

**Reality Management Sheet: "If am in pain, I am in Error!"**

IF THEY ARE THE ONE WITH THE PROBLEM, WHY AM I THE ONE WITH THE PAIN?!

1. **A.** I have been convinced by my mind that my trigger ( the person or situation that triggers your reaction ) (**#1A**)

\_\_\_\_\_ (\_\_\_\_\_) causes my feelings!

B. (Describe what happened) \_\_\_\_\_

\_\_\_\_\_ (BREATHE)

**The Truth is:** *my reality is strictly internal, unique to me and is created out of my own thoughts!*

*As I learn to accept responsibility for and change my dis-integrative thoughts, my realities will change!*

C. My feelings, (also internal) triggered by this situation are: \_\_\_\_\_

D. My thought(s) that cause my feeling(s): \_\_\_\_\_

E. I want to punish/avoid by: \_\_\_\_\_

2. *Fear/hostility and punishment distort my realities - they come from corrupt data and always show me a lie. With blame I hide my power. I now choose to end projection by accepting responsibility. I choose to see every part of my mind accurately, heal, and free myself* .

3. **I choose to let go of identification with my hostility or fear. I willingly release: my situation (1B, read it above aloud!); I willingly release my feelings (#1C) ; I willingly release their cause my thoughts (#1D) ; I willingly release my need to punish (#1E) ; and I willingly release my need to be right.**  (BREATHE)

4. *I connect to my Original nature  Love . I choose Serenity , Happiness , and to source my reality through Love (Rakhma) . I willingly go through the physical/mental/emotional symptoms of healing .*

5. I choose to Love Truth and to restore the condition of LOVE (Life) to my mind . SELF GIFT/TEST: a  LOVING thought I can FEEL about (#1A) is: \_\_\_\_\_, Myself: \_\_\_\_\_

6. I want #1A to: (what do you want from #1A: love, cooperation etc?) \_\_\_\_\_

7. *With thought, I structure each reality in my mind/body. If I'm in Pain, MY thoughts are off target, in Error!*

8. *I accept responsibility and release blame for my self-inflicted pain. Every reality of hostility/fear in my mind is changeable. I choose to re-connect to my ORIGINAL BEING - LOVE instead of my upset . See your trigger in a loving light emanating out of your heart.*

9. **A.** The first casualty of desire is the Truth! Perception, meant to be a light, is the servant of purpose. If I hold any purpose more important than Love, my mind distorts my reality! In order to collapse my false reality (anything based in the darkness of fear/hostility), and get back to the Truth, I cancel my goal for #1A to (copy exactly from #6)

\_\_\_\_\_ (BREATHE)

**B.** *I invite (the Holy Spirit, ) to incline me toward healing, restore me to my original nature, LOVE, assist me in keeping LOVE present, and help me to see and own the inner, deeper, hidden and projected parts of myself* .

10. I now feel and, about the situation in #1A see that \_\_\_\_\_

(This is a major issue if I do not see much change)

11. I am grateful to 1A (my trigger) \_\_\_\_\_ and choose humility by looking for and joining only with your highest and best, YOUR BEING, LOVE !

12. I acknowledge us for creating TRUTH , PERFECT LOVE , and (structure a Loving goal with #1A) \_\_\_\_\_

\_\_\_\_\_ . (BREATHE)

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