

2f) What do you think of them? Make a list.

(Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious.)

YYYYYYYYYYYYYYYY

2g) What is it that you don't want to experience with that person again?

(Example: I don't ever want to feel unappreciated by Paul again. I don't ever want to see him smoking and ruining his health again.)

YYYYYYYYYYYYYYYY

2. FEELING THE FEELINGS

Feel all the feelings from 2b as intensely as possible.

ACKNOWLEDGING MY OWN HUMANNESS

3. I lovingly recognize and accept my feelings, and judge them no more. I am entitled to my feelings.

I feel: Willing Open Skeptical Unwilling

4. I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see the situation.

I feel: Willing Open Skeptical Unwilling

5. My discomfort was my signal that I was withholding love from myself and zzzzzzzzzzzzzz by judging, holding expectations, wanting zzzzzzzzzzzzzz to change and seeing zzzzzzzzzzzzzz as less than perfect. (List the judgments, expectations and behaviors that indicate that you were wanting him/her/them to change.)

YYYYYYYYYYYYYYYY

(Note: Look to see how many of these judgments and expectations you are making about yourself.)

YYYYYYYYYYYYYYYY

3. COLLAPSING THE STORY

6. I now realize that in order to feel the experience more deeply, my soul has encouraged me to create a BIGGER story out of the event or situation than it actually seemed to warrant, considering just the facts. This purpose having been served, I can now release the energy surrounding my story by separating the

facts from the interpretations I have made up about it. (List the main interpretations and circle the level of emotion and attachment you have around each interpretation NOW.)

INTERPRETATIONS I MADE UP ABOUT THE ABOVE EVENT	LEVEL OF EMOTION NOW			
	High	Medium	Low	Zero
	High	Medium	Low	Zero
	High	Medium	Low	Zero
	High	Medium	Low	Zero
	High	Medium	Low	Zero
	High	Medium	Low	Zero

Copy stuff from section 1 and 5 to here, use it for the above table, then delete it

7. CORE-NEGATIVE BELIEFS I EITHER MADE UP FROM MY STORY OR WHICH DROVE THE STORY (Check those that apply.)

I am not lovable.

I am undeserving of love.

Love will smother me.

Love will go away.

I will inevitably be abandoned by those I love and want love from.

I will not be listened to or acknowledged.

Love is dangerous.

People will not like me as I am.

I don't deserve to be happy.

I don't deserve to have a happy and loving relationship.

I will inevitably be rejected.

People will betray me.

I don't deserve closeness.

Closeness is dangerous.

I cannot be myself or I will be rejected.

I must always please in order to have love.

I am always last or left out.

No matter how hard I try, it's never enough.

I will never be enough.

Life has to be a struggle.

Communication is contentious.

Fighting is a way to connect emotionally.

I will be controlled or overpowered by others.

I must do what everyone else wants me to do.

Love must come to me without my doing anything.

I cannot be assertive with people who are special to me.

It is not safe to be me.

It is not safe to speak out.

I should have been a boy/girl.

Life's not fair.

It is not good to be powerful/successful/rich/outgoing.

The world is not a safe place.

People will try to take advantage of me.

People lie.

I need a partner to be happy.

I should be different.

There is something wrong with me.

I am unworthy.

I don't deserve.

NOTICING A PATTERN AND SEEING THE PERFECTION IN IT

9. I recognize that my Spiritual Intelligence has created stories in the past that are similar in circumstance and feeling to this one in order to magnify the emotional experience of separation that my soul wanted. I am seeing this as evidence that, even though I don't know why or how, my soul has created this particular situation, too, in order that I learn and grow. *(List similar stories and feeling experiences (as in 2b) and note the common elements in them.)*

YYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYY

4. TOWARD THE REFRAME

10a. Write down every single thing in this incident that you think was somehow negative or not aligned with your destiny.

10b. For each item in 10a write how that item was an act of love? How did it serve you and others? How did it help you? Don't continue until you can give thanks for each item in 10a above.

10c. How did each item in 10a help you to become what you are today? How did that person or that event bless you and contribute to your mission?

11. I now realize that I get upset only when someone resonates in me those parts of me I have disowned, denied, repressed and then projected onto them. I see now the truth in the adage, "If You Spot It, You've Got It!" It's me in the mirror!

I feel: Willing Open Skeptical Unwilling

12. zzzzzzzzzzzzzzzzzzz is reflecting what I need to love and accept in myself. Thank you zzzzzzzzzzzzzzzzzzz for this gift. I am now willing to take back the projection and own it as a part of my shadow. I love and accept this part of me.

