

The Work-It-Out Sheet ONE

For Early Reader (See previous pages for new vocabulary words)

1. I think this is real.

2. I am upset because of this person or problem _____

_____ (Breathe!)

3. I feel _____

_____ Write or draw your feelings! ⇨

4. I want to feel better!

5. I am upset because I want things to be my way.

(Breathe!)

6. What I really want is: _____

_____ Write or draw what you want! ⇨

7. I am going to let go of my feelings and what I want.

(Breathe)

8. I ask for help in doing this.

9. I am loving and I want to feel Love instead of my upset.

(Breathe)

10. Now I feel: _____

_____ Write or draw your feelings now! ⇨



11. I see the **Love** in (number 2) _____ and

I'm willing to _____

_____ (Breathe)

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