

My Life Space

("What do I feel in the different areas of my life?")

The purpose of this exercise is to help you pinpoint the unwanted *emotions* and the *contexts* of your life where you are struggling the most. In order to release our unwanted emotions it is essential that we *identify* those emotions and also the *thought processes* and *beliefs* that sustain those emotions. The result of this simple exercise is that you will become more focused on the issues of your life that require the most attention.

It is important to notice that your ego is invested in *disowning* responsibility for your emotions and thus you may view "the problem" in your partner or in an unpleasant circumstance of your life. As long as "the problem" remains outside of you, you are destined to be continually upset. When you can re-identify the problem *as in your own emotional response to things* you then have a foundation from which to create true change in your life. Taking responsibility for your emotions places you in charge of your happiness and is the basis for true communication and effective action.

How to proceed

1. Take an inventory of the most troubling areas of your life

On the "Life Space" page look over the general contexts or "spaces" of your life. As you reflect on the reality of what is happening in these various areas, simply check the areas that are most troubling for you in one way or another. A "troubling area" is any area where you feel "stuck" or dissatisfied, feel troubling emotions or perhaps want something better for yourself. After checking the troubling areas, then check the more *specific* areas of concern within the general areas. Once you have identified the troubling areas go ahead and highlight or color in these areas. You will immediately have an overview of the "trouble spots" in your life. Then choose the one area *that troubles you the most* and then write it at the top of "My Negative Emotions and Thoughts" page. For other areas, you will want to do a new "My Negative Emotions and Thoughts" page but for now just focus on your major area.

2. Identify the emotions that you feel in your most troubling area.

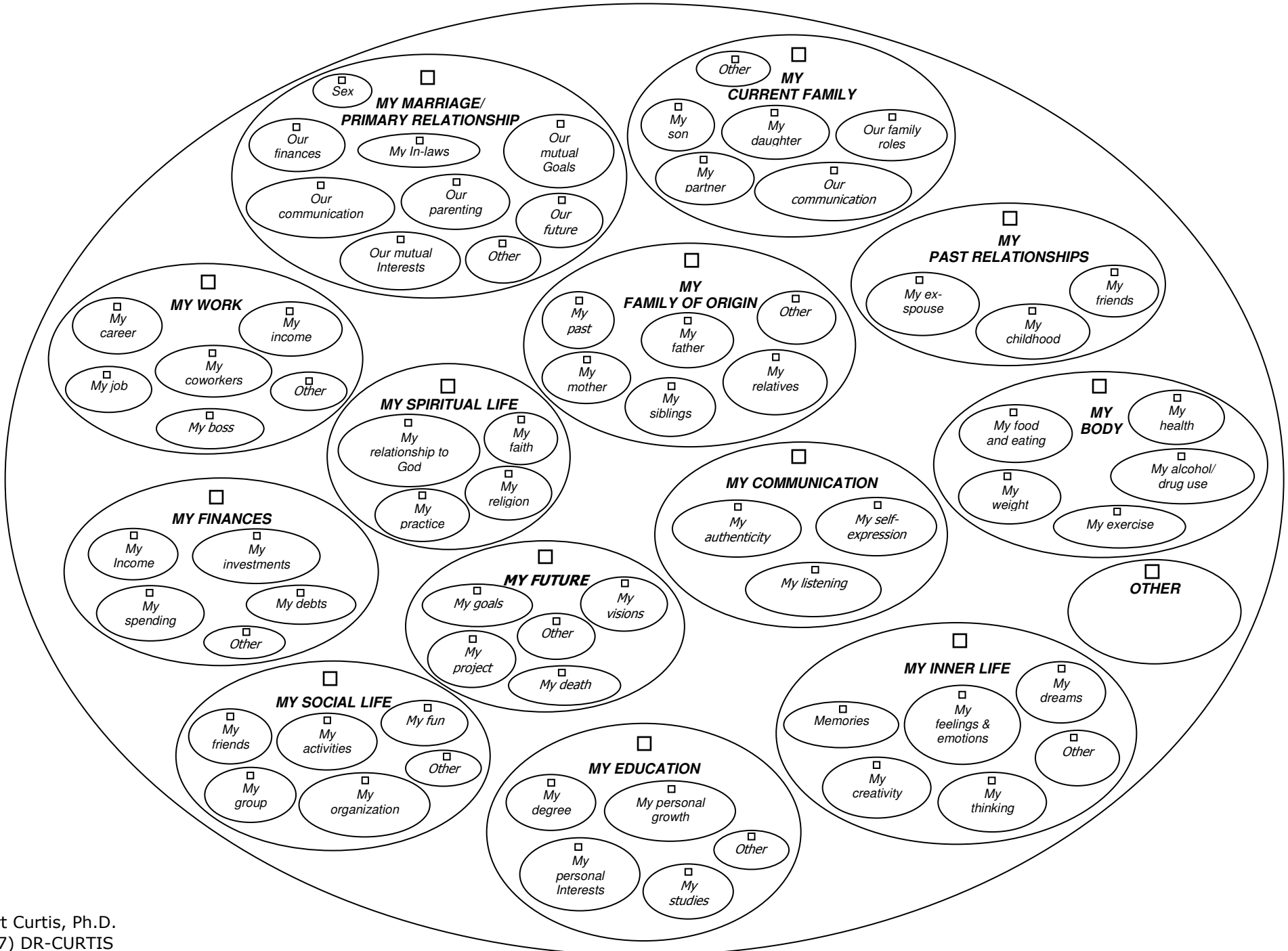
On "My Negative Emotions and Thoughts" page, scan the list of emotions that best describe how you feel in *your most troubling area*. As you reflect on your most troubling area, simply check the emotions that best describe how you feel.

