

Teen / Adult Worksheet

1 A. I seem to be upset because *my trigger* (write the name of the person, place, thing, or event)
_____ (_____) (write what has happened) _____

_____ **(BREATHE)**

My reality is made with thoughts from my own mind. As I learn to take responsibility for and change my thoughts, my realities **will** change!

B. This triggers my feelings of _____

C. My thought that causes this feeling is _____

2. Fear/hostility, punishment/blame distort my realities. I prefer to be responsible and see accurately . **(BREATHE)**

3. I willingly let go of — my feelings (#1B) — my thoughts (#1C) and my need to be right . **(BREATHE)**

4. I choose Peace , Happiness and to connect to my True Being, Love .

I willingly go through the physical, mental and emotional symptoms of healing .

5. I choose to Love Truth and to restore the condition of **LOVE** to my mind . Self-test: a **LOVING** thought I can **FEEL** about (#1A) is: _____, myself: _____

6. I want #1A to: (state, in positive words, your goal for #1A) _____.

7. I structure the realities in my mind and I am the cause my pain. **If I'm in Pain, my thoughts are in error!**

8. I accept responsibility and release blame for my self-inflicted pain. Every reality in my mind is changeable.

I now choose to re-connect to **LOVE** instead of my upset . **(BREATHE)**

9. A. In order to collapse the active reality in my mind, I cancel — let go of — my goal for #1A (from #6) _____

B. I invite _____ (**Rookha**) to incline me toward healing , restore me to **LOVE** , assist me in keeping **LOVE** present and help in letting go of my painful reality . **(BREATHE)**

10. I now feel _____ and,
about #1A see that _____

11. I am grateful and choose humility (to see the highest and best in you) by joining with your True Nature, **LOVE** (#1A) _____.

12. I acknowledge us for creating **TRUTH** and **PERFECT LOVE** .
I now create a Loving goal that involves #1A _____

_____ . **(BREATHE)**

Draw your feelings:

Draw your feelings now:

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