

REALITY The perceptual output of the Human Mind	REALITY MANAGEMENT	FORGIVENESS A tool for changing a REALITY in my mind
	EMPOWERMENT TOOL	

Premise – my very nature is Love. This Worksheet is to support the removal of fear and /or hostility and return to 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 _____

2. Punishment and blame are not my friends. I now choose to be responsible ___ (BREATHE)

3. I want to feel better. I totally release (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 ___, restore **LOVE** to my mind ___ and gently go through the symptoms of healing ___ (BREATHE)

5. What do I really want? (use positive words) I want _____

6. 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!*

7. A. I cancel my goal (#5) I want _____

B I invite _____ to incline me toward healing ___; restore me to **LOVE** ___ assist me in keeping **LOVE** present ___ help in letting go of my painful reality_____.(BREATHE)

8. I feel _____. My awareness is _____

Have I violated # 5 (this goal) ? _____

9. I am grateful and join with the **LOVE** in you (1A) _____. / _____ I acknowledge us for choosing **TRUTH** ___, **PERFECT LOVE** ___ and I see that _____

SUCCESSFUL ()