3. Identify the thought processes that sustain the emotions.

Once you have identified the most troubling area and the emotions that you feel, then move over to the next column and check any of the negative thoughts that further describe the emotion. Feel free to journal on the back of the page any other negative thoughts that more closely describe the reality of what you think. There may be thoughts that you think from time to time or there may be more persistent thoughts. Check off any ones that you can relate to. Once you have checked off the thoughts, highlight the ones that appear *most persistent*, that is, the ones that seem to go "round and round" in a circular fashion.

Your goal in this exercise is to identify as many of the unwanted thoughts and emotions that you feel in your most troubling areas. As you identify these troubling areas, and the emotions contained within them, you will later go back and journal on these feelings and emotions to help in the process of releasing them.

MY LIFE SPACE



My Negative Emotions and Thoughts

Area in which I feel these emotions:				
EMOTION ("I Feel...")	BELIEF/THOUGHT/WHAT I TELL MYSELF ("I'm telling myself...")			
<input type="checkbox"/> Unloved <input type="checkbox"/> Abandoned <input type="checkbox"/> Cut off <input type="checkbox"/> Defeated <input type="checkbox"/> Discouraged <input type="checkbox"/> Empty <input type="checkbox"/> Insecure <input type="checkbox"/> Lifeless <input type="checkbox"/> Listless	<input type="checkbox"/> Lonely <input type="checkbox"/> Numb <input type="checkbox"/> Rejected <input type="checkbox"/> Resigned <input type="checkbox"/> Unimportant <input type="checkbox"/> Useless <input type="checkbox"/> Vulnerable <input type="checkbox"/> Weak <input type="checkbox"/> Worthless	<input type="checkbox"/> "I can't" <input type="checkbox"/> "I can't win" <input type="checkbox"/> "I don't care anymore" <input type="checkbox"/> "I don't count" <input type="checkbox"/> "I don't know how" <input type="checkbox"/> "I don't matter" <input type="checkbox"/> "I give up" <input type="checkbox"/> "I'm doomed" <input type="checkbox"/> "How could you..."	<input type="checkbox"/> "I'm useless" <input type="checkbox"/> "I'm worthless" <input type="checkbox"/> "I'm not good enough for you" <input type="checkbox"/> "You don't love me" <input type="checkbox"/> "Nobody loves me" <input type="checkbox"/> "You don't care" <input type="checkbox"/> "Nobody cares" <input type="checkbox"/> "You don't want me" <input type="checkbox"/> "I'm not needed anymore"	<input type="checkbox"/> "Nobody wants me" <input type="checkbox"/> "I'll never love again" <input type="checkbox"/> "What's wrong with me" <input type="checkbox"/> "I might as well die" <input type="checkbox"/> "I'll never..." <input type="checkbox"/> "I'm not good enough" <input type="checkbox"/> "I'll just leave" <input type="checkbox"/> "Don't touch me" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> Insufficient <input type="checkbox"/> Bored <input type="checkbox"/> Disappointed <input type="checkbox"/> Dissatisfied <input type="checkbox"/> Disheartened <input type="checkbox"/> Dismayed <input type="checkbox"/> Disillusioned <input type="checkbox"/> Doubtful <input type="checkbox"/> Failure <input type="checkbox"/> Frustrated <input type="checkbox"/> Gloomy <input type="checkbox"/> Grief <input type="checkbox"/> Helpless	<input type="checkbox"/> Hopeless <input type="checkbox"/> Inadequate <input type="checkbox"/> Indecisive <input type="checkbox"/> Inferior <input type="checkbox"/> A loss <input type="checkbox"/> Pessimistic <input type="checkbox"/> Powerless <input type="checkbox"/> Regretful <input type="checkbox"/> Sad <input type="checkbox"/> Unhappy <input type="checkbox"/> Unmotivated <input type="checkbox"/> Weary	<input type="checkbox"/> "It'll never work" <input type="checkbox"/> "It's a dead end" <input type="checkbox"/> "It's too hard" <input type="checkbox"/> "Let it wait" <input type="checkbox"/> "Poor me" <input type="checkbox"/> "Why bother" <input type="checkbox"/> "No way out" <input type="checkbox"/> "No use, why try" <input type="checkbox"/> "What's the use" <input type="checkbox"/> "Why try anymore" <input type="checkbox"/> "What if I fail?" <input type="checkbox"/> "I can't do it right" <input type="checkbox"/> "I can't do it myself"	<input type="checkbox"/> "I can't live without