

NEW POSSIBILITIES FOR THINKING AND FEELING

("How would I like to feel?")

When I have succeeded in letting go of my negative emotions, only then can I replace them with something else. I have the ability to choose whatever it is I want to feel because I am in charge of my emotions; but I must first make room for the positive emotions by letting the negative ones go. Just as I can let go of a negative experience, so can I create or let in a positive experience. I can invite peace and happiness as easily as I can hold on to pain and misery.

Your negative feelings are not your inheritance. You did not come into this world depressed and fearful. You only *learned* these feelings out of certain experiences and relationships with others. Your negative thoughts and feelings were justified given the reality of the conditions in which you felt them. You could not feel any different than what you felt. The only problem is that you did not know what to do with them and because you did not know what to do with them, you held on to them and began to believe them as your true self. This was the beginning of the formation of your ego, your self-image.

Your ego self is not your true self. Your ego self is something that you maintain to *hide* your true self. And you only hide your true self because you believe that your true self is something unacceptable. For what other reason would you pretend that you are something you are not? Your ego self says, "If people really knew me then..." and then fill in the blank with a hundred different conclusions about how you imagine someone would think of you if they really knew you. When you succeed in letting go of your negative emotions, you will gradually discover that this true self is not what you think it is. In fact, your true self has nothing to do with thought at all. Your true self is a reflection of your own peace of mind.

Take a moment to reflect once again on the various areas of your life and consider the *positive emotions* you would like to feel in each of those areas. On the next page is a list of positive emotions. Take each area of your life one at a time and check off the positive emotions that *you would like to feel* in each of those areas. Photocopy the pages for as many of the areas as you choose. You may already feel some of these emotions in some areas of your life. If you do, go ahead and check off the ones that you already feel.

You will eventually discover that your natural inheritance is happiness and joy. You want to feel these feelings because they connect to your true self. They are familiar to you on some level but you have lost your connection with them because you have replaced them with your ego self. Now, you are returning to that which is *you* as you let go of that which you are not.

New Possibilities for Feeling, Thinking and Being

Area of my life:			
EMOTION	THOUGHT/WHAT I WOULD LIKE TO TELL MYSELF		
<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"/> Considered <input type="checkbox"/> Respected <input type="checkbox"/> Valuable <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"/> Sufficient <input type="checkbox"/> Capable <input type="checkbox"/> Confident <input type="checkbox"/> Enough <input type="checkbox"/> Powerful <input type="checkbox"/> Self-supportive	<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"/> "Its never too late" <input type="checkbox"/> "I can always learn more"	<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 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"/> 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've made a mistake" <input type="checkbox"/> "I am still a child of God" <input type="checkbox"/> "I had bad judgment"	<input type="checkbox"/> "I can admit it" <input type="checkbox"/> "I admit it" <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'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"/> 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's OK" <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"/> Peace <input type="checkbox"/> Calm <input type="checkbox"/> Confident <input type="checkbox"/> Imperturbable <input type="checkbox"/> Quiet <input type="checkbox"/> Relaxed <input type="checkbox"/> Safe <input type="checkbox"/> Secure <input type="checkbox"/> Self-assured <input type="checkbox"/> Still	<input type="checkbox"/> "I can flow with this" <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"/> "Oh well!" <input type="checkbox"/> "I'll just say it the way it is" <input type="checkbox"/> "I can take it a day a time" <input type="checkbox"/> "There's nothing wrong"	<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"/> "I can at least try" <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"/> "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"/> 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"/> "I can do anything"	
<input type="checkbox"/> Gratitude <input type="checkbox"/> Appreciating <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"/> 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"/> "It is not my way." <input type="checkbox"/> "I'm committed to us" <input type="checkbox"/> "You have a point there"	<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"/> "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"/> Joy <input type="checkbox"/> Awe <input type="checkbox"/> Carefree <input type="checkbox"/> Celebrating <input type="checkbox"/> Cheerful <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Expectant <input type="checkbox"/> In good spirits <input type="checkbox"/> Jovial <input type="checkbox"/> Lighthearted <input type="checkbox"/> Positive <input type="checkbox"/> Silly <input type="checkbox"/> Wonder	<input type="checkbox"/> "Wow!" <input type="checkbox"/> "Cool!" <input type="checkbox"/> "All right!" <input type="checkbox"/> "Yesssss!" <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"	