I feel: Willing Open Skeptical Unwilling

13. Even though I may not understand it all, I now realize that you and I have both been receiving exactly what we each had subconsciously chosen, and were doing a dance with and for each other to bring us to a state of awakened consciousness.

I feel: Willing Open Skeptical Unwilling

14. I now realize that nothing you, zzzzzzzzzzzzzz, have done is either right or wrong. I am able now to release the need to blame you or anyone else. I release the need to be right about this, and I am WILLING to see the perfection in the situation just the way it is.

I feel: Willing Open Skeptical Unwilling

15. I am willing to see that, for whatever reason, my mission or 'soul contract' included having experiences like this and that you and I may have agreed to do this dance with and for each other in this lifetime. If it is for the highest good for both of us, I now release you and me from that contract.

I feel: Willing Open Skeptical Unwilling

5. REFRAMING THE STORY

16. Take your biggest complaint/judgment from Section #1 (Telling the Story) and answer these 4 questions:

Biggest complaint/judgment: yyyyyyyyyyyyyyyyyyyyyyyyyyyyyyy

- 1) Is it true?
- 2) Can you absolutely know that it's true?
- 3) How do you react, what happens, when you believe that thought?

yyyyyyyyyyyyyyyyyyyyyyyyyyyyyy

- 4) Who would you be without the thought?

yyyyyyyyyyyyyyyyyyyyyyyyyyyyyy

17. Turn this complaint/judgment around and give 3 examples of each turn around.

Turn around 1:

Example 1:

Example 2:

Example 3:

Turn around 2:

Example 1:

Example 2:

Example 3:

Turn around 3:

Example 1:

Example 2:

Example 3:

18. I release from my consciousness all feelings of (as in Box # 2b):

yyyyyyyyyyyyyyyyyy

THE REFRAME STATEMENT

19. The story in Section #1 was my Victim Story, based in the old paradigm of reality (victim consciousness). Now attempt a different perception of the same event (a reframe), from my new empowered position, based on the insights you have experienced as you have proceeded through this worksheet. (Note any positive shift in feeling tone.)

I now realize

Everything is perfect and in accordance with Divine Purpose. This situation occurred to help me see my core beliefs of: I am not lovable, I am undeserving of love, Love will smother me, Love will go away, I will inevitably be abandoned by those I love and want love from, I will not be listened to or acknowledged, Love is dangerous, People will not like me as I am, I don't deserve to be happy, I don't deserve to have a happy and loving relationship, I will inevitably be rejected, People will betray me, I don't deserve closeness, Closeness is dangerous, I cannot be myself or I will be rejected, I must always please in order to have love, I am always last or left out, No matter how hard I try, it's never enough, I will never be enough, Life has to be a struggle, Communication is contentious, Fighting is a way to connect emotionally, I will be controlled or overpowered by others, I must do what everyone else wants me to do, Love must come to me without my doing anything, I cannot be assertive with people who are special to me, It is not safe to be me, It is not safe to speak out, I should have been a boy/girl, Life's not fair, It is not good to be powerful/successful/rich/outgoing, The world is not a safe place, People will try to take advantage of me, People lie, I need a partner to be happy, I should be different, There is something wrong with me, I am unworthy, I don't deserve yyyyyyy, I must obey or suffer, Others are more important than me, I am alone, No one will love me, No one is there for me, People don't care about my thoughts and feelings, People can't be trusted, I cannot initiate affection or sex, for I will mostly be rejected, If I accept love, I will have to pay for it, Marriage is a trap or bondage, Marriage is boring, Marriage will bring me happiness, I will always be an outsider, I don't have much of value to give, To argue is to connect, Surrender means I will be controlled, and I am not good enough, so that I could heal my feelings of separation.

6. INTEGRATING THE SHIFT

Gather all the energy and send it back to the moment it was created. Fill your space with your own Dynamis.

20. I completely forgive myself, and accept myself as a loving, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

21. I now SURRENDER to the Higher Power I think of as GOD/Creator/Source/**whatever** and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance

Emotions

HAPPINESS	Joy Amusement Enthusiasm Cheerfulness Courage Interest
BLAND	Contentment Comfortableness Disinterest Boredom Monotony
AGGRESSION	Annoyance Irritability Hostility Belligerence Outrage Anger Fury
PRETENSE	Resentment Contempt Envy Greed Jealousy Seething but hidden hatred Bitterness Vengefulness Loneliness Alienation Distrust Surprise
FEARFUL	Timidity Nervousness Anxiety Dread Fear Terror Fright Horror Dismay

DEPRESSION

Sorrow
Disgust
Sadness
Remorse
Grief
Despair
Apathy
Failure