you" <input type="checkbox"/> "There's nothing to live for anymore" <input type="checkbox"/> "What's the point of living" <input type="checkbox"/> "No way, forget about it" <input type="checkbox"/> "No matter what I do..." <input type="checkbox"/> "I'll do it tomorrow" <input type="checkbox"/> "I might as well give up" <input type="checkbox"/> "I've come to the end" <input type="checkbox"/> "I've lost everything" <input type="checkbox"/> "I'll never get it right" <input type="checkbox"/> "I can't do anything about it" <input type="checkbox"/> "It's all over for me"	<input type="checkbox"/> "It's over" <input type="checkbox"/> "I'm so stupid" <input type="checkbox"/> "It's not fair" <input type="checkbox"/> "Why me?" <input type="checkbox"/> "I'm a victim" <input type="checkbox"/> "I'm a failure" <input type="checkbox"/> "It's no use" <input type="checkbox"/> "It's too late" <input type="checkbox"/> "I'll never recover" <input type="checkbox"/> "Nothing works" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> Guilty <input type="checkbox"/> Ashamed <input type="checkbox"/> Embarrassed <input type="checkbox"/> Regret <input type="checkbox"/> Shame <input type="checkbox"/> Sorrow		<input type="checkbox"/> "I could never show my face" <input type="checkbox"/> "Why did I do that" <input type="checkbox"/> "How could I do that" <input type="checkbox"/> "I'm terrible" <input type="checkbox"/> "I'm awful" <input type="checkbox"/> "I'm not worth living" <input type="checkbox"/> "I'm in hot water now" <input type="checkbox"/> "I should..."	<input type="checkbox"/> "I'm such a bad person" <input type="checkbox"/> "You might as well hang me" <input type="checkbox"/> "How could I do such a thing" <input type="checkbox"/> "I'm a sorry example of a human being" <input type="checkbox"/> "If you ever found out..." <input type="checkbox"/> "You'll never forgive me" <input type="checkbox"/> "There must be something wrong with me"	<input type="checkbox"/> "I'm so sorry" <input type="checkbox"/> "I'm so bad" <input type="checkbox"/> "I could be in a lot of trouble" <input type="checkbox"/> "Why would anyone want to be with me" <input type="checkbox"/> "I'm defective" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> Afraid <input type="checkbox"/> Alarmed <input type="checkbox"/> Anxious <input type="checkbox"/> Apprehensive <input type="checkbox"/> Cautious <input type="checkbox"/> Desperate <input type="checkbox"/> Disturbed <input type="checkbox"/> Dread <input type="checkbox"/> Exposed <input type="checkbox"/> Frantic <input type="checkbox"/> Vulnerable <input type="checkbox"/> Worried	<input type="checkbox"/> Intimidated <input type="checkbox"/> Nervous <input type="checkbox"/> Panicky <input type="checkbox"/> Paralyzed <input type="checkbox"/> Restless <input type="checkbox"/> Rushed <input type="checkbox"/> Scared <input type="checkbox"/> Suspicious <input type="checkbox"/> Terrified <input type="checkbox"/> Threatened <input type="checkbox"/> Trapped	<input type="checkbox"/> "Crisis after crisis!" <input type="checkbox"/> "I don't want it to change" <input type="checkbox"/> "I have to get you before you get me" <input type="checkbox"/> "I'm not OK" <input type="checkbox"/> "I'm not enough" <input type="checkbox"/> "I'm not safe" <input type="checkbox"/> "I'm trapped, there is no way out" <input type="checkbox"/> "What if _____" <input type="checkbox"/> "What if I fail" <input type="checkbox"/> "It's not safe"	<input type="checkbox"/> "I've got to hide, disaster is looming" <input type="checkbox"/> "I can't let you find me out" <input type="checkbox"/> "I have to get it right or you will kill me" <input type="checkbox"/> "It is safer to stay still and not take any chances" <input type="checkbox"/> "I'm confused and I don't know what to do, so I better not do anything" <input type="checkbox"/> "What if you don't like me" <input type="checkbox"/> "What if I make a fool of myself" <input type="checkbox"/> "What will they think of me"	<input type="checkbox"/> "What if I get fired" <input type="checkbox"/> "What if I get into trouble" <input type="checkbox"/> "You're out to get me" <input type="checkbox"/> "What will you think of me" <input type="checkbox"/> "It's closing in around me" <input type="checkbox"/> "I'm so confused" <input type="checkbox"/> "It's so confusing that I just can't move" <input type="checkbox"/> "What if I make a mistake"

