

Briefly describe a situation in which you are experiencing some level of unmanageability:

Describe the outcome you desire:

Can I control this situation by guaranteeing this outcome?

YES

NO

3 specific actions I will take to manifest my desired outcome by:  
\_\_\_\_\_ (specific date & time):  
1)  
2)  
3)

My immediate thought is:

Thinking this I feel:

Feeling this, I have an urge to:

Did I manifest my desired outcome by my specified date & time?

YES

NO

This urge is in alignment with spiritual principles and my values.

YES

NO





### Being Restored to Sanity

Look back at your desired outcome. What experience will this outcome give you?  
Next, write this as an “I think...” statement.



I think I will experience:  
when:



Using your statement above, complete this statement: When I think  
I feel (write the first feeling word that comes to your awareness)



Using your feeling word above, complete this statement: When I feel  
I have an urge to (write the first urge that comes to your awareness)



Using your urge above, complete this statement: When I have an urge to  
I (write down the action you typically or would most likely take)



This action is in alignment with  
spiritual principles and my values.

YES

NO

Rewrite your “I think” statement as an  
“I will experience... when” statement.  
Use the prompts on the following  
pages to complete the process.

## Being Restored to Sanity Prompts

I think I will experience...

when...

When I think (write your thought from above):

I feel (write down the FIRST thing feel):

When I feel (write your feeling word from above):

I have an urge to (write down your FIRST urge):

When I have an urge to (write your urge from above):

I (write down the action you typically or most likely would take):

## Being Restored to Sanity Prompts

I think I will experience...

when...

When I think (write your thought from above):

I feel (write down the FIRST thing feel):

When I feel (write your feeling word from above):

I have an urge to (write down your FIRST urge):

When I have an urge to (write your urge from above):

I (write down the action you typically or most likely would take):

REPEAT THIS EXERCISE UNTIL EVERYTHING ALIGNS WITH SPIRITUAL PRINCIPLE & YOUR VALUES