

## FEEL BETTER REALITY MANAGEMENT

1A) My non-being mind seems to be upset because of my trigger (name the person, place, thing, or situation) \_\_\_\_\_ ( . . .) How I see it (my reality) \_\_\_\_\_  
\_\_\_\_\_ (Breathe).

1B) Which appears to cause my emotion/feeling of: \_\_\_\_\_

1C) However, my thought that actually causes this emotion is: \_\_\_\_\_  
\_\_\_\_\_

1D) I want to punish my trigger by: \_\_\_\_\_  
which punishes me by: \_\_\_\_\_ (Breathe).

Joy Level 0 1 2 3 4 5 6 7 8 9 10

2) Instead of how I see it now, the reality I want is (positive goal): \_\_\_\_\_  
\_\_\_\_\_ **SO I CAN** \_\_\_\_\_  
\_\_\_\_\_. (NOTE: This may reveal more issues.)

3) My upset, (1B) \_\_\_\_\_, shows that my thinking is in error. Blame and punishment distract me from Truth and keep me in upset, so I choose to Love TRUTH and take responsibility for the realities my mind has created. \_\_\_\_ (Breathe).

4) I Want To Feel Better, therefore I release to LOVE: my trigger\_\_\_\_, myself\_\_\_\_, how I see it\_\_\_\_, my emotion/feeling\_\_\_\_, my thought\_\_\_\_, my punishment thoughts\_\_\_\_, and my need to be right\_\_\_\_. (Breathe).

5) I choose to begin restoring the condition of LOVE to my mind (which stirs the LOVE in all parts of myself and all other beings) starting with a Loving thought I can embrace about myself \_\_\_\_\_  
\_\_\_\_\_

and about my trigger\_\_\_\_\_.

6) I am willing to live Truthfully\_\_\_\_, joyously\_\_\_\_, and gently go through the symptoms of healing \_\_\_\_.  
I also take full responsibility for my realities, changing them as I forgive\_\_\_\_\_.

7) I now PAUSE, while I actively reconnect with LOVE, my True Being. (Breathe).

8) With LOVE fully activated, I read and cross out each word in my goal in #2 as I finish the following sentence. *I cancel that* ..... (go to #2). (Breathe). Do this for the "So I Can..." goal as well.

9) I invite \_\_\_\_\_ to assist me in keeping LOVE present and active \_\_\_\_; to incline me toward healing\_\_\_\_; to help me completely release this pain-causing reality \_\_\_\_; and show me what I need to know about this issue (pause, Breathe, and listen). My awareness is: \_\_\_\_\_  
\_\_\_\_\_.

10) Have I ever violated my goal in #2, or a similar goal, regarding others or myself? If yes, how? \_\_\_\_  
\_\_\_\_\_.

11) I surrender my ego to LOVE and choose to live a truly human life in BEING. I now feel \_\_\_\_\_  
\_\_\_\_\_ (Breathe).

12) I am grateful and join with the LOVE in us (trigger) \_\_\_\_\_ and my non-being mind. I acknowledge us for choosing TRUTH and PERFECT LOVE. With \_\_\_\_\_'s help, I structure my vision for us and offer to you \_\_\_\_\_  
\_\_\_\_\_.

Joy Level 0 1 2 3 4 5 6 7 8 9 10