<input type="checkbox"/> Confused <input type="checkbox"/> Bewildered <input type="checkbox"/> Disillusioned <input type="checkbox"/> Disoriented <input type="checkbox"/> Distrustful <input type="checkbox"/> Doubtful <input type="checkbox"/> Dumbfounded	<input type="checkbox"/> Lost <input type="checkbox"/> Mixed up <input type="checkbox"/> Perplexed <input type="checkbox"/> Pessimistic <input type="checkbox"/> Shy <input type="checkbox"/> Uncertain <input type="checkbox"/> Unsure	<input type="checkbox"/> "What is happening to me" <input type="checkbox"/> "Why is this happening to me" <input type="checkbox"/> "This is not the way I thought it would be" <input type="checkbox"/> "I can't trust anyone" <input type="checkbox"/> "I'll never work it out"	<input type="checkbox"/> "It's the same thing over and over" <input type="checkbox"/> "Why did she do that" <input type="checkbox"/> "Why did he do that" <input type="checkbox"/> "What is going on" <input type="checkbox"/> "How can this be happening" <input type="checkbox"/> "Is this what I have to look forward to?"	<input type="checkbox"/> "I thought it was going to be different" <input type="checkbox"/> "It'll never work out"
<input type="checkbox"/> Self-Centered <input type="checkbox"/> Aloof <input type="checkbox"/> Arrogant <input type="checkbox"/> Blaming <input type="checkbox"/> Distant <input type="checkbox"/> Dominating <input type="checkbox"/> Demanding <input type="checkbox"/> Haughty <input type="checkbox"/> Moralistic <input type="checkbox"/> Proud <input type="checkbox"/> Reserved	<input type="checkbox"/> Separative <input type="checkbox"/> Serious <input type="checkbox"/> Uncaring <input type="checkbox"/> Unconcerned	<input type="checkbox"/> "I'll just reject!" <input type="checkbox"/> "How dare you!" <input type="checkbox"/> "I knew that" <input type="checkbox"/> "I know everything" <input type="checkbox"/> "I won't associate with those kind of people" <input type="checkbox"/> "I'm better than all of you" <input type="checkbox"/> "I'm better than you" <input type="checkbox"/> "I'm in a better place than all of you" <input type="checkbox"/> "I'm not like you" <input type="checkbox"/> "I'm right" <input type="checkbox"/> "I'm smarter than you"	<input type="checkbox"/> "I'll look like I'm agreeing and do it my way" <input type="checkbox"/> "I'm too busy with important matters to have time for you" <input type="checkbox"/> "I'm the only one who can do it right" <input type="checkbox"/> "What's wrong with you!" <input type="checkbox"/> "Who do they think they are!" <input type="checkbox"/> "Who do you think you are!" <input type="checkbox"/> "Why is everyone so incompetent?" <input type="checkbox"/> "You don't belong" <input type="checkbox"/> "You need me to get it done" <input type="checkbox"/> "You poor bastard" <input type="checkbox"/> "You need me"	<input type="checkbox"/> "I'm the only one who can get it done" <input type="checkbox"/> "I'm the savior/hero" <input type="checkbox"/> "It's your fault" <input type="checkbox"/> "Maybe I will and maybe I won't" <input type="checkbox"/> "My way is the only way" <input type="checkbox"/> "What do <i>you</i> know" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> Craving <input type="checkbox"/> Controlling <input type="checkbox"/> Displeased <input type="checkbox"/> Demanding <input type="checkbox"/> Envious <input type="checkbox"/> Greedy <input type="checkbox"/> Hungry <input type="checkbox"/> Impatient <input type="checkbox"/> Jealous	<input type="checkbox"/> Longing	<input type="checkbox"/> "I want _____" <input type="checkbox"/> "Do it my way" <input type="checkbox"/> "Don't stop" <input type="checkbox"/> "How can I get it" <input type="checkbox"/> "I can't wait" <input type="checkbox"/> "I have to _____" <input type="checkbox"/> "I like it this way" <input type="checkbox"/> "I must do it my way" <input type="checkbox"/> "I must have it"	<input type="checkbox"/> "I must know" <input type="checkbox"/> "I must figure it out" <input type="checkbox"/> "I must understand" <input type="checkbox"/> "I'm not satisfied" <input type="checkbox"/> "It feels so good" <input type="checkbox"/> "There won't be enough" <input type="checkbox"/> "There isn't enough for me" <input type="checkbox"/> "I want excitement" <input type="checkbox"/> "I need _____"	<input type="checkbox"/> "I want it all" <input type="checkbox"/> "I want it now!" <input type="checkbox"/> "Look at me" <input type="checkbox"/> "Me, me, me" <input type="checkbox"/> "I need you" <input type="checkbox"/> "I need them" <input type="checkbox"/> "I'm starving" <input type="checkbox"/> "I want more" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> Angry <input type="checkbox"/> Annoyed <input type="checkbox"/> Bitter <input type="checkbox"/> Disgusted <input type="checkbox"/> Exasperated <input type="checkbox"/> Furious <input type="checkbox"/> Hate <input type="checkbox"/> Incensed <input type="checkbox"/> Indignant <input type="checkbox"/> Irritated <input type="checkbox"/> Livid <input type="checkbox"/> Mad	<input type="checkbox"/> Outraged <input type="checkbox"/> Resentful <input type="checkbox"/> Spiteful <input type="checkbox"/> Upset <input type="checkbox"/> Violent <input type="checkbox"/> Vengeful <input type="checkbox"/> Vindictive	<input type="checkbox"/> "Drop dead!" <input type="checkbox"/> "F--- off!" <input type="checkbox"/> "F--- you!" <input type="checkbox"/> "Fat chance!" <input type="checkbox"/> "Ill get even!" <input type="checkbox"/> "I'll get you!" <input type="checkbox"/> "I'll get them" <input type="checkbox"/> "I'll kill you!" <input type="checkbox"/> "I'll never give in" <input type="checkbox"/> "Not a chance" <input type="checkbox"/> "Not on your life!" <input type="checkbox"/> "Now you'll pay!"	<input type="checkbox"/> "Do it my way or else!" <input type="checkbox"/> "Don't even think of it!" <input type="checkbox"/> "You can't push me around!" <input type="checkbox"/> "Don't tell ME what to do!" <input type="checkbox"/> "I'll let you go down the tube" <input type="checkbox"/> "I'm not doing anything!" <input type="checkbox"/> "If you don't listen to me..." <input type="checkbox"/> "Me do it your way?! Not on your life!" <input type="checkbox"/> "Who do you think you are!" <input type="checkbox"/> "You better do it my way or else!" <input type="checkbox"/> "Get out of here!"	<input type="checkbox"/> "I hate you!" <input type="checkbox"/> "Out of my way!" <input type="checkbox"/> "Why can't you...!" <input type="checkbox"/> "Why don't you...!" <input type="checkbox"/> "You b-----d!" <input type="checkbox"/> "You b----h!" <input type="checkbox"/> "You little...!" <input type="checkbox"/> "Asshole!" <input type="checkbox"/> "Oh my God..." <input type="checkbox"/> "You'll be sorry" <input type="checkbox"/> Other (on back)
<input type="checkbox"/> Hurt <input type="checkbox"/> Appalled <input type="checkbox"/> Alienated <input type="checkbox"/> Bruised <input type="checkbox"/> Crushed <input type="checkbox"/> Dejected <input type="checkbox"/> Disturbed <input type="checkbox"/> Heartbroken	<input type="checkbox"/> Humiliated <input type="checkbox"/> Injured <input type="checkbox"/> Insulted <input type="checkbox"/> Offended <input type="checkbox"/> Tormented <input type="checkbox"/> Rejected <input type="checkbox"/> Wounded	<input type="checkbox"/> "I'm stunned" <input type="checkbox"/> "How could you do this" <input type="checkbox"/> "I'll never recover from this" <input type="checkbox"/> "I'll never talk to you again" <input type="checkbox"/> "I hope you die"	<input type="checkbox"/> "I wish you were dead" <input type="checkbox"/> "You don't know how this feels" <input type="checkbox"/> "I'll get back at you" <input type="checkbox"/> "How can I get back at you" <input type="checkbox"/> "What could I do" <input type="checkbox"/> "There must be something wrong with me" <input type="checkbox"/> "I'll never love again"	<input type="checkbox"/> "How dare you" <input type="checkbox"/> "I'll show you" <input type="checkbox"/> "There's something wrong"

