

**REALITY**

The perceptual output of the human mind.

**REALITY MANAGEMENT**

QUICK FORM WORK IT OUT  
FUTURE WORKSHEETS

**FORGIVENESS**

A tool for changing a REALITY in my

Date \_\_\_\_\_  
NOTES

1A. My trigger \_\_\_\_\_ (.\_.\_) I seem to be upset because *my trigger* \_\_\_\_\_  
\_\_\_\_\_ (BREATHE).

6. What I really want is (use positive words only) \_\_\_\_\_

9A. I cancel — let go of — my need (6) \_\_\_\_\_

9B. I invite Rukha d' Koodsha to incline me toward healing , restore me to **LOVE** , assist me in keeping **LOVE** present  and help in letting go of my painful reality . (**BREATHE**)

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**NOTES TO MYSELF:** The above people are the mirrors who have gifted me with opportunities today. If I'm In Pain-I am the one who has healing to do! How does this look like my life?  I'm committed to changing the responses in me that are a repeat of the old patterns in my life!