REALITY

The perceptual output of the Human Mind

REALITY MANAGEMENT

EMPOWERMENT TOOL

FORGIVENESS

A tool for changing a REALITY in my mind

Premise - my very nature is Love. This Worksheet is to support the removal of fear and /or hostility and return to Love.

| 1. My reality is made with thoughts from my own mind. As I learn to change my thoughts, my reality will change. |
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| A. I seem to be upset because <i>my trigger/gift</i> (write name of person, place, thing or event) (write what happened) |
| (BREATHE) |
| B. This triggers my feelings of |
| C. My thought(s) that cause these feelings are |
| D. I want to punish by |
| 2. Punishment and blame are not my friends. I now choose to be responsible (BREATHE) |
| 3. I want to feel better. I totally release (1A)my feelings (1B)my thoughts (1C) my need to punish (1D) my need to be right I release my above story |
| 4. I am willing to live truthfully, peacefully, joyfully, restore LOVE to my mind and gently go through the symptoms of healing (BREATHE) |
| 5. What do I really want? (use positive words) I want |
| 6. I am not upset at this person, place, thing or event, but by a reality inside of me. <i>If I'm in Pain; I'm in Error!</i> 7. A. I cancel my goal (#5) I want |
| B I inviteto incline me toward healing; restore me to LOVE assist me in keeping LOVE present help in letting go of my painful reality(BREATHE) |
| 8. I feel My awareness is |
| Have I violated # 5 (this goal) ? |
| 9. I am grateful and join with the LOVE in you (1A)/ I acknowledge us for choosing TRUTH, PERFECT LOVE and I see that |
| |
| SUCCESSEUL () |

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