My Life Space Plus

("What would I like to feel in the different areas of my life?")

The previous part of this exercise helped you to identify the emotions that you are experiencing *now* in the various contexts of your life. These are some of the emotions that are creating unhappiness for you. We often look at our life situation and assign responsibility for our unhappiness on the external circumstances (e.g. my relationship, my job, my living situation, etc) of our lives. When we view our unhappiness as outside of ourselves we have nothing to do but seek to control or change those circumstances. We say in effect, "If my circumstances were different maybe I could be happy." This belief leads to a never ending quest to change or control our circumstances in order to be happy.

While there is certainly nothing wrong with seeking to change our circumstances when it would serve us to do so, if we are carrying around negative emotions that we haven't dealt with, we will likely bring those emotions into the next situation. The result is that we will find ourselves playing out the same emotional drama. My circumstances have changed but I am still struggling with these same emotions! When you can begin to deal with the reality of what you feel and find your own inner resources to transform those feelings into positive ones, then *you* become in charge of your own happiness *not* your circumstances.

It is important to recognize that there really is no such thing as a "positive" or a "negative" emotion. Your emotions are your emotions and whatever you feel *now* in particular areas of your life are probably understandable. It is not that you "shouldn't" feel what you feel; in fact you "should" feel what you feel because you feel it! The only thing "negative" about any emotion is how long they persist. And persistent emotions create unhappiness in our lives. You want to get to a place where you allow your emotions to flow—to come and go and naturally disappear. The only thing that keeps us stuck are our thoughts—the ones that go "round and round".

