

Adult Reality Management Worksheet – Long Form

1A. My trigger _____ (_____) **B.** My emotional upset (level __), physical tension (level __). I store this tension in my _____ **C.** The situation as I see it (**MY REALITY, 1A**, that you resonate in me) _____ **(BREATHE)**

D. My feelings (internally caused): _____
E. The thoughts I think and beliefs I believe in order to cause my feelings of pain and upset are _____

F. My punishment thoughts: others _____, self _____
 Who taught me this? _____. I punish only when MY denied emotions are triggered .

G. What is my **Boy Scout Story**, my repeating pattern? How does this look like my life? I often find myself in situations where _____ and I feel _____. Is this a Family Motto? _____

2. REALITY is my mind's output and is **always internal**. Projection is a pretense that someone else causes the output of my mind. I feel powerless, "stuck" **ONLY** when I blame another for **MY REALITY** . I pardon you **1A** for what you did not do to me and choose to forgive my reality based on **1C, E and G** **(BREATHE)**.

3.A. I totally release **1B** , **C** , **D** , **E** , **F** , **G** , all fear and its effects; guilt, fault, blame and my need to be right
B. I recall when I did, or was accused of **1E** _____ and when **1F** was "done" to me _____ **(BREATHE)**.

4. I **WILLINGLY** go thru the symptoms of healing (recent vitality increase?). Old physical symptoms, low energy, confusion, depression, negative thoughts and feelings from my past will surface and are **safe** to feel and release.

5. Depending on which filter is set, my mind generates **LOVING OR FEARFUL/HOSTILE REALITIES**. I am seeing you thru my **Fear** (I'm *threatened*) or **Hostility** (I'm *irritated*) filters. I release my punishment thought (**1F**) and reset my **RAKHMA*** (Intentional) and **KHOOPA*** (Perceptual) **LOVE FILTERS** . *Self-test*– a loving thought I can feel about **1A** _____ and about myself is _____

6. What I want from the situation in **Step 1** is (use only positive word images, i.e. Love, co-operation, gentleness etc.) _____

7. My pain is the result of my disconnecting from my Source, Love. ***If I'm in pain - my thoughts are in error!*** There is only one error — making my desire, **#6**, more important than my connection to my Source **(Rose & Butterfly story)**.

8. I AM RESPONSIBLE FOR THE REALITIES I SEE, HEAR & FEEL — THE GOALS ACHIEVE — EVERYTHING I ATTRACT ! **(BREATHE)**

9. A. I cancel / forgive my demand for (**#6**) _____ **(BREATHE)**.

B. I invite _____ (**Rookha d' Koodsha***) to assist me in resetting my Love Filters, **Rakhma*** & **Khooba**, undoing my **REALITY** and its effects and helping me to _____

C. I reconnect with my **Source** , ask to be restored to Love and restore Love to **1A** _____ **(BREATHE)**.

10.A. I feel _____ **B.** After forgiveness I can see that _____

11. I am grateful, **1A** _____ to see and heal this hidden part of myself. I join with the Love in you & acknowledge us for creating **TRUTH** , **PERFECT LOVE** and _____ willingly give this to you **1A** _____ **(BREATHE)**

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