

The Work-It-Out Sheet TWO

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

1. I think what has happened is real.

2. I seem to be 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. I feel I am right. (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 a loving person and I want to feel my 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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