

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 ()**_____

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