

Short Written version of The Realty Management Worksheet

Intended As An Introduction to the Full Reality Management Workseet

Whenever I Am Feeling Upset:

- 1) I Ask; "What emotion am I feeling?" And I BREATHE - I Put a feeling word to what I am experiencing. _____
- 2) I Ask; "What thought am I using to create this emotion?" And I BREATHE - My thoughts create my emotions, so there will always be a thought that is giving rise to my emotion at the time. _____

- 3) I identify the goal that is contained in the thought, (There will always be a goal in a thought which causes a negative emotion. For instance, "They have no right to talk to me like that!" If I think this long enough I will probably feel anger. The goal is for them to speak to me respectfully.)

- 4) Say; "I Cancel this thought and this goal." And I BREATHE - I Ask to be shown the hidden part of my mind which is actually causing the uncomfortable emotion in me. And I BREATHE. (Gently repeating, "I cancel my need to be right." "I ask to be shown." "I allow myself to be taught something new about this.") _____

- 5) I think the most Loving Thoughts I can imagine And I BREATHE. Set a Loving Goal for myself. _____

- Assess How I feel. If I feel less than Loving, I start again with #1!

I Repeat this process "Soon and Often!"

Based on Michael Ryce's work Full worksheet available at whyagain.org mindshifters-academy.org