|  |  |  |
| --- | --- | --- |
| **REALITY**  The perceptual output of the  Human Mind | **REALITY MANAGEMENT** | **FORGIVENESS**  A tool for changing a  REALITY in my mind |
| **NO-FAULT EMPOWERMENT TOOLS** |

Premise – my Essential Nature, my very Being is Love. The outcome of this Forgiveness Worksheet is to Empower me to remove fear and /or hostility and return to that experience of Love.

1. My reality is made with thoughts from my own mind. As I learn to change my thoughts, my reality will change.

A. I seem to be upset because ***my trigger/gift*** (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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Who am I punishing? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Punishment and blame are not my friends. I now choose to be responsible \_\_\_\_ (**BREATHE**)

3. I want to feel better. I release what happened (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 \_\_\_\_ and gently go through the symptoms of healing \_\_\_\_ (**BREATHE**)

5. I choose to restore the condition of **LOVE** to my mind. Self test: a loving thought I can feel about 1A is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; about Self \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; about trigger\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. What do I really want? (use positive words) **I want** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. I am not upset at this person, place, thing or event, but by a reality inside of me. ***If I’m in Pain; I’m in Error!***

8. I take full responsibility for all of my realities. Every reality in my mind is changeable. I now choose to connect with **LOVE** \_\_\_\_(**BREATHE)**

9. A. I cancel /delete my goal (#6) **I want** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. I invite\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to incline me toward healing \_\_\_\_; restore me to **LOVE** \_\_\_\_\_\_\_ assist me in keeping **LOVE** present \_\_\_\_ and help me let go of my painful reality\_\_\_\_\_\_\_, I now yield to Love and living a human life \_\_.(**BREATHE**)

10. A. I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and my awareness is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. How have I violated my goal in #6? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

11. My NEW VISION. I am grateful for this gift of insight. I join with the **LOVE** in you (1A) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in **PERFECT LOVE** \_\_\_\_\_, **TRUTH** \_\_\_\_\_ and I enthusiastically create and offer that \_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**SUCCESSFUL ( )\_**

Please, share, live, teach and support this work freely! Copy ONLY if this notice is included. Your support is appreciated! For a “WHY” book and/or DVD/CD send exchange or a POST OFFICE money order to: dr. michael ryce, c/o 273 County Road 638, Theodosia, Missouri 65761 954-205-4996 (95% of our workshops are FREE. Contact us if you are willing to translate and make the work available to others)15.00-book, 30.00 book on CD w/MP3, 40.00 - 4 hr. CD or 2 hr. DVD, 80.00 - 10 hr. DVD (includes original and latest 4 hr + 2 Hr. DVD), - plus 5.00 S&H. Support Mon-Fri 1:00PM-2:00PM, call 563-999-3581.