In this part of the exercise you will identify what you would *like* to feel in these areas. We are not concerned at this point in *how* you might begin to feel these feelings. The important thing is to consider *what* you would like to feel. This is a question that we rarely ask ourselves with any specificity because we are so bogged down in our negative emotions. And when we are bogged down in our negative emotions, feeling "positive" is about the last thing we want to consider. In this exercise you will consider some of the positive emotions that you would like to feel in the most troubling areas of your life.

Start with the area where you struggle the most and write it at the top of the "My Positive Emotions and Thoughts" page below. Then simply scan the list of positive emotions and thoughts and check off the ones that inspire you. The result is a direction for your own happiness. For other areas return with a new "My Positive Emotions and Thoughts" page and go through the emotions for that area.

Area in which I would like to feel these emotions:

EMOTION ("I would like to feel...")		"What I could tell myself is..."		
<input type="checkbox"/> Loved <input type="checkbox"/> Accepted <input type="checkbox"/> Appreciated <input type="checkbox"/> Cared about <input type="checkbox"/> Cared for <input type="checkbox"/> Close <input type="checkbox"/> Considered <input type="checkbox"/> Respected <input type="checkbox"/> Valuable	<input type="checkbox"/> Comforted <input type="checkbox"/> Safe <input type="checkbox"/> Secure <input type="checkbox"/> Worthwhile	<input type="checkbox"/> "I can" <input type="checkbox"/> "I'm good enough" <input type="checkbox"/> "I matter" <input type="checkbox"/> "It's a new chapter" <input type="checkbox"/> "There is good in this" <input type="checkbox"/> "I'm unique" <input type="checkbox"/> "I'm good" <input type="checkbox"/> "I respect myself"	<input type="checkbox"/> "There's a place for me" <input type="checkbox"/> "I can't please everyone" <input type="checkbox"/> "I can please myself" <input type="checkbox"/> "I am what I am!" <input type="checkbox"/> "I can let love in" <input type="checkbox"/> "I am loveable" <input type="checkbox"/> "I can make the best of this" <input type="checkbox"/> "There is no one like me" <input type="checkbox"/> "I can make a difference"	<input type="checkbox"/> "I'm valuable" <input type="checkbox"/> "I'm worth it" <input type="checkbox"/> "I'm OK" <input type="checkbox"/> "I'm alive!" <input type="checkbox"/> "I'm wanted" <input type="checkbox"/> "I'm needed" <input type="checkbox"/> "I'm important" <input type="checkbox"/> "I'm blessed"
<input type="checkbox"/> Sufficient <input type="checkbox"/> Capable <input type="checkbox"/> Certain <input type="checkbox"/> Confident <input type="checkbox"/> Dynamic <input type="checkbox"/> Enough <input type="checkbox"/> Powerful <input type="checkbox"/> Self-supportive <input type="checkbox"/> Steady <input type="checkbox"/> Sure	<input type="checkbox"/> "I can learn from this" <input type="checkbox"/> "I'll do it myself" <input type="checkbox"/> "I can do it" <input type="checkbox"/> "I'll make it work" <input type="checkbox"/> "It's possible" <input type="checkbox"/> "I'll just try again" <input type="checkbox"/> "If I fail, so what?" <input type="checkbox"/> "I'll do the best I can" <input type="checkbox"/> "I can get others to help me" <input type="checkbox"/> "It's worth a try"	<input type="checkbox"/> "There is another way of seeing this" <input type="checkbox"/> "I can find a way" <input type="checkbox"/> "I'll never know unless I try" <input type="checkbox"/> "So what, I failed" <input type="checkbox"/> "I know what I know" <input type="checkbox"/> "If it can be done, I'm the one to do it" <input type="checkbox"/> "I can recover from this" <input type="checkbox"/> "There's something I'm meant to do" <input type="checkbox"/> "I'll deal with whatever comes" <input type="checkbox"/> "I can always learn more"	<input type="checkbox"/> "I can learn from this experience" <input type="checkbox"/> "I can do better next time" <input type="checkbox"/> "It'll happen" <input type="checkbox"/> "Let's go for it" <input type="checkbox"/> "Why not!" <input type="checkbox"/> "I'm game" <input type="checkbox"/> "Let's do it" <input type="checkbox"/> "Yes!" <input type="checkbox"/> "It's a new day!" <input type="checkbox"/> "I can get it back" <input type="checkbox"/> "Its never too late"	
