If it doesn't hurt and it doesn't work, it's either not important or not ready or not a problem. Don't work hard at finding things to work on – work at noticing what is already coming to the surface.
- 3) If it hurts and it works, it may be worthwhile for you to continue to work here. How many difficult projects we take on in any given time period is a personal choice based upon our unique personalities, goals and abilities.
- 4) If it hurts and it doesn't work, consider putting it aside for a while. Like trying to remove a splinter that has gone too deep, sometimes we need to wait until we have more information or more skill.

If you take on too many things to work on, you will either go numb from the overwhelm, go into denial to reduce the sense of discouragement, and/or become distracted and not actually get any work done. The purpose of daily review is to find patterns of behavior and emotional reactions, not turn ourselves in for every lapse or outburst.

Have Patience!

There are usually several layers of personality distortion active at any one moment. Write down what seems true for you for particular situations each day. Review them after one week, after several weeks, after a month or two, and allow your understanding to deepen as you notice what situations recur or repeat, even if the triggers or feelings tend to vary a bit.

Lecture Study Class Outline © Jan Rigsby: 2007

Guide Quotes © The Pathwork Foundation 1999

Full text all lectures may be downloaded from www.pathwork.org

Daily Review

Quotes from *Path to the Real Self*, Chapter 5

[The Daily Review is one of the most important tools for this work. ... It enlists the creative intelligence within yourself to help in affecting a harmonious growing process and the dissolution of blockages and resistances.]

Each day contains certain events or incidents calling forth reactions in you. To become aware of, comprehend, and note these reactions is of utmost importance. Review the day and determine which incidence or occurrence has caused unpleasant feelings. Look at them, instead of pushing them away, hoping that the negative feelings will pass.... You will begin to notice little disturbances, hurts and disappointments, things you habitually disregarded.... For the moment, it is not even important that you analyze these instances as to their deeper significance. Just consistently register your reactions in a notebook -- every day, again and again. Note 'felt anxious at such and such an opportunity. Do not know why', or 'registered anger at so and so because I was not put in the first place'.

When you ponder over an accumulation of days, in which you took notice of your reactions, you will undoubtedly find a recurrent pattern. ... Mental, emotional and spiritual 'hygiene' liken the daily review to a cleansing process of all personality levels. This cleansing process is just as important for the psyche as for the body. ... It prevents self-deception, pretense, repression -- with their tension and anxiety, their confusion and impaired life experience. It heightens awareness of self, therefore, later, of others and of all that comes to pass.

Even confusions should be concisely formulated so that it can be exactly pinpointed what the confusion is. This is one of the major steps towards eliminating the confusion.... When you begin your daily review, it might be a good idea, occasionally, to ask yourself what worries you generally in life, what problems do you feel are difficult or even impossible to cope with. Observe the situation, and your reactions, from day to day.

The work proceeds, the nature of the daily review changes -- you now observe different aspects, become concerned with other facets of yourself and your life. No life process remains static and this path is a very dynamic real life process.

It is very important to understand that the path follows a spiral movement. Without experiencing this, you might easily misunderstand and be discouraged, believing that you are going around in circles. But when you return to the original phase with deeper and new understanding, you will know that you were not in an unproductive circle, bringing you around to the same point, without having gained something essential. The same sequence will follow again and again, in forever narrowing circles, the same lesson learned on deeper levels of the personality, until the various phases converge into One Point, in which all things meet -- and find solution.

Guide quotes © The Pathwork Foundation 1999
Full text of all lectures may be downloaded from www.pathwork.org

Pathwork Studies

Suggestions for Working with Daily Review
Worksheet based upon Pathwork Guide Lecture 028
And Chapter 5 of The Path to the Real Self
Full text all lectures may be downloaded from www.pathwork.org

There are many light-hearted ways to work with Daily Review. Spirituality doesn't have to be deadly serious all the time!

1. A Simple Written Daily Review

Find a very small, very inexpensive diary.

It is useful to have spaces for each day (rather than blank pages) so that you can more easily see if you have skipped entries for a particular day, and easier to remember entries rather than just forget about them.

It is important that there isn't very much space to write. The shorter the entry, the better. All you are looking for is the ability to look back over a week or a month and see – quickly – what themes might have been happening over that time period. One or two key words is often enough.

Once you have gotten used to doing a daily review, you can vary it by focusing upon particular themes – such as when you feel greedy or fearful or lonely.

2. Meditative Daily Review

Notice a time and place in your daily routine where you can take 5 minutes to reflect upon the events of the day. Be creative and honest here! For some, it is easy to find a few moments for reflection in the time between snuggling under the sheets and drifting off to sleep. For others, it can be during showering or shaving or other private moments.

If you do daily review by reflecting over the day's events, you will need to keep the review brief so that you can remember it.

3. Using Toys

I have found some lovely, funny, interesting novelty items in bookstores and gift shops that can prompt some interesting forms of daily review.

Karmic Ticket Book (from North Carolina): A booklet of tickets that can be given out whenever Spiritual Laws are broken with a check mark next to the law broken. You can make your own list from PGL 171, Spiritual Principles, or use the 2 page version known as PC10. It might not be appropriate to give them out, unless you know the other person quite well and they have a sense of humor or are working on this project with you. But in observing the actions of others, we may find it easier to reflect upon our own ability to adhere to Spiritual Law.

Affirmations Prescription Pad (from NYC): A fake prescription pad suggesting affirmations which might help over the next few hours or days.

The Brazilian Pathwork created a lovely 'questbook' for logging in daily review notes. It allowed for 6 columns: pick the items that you would like to examine around each incident of disharmony, and track each one in a similar manner. For instance, you could list the event, the feeling(s), what aspect of personality (Reason, Will or Emotion, PGL 44) was most prominent or what kind of defense was activated (Withdrawal, Aggression, or Submission) or whether there was a duality present (PGL 143).

4. What ideas might you have for integrating Daily Review into your life?

Daily Review can be general, or it can focus upon one particular problem, feeling, or concept.
 It can be stopped and re-started as the need arises.

PL 28 Daily Review Log for _____ / _____ / _____

#	Situation	Feeling / Reaction / Thought	Judgment / Rationalization
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

#	(End of week notes) What may have been going on:	Common Denominator?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		