

1. **A.** I, ♥, have been convinced by my mind that **my trigger** ("them," "it," "self" or the situation - name the object of your attention) (**#1A**) _____ (_____.____.), causes my feelings!
B. (Describe what happened) _____
(BREATHE)

The Truth is: my reality is strictly internal, unique to me and is created out of my own thoughts!
 As I learn to accept responsibility for and change my dis-integrative thoughts, my realities **will** change!

C. My feelings, (also internal) triggered by this situation _____

D. My thought(s) that cause my feeling(s) _____

E. I want to punish/avoid by _____

Draw your feelings:

I surrender these feelings to ♥

2. **Fear/hostility and punishment distort my realities** - they come from corrupt data and *always* show me a lie. *With blame I hide my power. I now choose to end projection by accepting responsibility.* I choose to see every part of my mind accurately, heal, and free myself .
3. I choose to let go of identification with my hostility or fear. I willingly release my feelings (**#1C**) , their cause, my thoughts (**#1C**) , my need to punish (**#1D**) , and my need to be right. (BREATHE)
4. I connect to my **Original** nature ♥ Love . I choose Serenity , Happiness , and to source my reality through Love (Rakhma) . I willingly go through the physical/mental/emotional symptoms of healing .
5. I choose to Love Truth and to restore the condition of **LOVE** (Life) to my mind . **SELF GIFT/TEST:** a ♥ **LOVING** ♥ thought I can **FEEL** about (**#1A**) is: _____, Myself: _____
6. I want **#1A** to: (state, in positive words, what you want from **#1A**) _____

7. With thought, I structure each reality in my mind/body. ***If I'm in Pain, MY thoughts are off target, in Error!***
8. I accept responsibility and release blame for my self-inflicted pain. Every reality of hostility/fear in my mind is changeable. I choose to re-connect to my ♥ **ORIGINAL BEING - LOVE** ♥ instead of my upset .
9. **A.** The first casualty of desire is the Truth! **Perception**, *meant to be a light*, is the servant of purpose. If I hold any purpose more important than Love ♥, *my mind distorts my reality!* In order to collapse my false reality (anything based in the darkness of fear/hostility), and get back to the Truth ♥, I cancel my goal for **#1A** to (copy exactly from #6) _____ (BREATHE)

B. I invite _____ (Rookha d'Koodsha ♥) to incline me toward healing , restore me to *my original nature, LOVE* , assist me in keeping ♥ **LOVE** ♥ present , and help me to see and own the inner, deeper, hidden and projected parts of myself .

10. I now feel _____ and, about the situation in **#1A** see that _____
 _____ (This is a major issue if I do not see much change)

11. (**#1A**) _____ I am grateful and choose humility by looking for and joining only with your *highest and best*, **YOUR BEING, LOVE ♥!**

12. I acknowledge us for creating **TRUTH** , **PERFECT LOVE** , and (structure a ♥ Loving goal ♥ with **#1A**) _____

Draw your feelings now:

(BREATHE)

REALITY
The perceptual output of the human mind.

REALITY MANAGEMENT
NO FAULT EMPOWERMENT TOOLS

FORGIVENESS
The tool for changing REALITIES in my mind.

Date _____
Sheet# _____

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(**BREATHE**)

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