

REALITY MANAGEMENT - NO FAULT EMPOWERMENT TOOL

"If they are the one with the problem, why am I the one with the pain?! I have created every situation in my life."  
Michael Ryce's worksheets: www.whyagain.com

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)

\_\_\_\_\_ (your initials ( . / . ) causes my feelings and takes me out of Love.

Describe the situation \_\_\_\_\_

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

B. This triggers my feelings of: \_\_\_\_\_

C. My thought that causes this feeling is: \_\_\_\_\_

\_\_\_\_\_

D. I want to punish by: \_\_\_\_\_

E. Did I learn this behavior from my family? yes/no Do I often treat others(myself) in the same way?

2. *Punishment and blame are not my friends. I now choose to be responsible* . (BREATHE)

3. I want to feel better. I feel powerless, "stuck" only when I blame another for my reality . I pardon you for what you did not do to me and choose to forgive my reality based on this situation.

I let go of/release my situation: (read 1A aloud)

I release my feelings (read 1B),

I release my thought (read 1C),

I release my need to punish by (read 1D),

I release **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 \_\_\_\_\_, and about myself \_\_\_\_\_.

6. What I really want is (use positive words only): I want \_\_\_\_\_

\_\_\_\_\_.

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 (rewrite line # 6): I want \_\_\_\_\_

\_\_\_\_\_

B. *I invite the Holy Spirit (Rookha d' Koodscha)  or Christ /Buddha /angel  or \_\_\_\_\_ to assist me in resetting my love filters, Rakhma and Khooba , to incline me toward healing , 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 after cancelling my need(#6) that \_\_\_\_\_.

\_\_\_\_\_

11. I am grateful and join with the LOVE in you \_\_\_\_\_ (1A). I acknowledge us for creating TRUTH , PERFECT LOVE , and I set a new goal with my former trigger \_\_\_\_\_

\_\_\_\_\_

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