

**REALITY**  
The perceptual output of  
the human mind.

**REALITY MANAGEMENT**  
**NO FAULT EMPOWERMENT TOOLS**

**FORGIVENESS**  
The tool for changing  
REALITIES in my mind.

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 \_\_\_\_\_

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

**Draw your feelings:**

2. Punishment and blame are not my friends. I now choose to be respons-able . **(BREATHE)**

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

4. I choose to filter my reality through Love . I choose Serenity , Happiness , 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 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 re-connect to **LOVE** instead of my upset . **(BREATHE)**

9. A. I cancel — let go of — my goal for #1A (my answer from #6) \_\_\_\_\_

B. I invite \_\_\_\_\_ 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** can see that \_\_\_\_\_

**Draw your feelings now:**

11. I am grateful and join with the **LOVE** in you (**#1A**) \_\_\_\_\_. I acknowledge us for creating **TRUTH** , **PERFECT LOVE**  and \_\_\_\_\_

. **(BREATHE)**

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REALITIES in my mind.

1. A. I seem to be upset because *my trigger* (write the name of the person, place, thing, or event) my baby sister Amy (R.S.) (write what has happened) was the favorite

(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 anger

C. My thought that causes this feeling is Amy had it easy. I never had it so good!

D. I want to punish by yelling and getting rid of Amy

2. Punishment and blame are not my friends. I now choose to be respons-able . **(BREATHE)**

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

4. I choose to filter my reality through Love . I choose Serenity , Happiness , 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 **LOVIN** thought I can **FEEL** about (#1A) is: Amy reaches out to me often, myself: I'm becoming responsible

6. I want #1A to: (state, in **positive words**, your goal for #1A) to be loved, appreciated and cared for as much as Amy

7. I structure the realities in my mind and I am the cause 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 re-connect to **LOVE** instead of my upset . **(BREATHE)**

9. A. I cancel — let go of — my goal for #1A (my answer from #6) to be loved, appreciated and cared for as much as Amy

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 cleansed, relieved and, about #1A neither of us deserved my hostility and I have work to do.

11. I am grateful and join with the **LOVE** in you (#1A) Amy. I acknowledge us for creating **TRUTH** , **PERFECT LOVE**  and a close, warm relationship. I commit to beir available and I now accept responsibility for my feelings.

. **(BREATHE)**

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# Reality Management Worksheet Guide

This guide has been developed to assist you in completing your worksheets. Each of the following comments pertains to the numbered steps on the worksheet.

1. As you complete #1 acknowledge that which seems to be true – the way you see it. As you describe it, remember to keep BREATHING. Holding the breath is the mechanical way you deny, shut down and keep yourself unconscious of cause.
  - a. Name of the person, place or thing or event that triggered your upset.
  - b. Be sure to describe emotions, not thoughts
  - c. Identify the thought you had that caused the emotion(s)
  - d. Describe what you would like to do to punish the trigger in #1a; punishment can be anything (i.e. leaving, degrading, saying something hurtful, or even ignoring)
2. **This is a reminder that your punishment and blame hurt only you.** Remember, YOU get the original, your trigger only gets the carbon copy! Think about when, in the past, you have punished in this same way and when this punishment was done to you. Is there a pattern? BLAME = Giving away your POWER
3. **This is the time to put aside being right** and acknowledge that even if you are right, the way you are feeling is a disintegrative energy and it's time to let go of those feelings. Step #3 references your answers in step #1. Verbally say each section:  
“I let go of my feelings of \_\_\_\_\_ (from #1b);

“I let go of my thought \_\_\_\_\_ (from #1c);

“I let go of my need to punish by \_\_\_\_\_ (from #1d);  
and I let go of my need to be right.

**Allow yourself to FEEL what you are letting go of as you speak the words.**

4. **Here you are actually acknowledging HOW you want to live** and proclaiming your WILLINGNESS to go through the process you need to in order to heal the underlying belief(s) that continue to create the same unhappy experiences in your life.

5 **This is designed to restore Love to your mind.** In the previous steps you have let go of negative emotions and thoughts and in this step you are filling the “vacuum” with Love. Only when the condition of Love is active, can you see the truth.

6. **Identify your goal for the situation or person in #1a.** This statement describes the way you want it. It is the discrepancy between the way you want it and the way you see it that caused the upset. It is important to make certain you use words that reflect what you actually want, rather than what you don't want! **This step points out that to own your pain is to be empowered to heal it.**

8. This step simply acknowledges your personal responsibility. **Only you cause yourself to feel.**

9. **By taking responsibility, you RECLAIM your POWER**

a. **This is the core of forgiveness, which is to CANCEL.**

This step collapses the mind's realities, releases pain and allows you to REDUCE the STRESS that the goal identified in #6 has caused in your mind. **It is the attachment to the goal that keeps you in upset.** As you release the goal (even if it's a great one) you make room for Truth and anything hidden or unlike Truth is free to surface.

b. Fill in the blank with what **you** call your divine power (God, Holy Spirit, Jesus, Universe, etc.) Close your eyes and become still. Invite your Source to fill you with Love and restore you to your original state of being.

**Note: it is at this point that you may wish to look at the underlying belief that caused the thought that caused the emotional response. Be open to discovering the source of the pain. When you discover the source belief, then you can use this and other tools to change or heal that belief so that the source of the pain is lessened, and finally, released. This underlying belief is the source of repeating negative patterns in your life.**

10. After completing the above steps, now look at #1. **Does the situation or person look different to you now?** Have your feelings and the thought that caused that feeling changed?
11. On this final step, you purposefully look for the Love in the subject of your sheet (#1A) and focus on what you want to create with the person or situation named in #1A. You “see” the end result and name it. **The reason for doing this with GRATITUDE is that you’ve now created a space for Love and Truth to move in.** The gratitude is not for them or it (the situation or event); **it is for YOUR healing.** By ending in this way, you step into the frequency you want in your mind and the result you want in your life. If you do not create that result, the first time, this may be one of your 77 X 70 issues!