

The Work-It-Out Sheet FIVE

For Intermediate Reader (See previous pages for new vocabulary words)

1. My thinking makes up what is real to me. As I learn to change my thinking, my realities will change.

2. I seem to be upset because of this person or problem (write what happened)
_____ (Breathe!)

3. I feel _____
_____ Write or draw your feelings! ⇨

4. I am upset because I am thinking I want things to be my way. I feel I am right. This is my reality. (Breathe)

5. I choose my feelings.

6. I want to feel better.

7. What I really want is: _____
_____ (Breathe) Write or draw what you want! ⇨

8. I let go of my feelings (number 3) and what I think I need and want (Breathe)

9. I ask for help in letting go of this reality.

10. I am a loving person and I want to feel my **Love** instead of my upset. (Breathe)

11. Now I feel: _____
_____ Write or draw your feelings now! ⇨



12. I see the **Love** in (number 2) _____ and I'm willing to (set a Loving goal with # 2) _____
_____ (Breathe)

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