<input type="checkbox"/> Innocent <input type="checkbox"/> Absolved <input type="checkbox"/> Blameless <input type="checkbox"/> Exonerated <input type="checkbox"/> Forgiven <input type="checkbox"/> Humbled <input type="checkbox"/> Redeemed	<input type="checkbox"/> "I'll get through this" <input type="checkbox"/> "I can make up for this" <input type="checkbox"/> "I can forgive myself" <input type="checkbox"/> "I've made some mistakes"	<input type="checkbox"/> "I can admit it" <input type="checkbox"/> "I've made a mistake" <input type="checkbox"/> "I'm still worthwhile" <input type="checkbox"/> "I can show that I'm OK" <input type="checkbox"/> "I understand if you don't trust me" <input type="checkbox"/> "This does not mean I'm terrible" <input type="checkbox"/> "I am still a child of God" <input type="checkbox"/> "I had bad judgment"	<input type="checkbox"/> "I'm responsible" <input type="checkbox"/> "I did it" <input type="checkbox"/> "I hurt you" <input type="checkbox"/> "I blew your trust" <input type="checkbox"/> "I'm learning" <input type="checkbox"/> "I am sorry" <input type="checkbox"/> "I blew it" <input type="checkbox"/> "I admit it"	
<input type="checkbox"/> Patient <input type="checkbox"/> Certain <input type="checkbox"/> Content <input type="checkbox"/> Delighted <input type="checkbox"/> Generous <input type="checkbox"/> In no doubt <input type="checkbox"/> Satisfied <input type="checkbox"/> Trusting	<input type="checkbox"/> "You can have it" <input type="checkbox"/> "That's another way of doing it!" <input type="checkbox"/> "I can wait for the right time" <input type="checkbox"/> "It'll work out" <input type="checkbox"/> "It will happen in its own time"	<input type="checkbox"/> "There's enough for everybody" <input type="checkbox"/> "I don't need to figure it all out" <input type="checkbox"/> "I can live with this" <input type="checkbox"/> "I love the way you treat me" <input type="checkbox"/> "When you are ready" <input type="checkbox"/> "When I am ready" <input type="checkbox"/> "I'd like it but I don't have to have it"	<input type="checkbox"/> "If you would like" <input type="checkbox"/> "I trust that you will" <input type="checkbox"/> "I can wait" <input type="checkbox"/> "You treat me great" <input type="checkbox"/> "I can trust" <input type="checkbox"/> "I can let it be" <input type="checkbox"/> "It's OK"	
<input type="checkbox"/> Peace <input type="checkbox"/> Calm <input type="checkbox"/> Confident <input type="checkbox"/> Quiet <input type="checkbox"/> Relaxed <input type="checkbox"/> Safe <input type="checkbox"/> Satisfied <input type="checkbox"/> Secure <input type="checkbox"/> Self-assured	<input type="checkbox"/> Still <input type="checkbox"/> Trusting	<input type="checkbox"/> "So what if I fail" <input type="checkbox"/> "They will think what they think" <input type="checkbox"/> "I can't be responsible for what others think" <input type="checkbox"/> "I can take it a day a time" <input type="checkbox"/> "I can at least try"	<input type="checkbox"/> "Here comes another chance" <input type="checkbox"/> "I'll try it and see how I do!" <input type="checkbox"/> "There's always something to learn" <input type="checkbox"/> "If I blow it I blow it!" <input type="checkbox"/> "If it happens, it happens!" <input type="checkbox"/> "I'll just deal with it" <input type="checkbox"/> "Opportunity after opportunity!" <input type="checkbox"/> "It's all going to work out" <input type="checkbox"/> "I'll just say it the way it is" <input type="checkbox"/> "There's nothing wrong"	<input type="checkbox"/> "It's all OK" <input type="checkbox"/> "I don't need to try and change anything" <input type="checkbox"/> "The world is safe" <input type="checkbox"/> "I'm safe" <input type="checkbox"/> "So what!" <input type="checkbox"/> "I can be positive" <input type="checkbox"/> "I can feel peace" <input type="checkbox"/> "I can flow with this" <input type="checkbox"/> "There's nothing to fear"

