

Forgiveness “Patter” for worksheet cancellation step.

I keep my breath moving and say to myself:

“I cancel my need to be right.”

“I cancel my need for anyone or anything else to change, (including me).”

“I put my conscious, logical mind on the bookshelf for now.”

“I cancel my specific goal for this worksheet.”

“I ask to be shown the hidden part of my mind that is actually creating the negative emotion from this worksheet.”

Now I just place myself in that open, allowing state to watch whatever images come up. How old am I, Where am I, Who Else is there, and what is happening. I Trust that whatever I see, however disjointed it may seem, is just what I need to see to begin to heal and move forward.

It’s all “old stuff”. It’s just nerves firing in my brain. It can’t hurt me anymore than it already has. This means that it is perfectly safe for me to “see” it, feel it, and question it anew. I allow myself to question all the old conclusions about myself and anyone else, and use my adult awareness to question those old conclusions anew.

I just keep repeating the idea that “**I cancel my need to be right.**”, and I refuse to make up another image based on this “brain content” to prove that I am right. I take a few moments to breathe and ask to be shown what my logical mind cannot show me. I trust that whatever thoughts or images come to my mind are part of what I need to see to heal here, and move forward.