

The Work-It-Out Sheet SIX

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

1. What I am thinking about are my thoughts. My thoughts are real to me. My thoughts are my reality and I can change my thoughts.

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 of my thoughts. I think I want things to be my way. I feel I am right. This is my reality. **(Breathe)**

5. I choose my thoughts and feelings.

6. I want to feel better.

7. I let go of my feelings (#3) and I let go of my upset (#2) **(Breathe)**.

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

9. I am a loving person. I choose **Love** instead of my upset. **(Breathe)**

10. I let go of what I think I need and want (#8) **(Breathe)** I ask for help in letting go of this reality.

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



12. I join in the **Love** in (number 2) _____

and I'm willing to (set a Loving goal with # 2) _____

(Breathe)

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