

The Work-It-Out Sheet SEVEN

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

1. My reality is made with the thoughts in my own head. As I learn to change my thoughts, my reality will change.

B. I seem to be upset because (write the name of the problem person, thing or situation) _____ is (write what happened) _____

C. I feel _____ **Write or draw your feelings!** ⇨

2. I choose my feelings.

3. I want to feel better.

4. I let go of my feelings (#1C) and my need to be right
(Breathe)

5. I let go of my thoughts (#1A) **(Breathe)**

6. What I really want is (positive words only): _____
_____ **(Breathe)**

Write or draw what you want! ⇨

7. I am upset at a reality inside of me not this person, thing or situation. **(Breathe)**

8. I take responsibility (not blame) for all of my realities.

9. A. I let of my need for (#6) _____
_____ **(Breathe)**

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

C. I am a loving, creative person. I choose to connect with **Love** instead of my upset. **(Breathe)**

10. Now I feel: _____

Write or draw your feelings now! ⇨



11. I see the **Love** in you (#1B) _____ and I'm willing to (set a Loving goal with #1B) _____ **(Breathe)**

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