

Areas on the Reality Management Worksheet that are often “stuck” points and/or things to look for in doing worksheets.

- 1) Object of Attention & Situation
 - A) Make sure you understand they are the trigger not the cause. Put the initials in the brackets, it is a reminder that this is really about me not them.
 - B) Feelings i.e. Anger, Fear, Sad, Hurt.
 - C) Thoughts behind the feelings i.e. They will hurt me, They were favored, Loved more than me, I am not worthy
 - D) Punishment can be yelling or hitting them or telling them off or withdrawing yourself (any variety of punishment to them or you)
- 2) In sections 2 and
- 3) In sections 3 and
- 4) **In sections 4 - be sure you really acknowledge each point, many will go through and check the blocks off and have no idea what they meant. Must STOP and connect to love before doing the self-test or it will not work. To connect to love can be done by thinking about your child, or a beach or a sunset or a color or a wonderful experience. Use whatever it takes to move you into that space of pure love. Usually the thought used to reconnect has NOTHING to do with the object of this worksheet.**
- 5) **Self-test about 1A) and yourself must be a thought you can FEEL not just a made up statement. It could be something simple like “They are a loving person.” or “They have beautiful eyes.” BUT you must be able to FEEL it as true. If you cannot get past this point, STOP and go back and reconnect until you can. The loving thought does not (and usually will not) have to have anything to do with the issue at hand.**

Example that might help here, There was a lady who had such major issues with her mom that she could not think of anything loving about her mom. After a little meditation we calmly asked her “Did your mom ever make you cookies or give you something special just for you?” “Did she ever lovingly brush your hair?” She finally remembered a time and smiled. This may be the only loving thought she can come up with but after continuing to do the work she will eventually remember another time or thing her mom did and then another and eventually the loving thoughts will overcome the painful realities she currently sees about her mom. She has a lot of worksheets to do on her mom and she can use this exact same loving thought in each worksheet until she gets beyond her blockage.
- 6) Your GOAL for 1A) must be realized. What do you really want from them? Usually something along the lines of love or appreciation or respect.
- 7) Acknowledge, “If I am In Pain, I am In Error!”
- 8) **Same as Step 4 above, be sure you really acknowledge each point, many will go through and check the blocks off and have no idea what they meant. Reconnect!**
- 9) Forgiveness – Shabag – means to cancel -
 - A) Write verbatim your goal in Step 6. Cancel the goal you hold.
 - B) Invite Rukha, the Holy Spirit, whatever you are comfortable in referring to the Super Processor, it is a power within, an elemental force (feminine in nature) implanted by God

to guide you to happiness and well-being, given to assist you in cleaning up that which you can not do on your own. Again, acknowledge the blocks you check off.

10) Look at the situation in 1A) again

A) I now feel... **this should be anything from being calmer, peaceful, relieved ... if it is still a statement of turmoil then STOP and go back to Step 9, cancel goal and reconnect.**

B) And I can see that.... **This statement should be about ME (the person doing the worksheet) where 1A) was about THEM.** If truly reconnected and the goal cancelled then the person should see their part in the situation, for example, “They don’t deserve my anger and neither do I, and I have put up a wall and withheld any healing around this event.” (Smoke and Mirrors, and inside job, this is about me not them.) or “It is safe for me to look inside and face my fear.”

11) Grateful to 1A). This gratitude is for you – fake it until you make it!

12) Acknowledge the blocks you check off and now create a new goal that involves 1A). **This goal MAY be the same as what was in Step 6 but usually that was a red herring. Usually the goal in Step 6 was based on the other person doing something (giving them the power) and Step 12 will be based on the person doing the worksheet having the power to produce the result.** Example, “I want Mom to respect and love me.” becomes “I want to create a space of communication between Mom and me so we can both grow in love towards each other.”