



1. A. I seem to be upset because my mind convinces me that my trigger (name the object of your attention) \_\_\_\_\_ ( \_ . . . ), causes my feelings. (Describe what happened)

\_\_\_\_\_ (BREATHE).

The truth is my reality is strictly internal, unique to me and is created out of my thoughts!  
 As I learn to take responsibility for and change my thoughts, the output of my mind will change!

B. My feelings (also internal) \_\_\_\_\_

C. My thought(s) that cause my feeling(s) \_\_\_\_\_

\_\_\_\_\_

D. I want to punish by \_\_\_\_\_

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

3. I want to and choose to feel better by willingly letting go of –my feelings (#1B)  and their cause, my thoughts (#1C)  , my need to punish (#1D)  and my need to be right  . (BREATHE)

4. I choose to source my reality through Love (Rakhma)  . I choose Serenity  , Happiness  , and to connect to 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 of my pain. If I'm in Pain, I'm 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 reconnect to LOVE instead of my upset  . (BREATHE)

9. A. In order to collapse my reality, #1A, I cancel the goal (#6) I hold for the object of my attention \_\_\_\_\_

\_\_\_\_\_

B. I invite \_\_\_\_\_ (Rookha d'Koodsha) to incline me toward healing  , restore me to LOVE  , assist me in keeping LOVE present  and help in letting go of my painful realities  . (BREATHE)

10. I now feel \_\_\_\_\_ and, about the situation in #1A see that \_\_\_\_\_

\_\_\_\_\_

11. I am grateful and choose humility by joining only with the LOVE in you (#1A) \_\_\_\_\_

12. I acknowledge us for creating TRUTH  , PERFECT LOVE  and (create a Loving goal that involves #1A)

\_\_\_\_\_  . (BREATHE)