

The Work-It-Out Sheet FOUR

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

1. What I think in my head makes up my reality.
2. I seem to be upset because of this person _____ or problem (what happened) _____ **(Breathe!)**

3. I feel _____
_____ **(Breathe!)**

4. I want to feel better! **Write or draw your feelings!** ⇨

_____ **(Breathe)**

5. I am upset because I am thinking I want things to be my way. I feel I am right. This upset is my reality.

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

7. I let go of my feelings (number 3) and what I think I want (number 6) **(Breathe)**

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

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

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



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

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