

Date: _____

Sheet Number: _____

(Use back of sheet if necessary)

1. My reality (*what I believe and how I feel*) is made from thoughts in my head. As I learn to change my thoughts, my realities will change.

A. I seem to be upset because (*write the name of the person, thing, or situation*):

_____ is (*write what happened*) _____

B. This triggers feelings inside me of _____

C. The thought that causes me to feel this way is: _____

D. I want to punish or get even by _____

2. Punishment and blame are not my friends.

I can decide how I feel if I take responsibility for what I think. I choose to be responsible.

3. I want to feel better. I let go of my feelings of:

1.B. _____

and my thought that:

1.C. _____

I let go of my need to be right and punish by:

1.D. _____

4. I am willing to live peacefully and be happy.

5. A friendly thought I have about 1A is:

6. What I really want is (*use positive words only*):

7. I am not upset at this person, thing or situation for the reason I think. I am upset because of a reality inside of me.

If I'm in Pain, there's a thought inside me that's stuck. (*I'm in error.*) If I let go of that thought, I will feel better.

8. I take responsibility, not blame, for all of my realities. Every reality in my mind is changeable. I choose to feel good instead of be upset.

9 A. I let go of my need for (#6) _____

Draw and color your feelings now.

B. I connect with LOVE inside me and ask for help in letting go of my painful reality. (Breathe)

10. Now I feel _____

11. I join with the LOVE in you (#1.A). _____

and I'm willing to have _____ with you.

PLEASE COPY AND SHARE WORKSHEETS AND TAPES FREELY. YOUR SUPPORT IS APPRECIATED!!

dr. michael ryce, HC 3, BOX 3280, THEODOSIA, MO 65761. 417-273-4838

Please include this notice in full on all copies or adaptations. © 1986,93,94, 2011 v-1