<input type="checkbox"/> Freedom <input type="checkbox"/> Authentic <input type="checkbox"/> Carefree <input type="checkbox"/> Free to express <input type="checkbox"/> Free to move <input type="checkbox"/> Free to be	<input type="checkbox"/> Genuine <input type="checkbox"/> Honest <input type="checkbox"/> Liberated	<input type="checkbox"/> "I can choose" <input type="checkbox"/> "I'm free!" <input type="checkbox"/> "I can say what I feel" <input type="checkbox"/> "People will think what they think" <input type="checkbox"/> "What others think is none of my business"	<input type="checkbox"/> "I can assert myself" <input type="checkbox"/> "I don't need to pretend" <input type="checkbox"/> "I don't <i>have</i> to say anything" <input type="checkbox"/> "I can be loving" <input type="checkbox"/> "I'm willing" <input type="checkbox"/> "I am what I am" <input type="checkbox"/> "I can create anything" <input type="checkbox"/> "I can be anything" <input type="checkbox"/> "My life is what I make of it"	<input type="checkbox"/> "It's not about me" <input type="checkbox"/> "I can do anything" <input type="checkbox"/> "I am not a victim" <input type="checkbox"/> "I can decide" <input type="checkbox"/> "It's all going to work out"
<input type="checkbox"/> Gratitude <input type="checkbox"/> Appreciating <input type="checkbox"/> Inspired <input type="checkbox"/> Loving <input type="checkbox"/> Moved	<input type="checkbox"/> Thankful <input type="checkbox"/> Touched <input type="checkbox"/> Validating <input type="checkbox"/> Valuing	<input type="checkbox"/> "Thank you!" <input type="checkbox"/> "I love you" <input type="checkbox"/> "I appreciate you" <input type="checkbox"/> "I'm so glad"	<input type="checkbox"/> "I'm honored" <input type="checkbox"/> "I acknowledge you" <input type="checkbox"/> "Thank you for being" <input type="checkbox"/> "I trust you"	<input type="checkbox"/> "I'm listening"
<input type="checkbox"/> Forgiving <input type="checkbox"/> Accepting <input type="checkbox"/> Flowing <input type="checkbox"/> Understanding		<input type="checkbox"/> "This is not the end of the world" <input type="checkbox"/> "I can't change others" <input type="checkbox"/> "You can find your way through this" <input type="checkbox"/> "I can't change the world"	<input type="checkbox"/> "I can choose peace instead of this" <input type="checkbox"/> "You've got your own lessons" <input type="checkbox"/> "I understand" <input type="checkbox"/> "Maybe I don't understand " <input type="checkbox"/> "Maybe I can help you" <input type="checkbox"/> "Thank you for your point of view" <input type="checkbox"/> "I can see we have a difference here"	<input type="checkbox"/> "I can flow with this" <input type="checkbox"/> "I'll give this to God" <input type="checkbox"/> "That's valid" <input type="checkbox"/> "That's reasonable"
<input type="checkbox"/> Committed <input type="checkbox"/> Determined <input type="checkbox"/> Heartfelt <input type="checkbox"/> Indomitable <input type="checkbox"/> Unwavering <input type="checkbox"/> Firm <input type="checkbox"/> Resolved		<input type="checkbox"/> "I don't agree with it" <input type="checkbox"/> "I won't be a part of that" <input type="checkbox"/> "You will have to work that out yourself" <input type="checkbox"/> "We have a difference here." <input type="checkbox"/> "I respect your point of view" <input type="checkbox"/> "I respect your way of doing things" <input type="checkbox"/> "us"	<input type="checkbox"/> "I feel strongly about this" <input type="checkbox"/> "I still love you" <input type="checkbox"/> "I have to let this go" <input type="checkbox"/> "I won't try to change you" <input type="checkbox"/> "I must at least say this" <input type="checkbox"/> "We have our own paths" <input type="checkbox"/> "I can lighten up about it" <input type="checkbox"/> "I don't have to take it so seriously" <input type="checkbox"/> "I can trust" <input type="checkbox"/> "I'll trust this" <input type="checkbox"/> "It is not my way" <input type="checkbox"/> "I'm committed to..." <input type="checkbox"/> "You have a point there"	<input type="checkbox"/> "I'm here for you" <input type="checkbox"/> "I'm committed to you" <input type="checkbox"/> "You made a mistake" <input type="checkbox"/> "Is there any way I can help" <input type="checkbox"/> "You can count on me" <input type="checkbox"/> "I'm here" <input type="checkbox"/> "You are my highest priority"
<input type="checkbox"/> Joy <input type="checkbox"/> Aroused <input type="checkbox"/> Attracted <input type="checkbox"/> Awe <input type="checkbox"/> Carefree <input type="checkbox"/> Celebrating <input type="checkbox"/> Daring <input type="checkbox"/> Delighted <input type="checkbox"/> Cheerful <input type="checkbox"/> Ecstatic <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Expectant <input type="checkbox"/> Excited	<input type="checkbox"/> Fascinated <input type="checkbox"/> Glad <input type="checkbox"/> In good spirits <input type="checkbox"/> Jovial <input type="checkbox"/> Lighthearted <input type="checkbox"/> Playful <input type="checkbox"/> Overjoyed <input type="checkbox"/> Positive <input type="checkbox"/> Sexual <input type="checkbox"/> Silly <input type="checkbox"/> Thrilled <input type="checkbox"/> Wonder	<input type="checkbox"/> "Wow!" <input type="checkbox"/> "Cool!" <input type="checkbox"/> "All right!" <input type="checkbox"/> "Yessss!" <input type="checkbox"/> "Whoopee!" <input type="checkbox"/> "Yippee!" <input type="checkbox"/> "Yahoo!" <input type="checkbox"/> "WooHoo" <input type="checkbox"/> "Can't wait!" <input type="checkbox"/> "This is great!" <input type="checkbox"/> "Look at that!"	<input type="checkbox"/> "Look at you!" <input type="checkbox"/> "You are something!" <input type="checkbox"/> "Man o' man!" <input type="checkbox"/> "I can't believe it!" <input type="checkbox"/> "Let's go!" <input type="checkbox"/> "I'm breathless!" <input type="checkbox"/> "I'm beside myself!" <input type="checkbox"/> "Let's dance all night!" <input type="checkbox"/> "You're the one!" <input type="checkbox"/> "Take it to the limit!" <input type="checkbox"/> "Excuse me while I kiss the sky!" <input type="checkbox"/> "Serious is not in my vocabulary"	<input type="checkbox"/> "That's the way it is by golly!" <input type="checkbox"/> "This moment is perfect"