

Worksheet for Clearing Your Emotions and Defining Your Life Experience as Positive



Step 1: Describe any experience that is currently causing you a challenge without judging if your feelings are justified or not. Write down the facts of events that happened, what actions you and others took.

Step 2: Now how do you feel now about the events that took place and the actions that you took and others took as well as the thoughts that go with those feelings. List all that come to mind.

Step 3: Consider now the thoughts that accompanied the feelings you had. Now list what you think that someone would have to believe is true about themselves to feel and think that way.

Step 4: Now ask yourself if you know that these beliefs are true. They are only true if they are true for everyone and they are only true if they don't require conditions for you to feel loved. Another way of knowing they are **not** true is if they cause you to feel better than or less than another. List the ones that are not true. These are beliefs coming from your ego comparative mind.

Step 5: Take each belief that is **not** true, and write a new belief that does not require conditions to feel loved or does not elevate or diminish you in relationship with another. These are beliefs coming from your higher mind.

Step 6: Make a choice now to stop believing the old belief that your ego mind has given you and to start believing the new belief that your higher mind has given you. Look in the mirror and say this to yourself if that helps.

Step 7: Now forgive the person for acting the way they did and forgive you for acting the way you did and/or for having taken on these old beliefs from your ego mind. Forgiveness is important to release you from the impact of others actions or reactions to any experience. You can at least forgive that someone reacted or acted in a way that was in the level of consciousness that they had in that moment. This reason can be useful for you to let go of being connected to an event or someone where harm was involved.

Step 8: Now list a positive meaning for this experience, even if only what you prefer now for life experiences, i.e. “I now know I prefer to have others treat me with respect and kindness”. Another way to give a positive meaning is to define that experience as perfection to raise your consciousness.

Step 9: Feel gratitude to your highest self for helping you.