

Workbook for  
*Living in Process: Basic Truths for  
Living the Path of the Soul*  
by Anne Wilson Schaefer <sup>1</sup>

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## Introduction

This workbook is designed to help you engage deeply with Anne Wilson Schaefer's *Living in Process*. Use these reflections and exercises to explore your own life as an unfolding process.

## How to Use This Workbook

Take your time with each section. Journal honestly. There are no right answers. Return to sections as needed and allow insights to evolve over time.

## Section 1: Process vs. Product Living

Reflection Questions:

- Where in my life am I focused on outcomes rather than experience?
- What would it feel like to trust the process instead?

Exercise:

Write about a recent situation where you tried to control the outcome. Rewrite it from a process perspective.

## Section 2: The Illusion of Control

Reflection Questions:

- What am I trying to control right now?
- What fears arise when I consider letting go?

Exercise:

List three things you cannot control. Reflect on how releasing control might shift your energy.

## Section 3: Awareness and Patterns

Reflection Questions:

- What patterns do I notice in my thoughts or behaviors?
- When do I feel most reactive?

Exercise:

Track your awareness for one day. Note moments when you feel triggered or fully present.

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<sup>1</sup> *Living in Process* by Anne Wilson Schaefer, (Ballantine Books, 1998, iUniverse, Bloomington, IN, 2018); available at [Amazon.com: Living in Process : Basic Truths for Living the Path of the Soul: 9780345394071: Schaefer, Anne Wilson: Books](https://www.amazon.com/Living-in-Process-Basic-Truths-for-Living-the-Path-of-the-Soul/dp/9780345394071) and other book sellers. Workbook created using ChatGPT – April 2026 – [www.lifesjourney.us](http://www.lifesjourney.us)

## **Section 4: Addiction Beyond Substances**

Reflection Questions:

- Where do I seek approval or validation?
- What habits feel compulsive in my life?

Exercise:

Identify one pattern of 'addiction' (e.g., control, busyness). Write how it serves and limits you.

## **Section 5: Spiritual Awakening**

Reflection Questions:

- What does spiritual growth mean to me?
- Where am I being invited to trust more deeply?

Exercise:

Write about a moment when you felt connected to something greater than yourself.

## **Section 6: Relationships and Authenticity**

Reflection Questions:

- Where do I hide or wear a mask?
- What would authenticity look like in my relationships?

Exercise:

Practice one honest conversation this week. Reflect on what you learned.

## **Section 7: Living with Paradox**

Reflection Questions:

- What tensions am I holding right now?
- Can I allow both sides to exist without resolving them?

Exercise:

Write about a paradox in your life (e.g., strength and vulnerability). Explore both sides.

## **Section 8: Integration**

Reflection Questions:

- What does living in process mean for my daily life?
- What small shifts can I begin making?

Exercise:

Create a personal 'Living in Process' statement describing how you want to live moving forward.

## **Closing Reflection**

Return to your initial thoughts. What has shifted? What remains open? Living in process is not about completion, but ongoing awareness and presence.