

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

**REALITY MANAGEMENT**  
NO FAULT EMPOWERMENT TOOLS

**FORGIVENESS**  
A tool for changing a  
REALITY in my mind.

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) \_\_\_\_\_ (\_\_\_\_\_) (write what has happened) \_\_\_\_\_  
\_\_\_\_\_ **(BREATHE)**
- B. This triggers my feelings of \_\_\_\_\_  
\_\_\_\_\_
- C. My thought that causes this feeling is \_\_\_\_\_  
\_\_\_\_\_
- D. I want to punish by \_\_\_\_\_  
\_\_\_\_\_
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 (1B)  — my thought (1C)  — my need to punish by (1D)  — and my need to be right  **(BREATHE)**
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 can feel about (1A) is \_\_\_\_\_, myself \_\_\_\_\_
6. What I really want is (use positive words only) \_\_\_\_\_  
\_\_\_\_\_
7. I am not upset at this person, place, thing or event but by a reality inside of me. ***If I'm in Pain, I'm in Error.***
8. I take responsibility, not blame, for all of my realities.  
Every reality in my mind is changeable. I now choose to connect with **LOVE** instead of my upset  **(BREATHE)**
9. A. I cancel — let go of — my need (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 I can see that \_\_\_\_\_
11. I am grateful and join with the **LOVE** in you (1A) \_\_\_\_\_. I acknowledge us for creating **TRUTH** , **PERFECT LOVE**  and \_\_\_\_\_  
\_\_\_\_\_ **(BREATHE)**

Draw your feelings:

Draw your feelings now:

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