REALITY MANAGEMENT
NO FAULT EMPOWERMENT TOOLS

Date: _Oct 23_

Sheet Number: _1_

1. My reality is made with thoughts from my own mind. As I learn to change my thoughts, my reality will change.

   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.*) is (write what has happened)_was the favorite_ _____ *(BREATHE)*

   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_

Draw your feelings:

2. Punishment and blame are not my friends. I now choose to be responsible. ☒ *(BREATHE)*

3. I want to feel better. I let go of my feelings of (1B)_anger_ and my thought that (1C)_Amy had it easy. I never had it so good!_ I let go of my need to be right and punish by (1D)_yelling and getting rid of her._

4. I am willing to live peacefully ☒, be happy ☒ and go through the symptoms of healing. ☒

5. I choose to restore the condition of Love to my mind. ☒ Self-test—a Loving thought I have about (1A) is_Amy was my friend and still reaches out to me often_

6. What I really want is (use positive words only)_to be loved, appreciated and cared for as much as Amy_

7. I am not upset at this person, thing or situation, but at a reality inside of me.
   If I'm in Pain, I'm in error.

Draw your feelings now:

8. I take responsibility, not blame, for all of my realities. Every reality in my mind is change-able. I now choose to connect with **LOVE** instead of my upset. ☒ *(BREATHE)*

9. A. I cancel—let go of—my need (6)_to be loved, appreciated and cared for as much as my sister_ B. I ask for help in letting go of my painful reality. ☒ *(BREATHE)*

10. I now feel_cleansed, relieved_and I can see that_neither of us deserved my hostility & I have work to do_

11. I join with the **LOVE** in you (1A)_Amy_and I'm willing to have_a close, warm relationship with you & be available—be responsible for my feelings_with you. ☒ *(BREATHE)*

Photocopy Suggestion: Use enlargement setting of 120% for 8½x11 paper.