

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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