

REALITY MANAGEMENT WORKSHEET

adapted from Dr Michael Rice*

Name: _____ Date: _____

Freedom Through Releasing™

Check (✓) or initial the boxes .

Pause and breathe after each step.

1. My reality is made with thoughts from my own mind.
 As I learn to **release** my limiting patterns and programs, and 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*)

 is (*write what has happened*):

B. This triggers my feelings of:

Draw your feelings (use a separate sheet if necessary):

C. My thought that causes this feeling is:

D. I want to punish by:

2. I **release** my feelings of punishment and blame
 I now choose to be responsible.

3. I intend to feel better.
 I **release** all my feelings of (1B):

 and my thoughts that (1C):

 I **release** my need to be right and punish by (1D):

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 have about (1A) is:

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

7. I am not upset at this person, thing or situation, but at a reality inside me.

8. I take responsibility for all my realities.
 Every reality in my mind is changeable.
 I now choose to connect with **Love** instead of my upset.

9. A. I **release** my need (6)

 B. I ask for forgiveness and I forgive myself.

10. I now feel
 and I can see that

Draw your feelings now (use a separate sheet if necessary):

11. I join with the **Love** in you (1A)
 and I am willing to have

 with you.

12. I give thanks to **Spirit Most High** for help in **releasing** and **transmuting** my painful reality.

Sign and date:

when you have completed the worksheet, fold down this line and put the past behind!

*This Releasing Worksheet is adapted from Dr Michael Ryce's original "Reality Management Worksheet"
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