

Mental Short version of The Realty Management Worksheet

Intended only for mental use when learning the Reality Management Worksheet, or when paper and pen worksheet process is not possible.

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 that 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) Cancel the thought and the Goal simply 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.
- 5) I think the most Loving Thoughts I can imagine And I BREATHE. -
If I feel less than Loving, I start again with #1!
I Repeat this process “Soon and Often!”