

Date: Oct 23

Sheet Number: 1

 My reality is made with thoughts from my own min my reality will change. 	a. The friedminte entange my breag.
mil roamil som oriango.	
A. I seem to be upset because my trigger (write t	the name of the person place, this
or event) <u>my baby sister Amy (R. S.)</u> is (write favorite	
B. This triggers my feelings ofanger	
b. This anggers my realings orarger	Draw your feelings:
C. My thought that causes this feeling is _Amy_	
had it easy. I never had it so good!	
D. I want to punish by <u>yelling and getting rid</u>	
of Amy	
 Punishment and blame are not my friends: I now choose to be responsible. \(\mathbb{Z} \) /BREATHE) 	
3. I want to feel better, I let go of my feelings of (1B) anger and	
my thought that (1 C) Amy had it easy. I never h	
go of my need to be right and punish by (1D) yell	Wilder Manager of the State of
 I am willing to live peacefully	io through the symptoms of healing.
E I chance to rectors the condition of Lave to my m	
5. I choose to restore the condition of Love to my m	nind. 🗷 Self-test—a Loving though
have about (1A) is Amy was my friend and still	ind. Self-test—a Loving though reaches out to me often
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Photocopy Suggestion: Use enlargement setting of 120% for 8½x11 paper.

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