

Breathe

Date: _____ WS # _____

Breathe

THE NEW WORK-IT-OUT SHEET

I give myself permission to heal my painful realities (read this to yourself and breathe)

Now connect with LOVE and feel LOVE inside you...(*close your eyes, feel love inside and BREATHE*)

1. My reality (what I believe and how I feel)-(not the ACTUALITY) is made from thoughts inside my head. As I learn to change my thoughts, my realities will change.

I, _____, who am love, seem to be upset because (write the name of the person, thing or situation):

1A. _____, (write what happened, ACTUALITY) _____ Breathe

1B. This Triggers feelings inside me of _____

1C. The thought that causes me to feel this way is: _____

1D. I want to punish or get even by: _____ &/or Self 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 _____

I let go of my thought that: 1.C. _____

I let go of my need to be right and punish by: 1.D. _____

Draw and color your feelings

I release and surrender myself to LOVE. I release my feelings, my story, my thoughts, and the need to punish.

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

5. A friendly thought that 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 is 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 my realities. Every reality in my mind is changeable. I choose to feel good instead of being upset.

9. A. **While holding LOVE conscious, active and present, I now willingly choose to let go of my need for (#6)** _____

Draw and color your feelings

I am GRATEFUL for this opportunity to heal and I choose TRUTH and PERFECT LOVE

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 LOVE in you (#1 A) and I'm willing to set a goal that is truly Loving towards you _____

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