

The Work-It-Out Sheet THREE

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

1. I think this is real to me. What is real to me is my reality.
2. I seem to be upset because of this person or problem (what happened) _____
_____ (Breathe!)

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

4. I want to feel better!

5. I am upset because I want things to be my way.
I feel I am right. (Breathe)

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

7. I am going to let go of my feelings (number 3) and
what I want (number 6). (Breathe)

8. I ask for help in doing this.

9. I am a loving person and I want to feel **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 _____

_____ (Breathe)

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