

1) Write down exactly what this person did or what this upset situation is about?

2) Are you applying meaning to their actions? What are you saying this situation means?

3) Is this meaning accurate? Do you have any reason for wanting to believe this meaning is accurate? Does it do anything for you? Does it let you play the victim or get sympathy love?

4) Could there be any other reason they might be behaving this way? Something that is totally about them and not about you at all? What are they afraid of or needing right now?

No situation means anything until you apply meaning to it. They cannot make you upset. You create upset because of how you choose to think about the situation.

5) Are you diminishable? Can their actions, thoughts or words actually hurt or diminish you or make you less than who you are?

6) If you cannot be hurt (unless you decide to be) is there really anything to get upset about?

If you could see yourself and the other person accurately (as infinite, absolute, perfect students in the classroom of life) you would see there is nothing to fear and therefore no reason to ever be upset. Everything is a lesson to serve you and your value isn't on the line.

(Unless you need to create victim drama to feel validated or get attention but this would be a very immature choice and you would have to own that you are creating the whole thing to serve that purpose and this has nothing to do with anyone or anything else.)

7) Are you really upset about what they did? Or are you upset because of the thoughts and fears (that you have chosen to create, own, and live with) that are coming from you and that their actions only brought to the surface?

8) Do you have any other options? Could you choose to experience this in a different way? How can you choose peace, forgiveness and compassion?

Remember these principles of truth:

- Situations don't mean anything until you apply meaning to them.
- You only feel upset when you are seeing a situation inaccurately and creating suffering around it. There are other options. You could choose to think about this a different way.
- If you saw yourself, life and other people accurately – you would see there is nothing to fear and therefore no reason to be upset.
- You create any upset you experience.
- They cannot make you upset and no situation can make you upset. Your thoughts about the situation create your upset feelings. You are the one responsible for those thoughts – so only you can make you upset.