

**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 (A.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
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.***
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) 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, relaxed 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)

**Draw your feelings:**

**Draw your feelings now:**

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